

Suicide Prevention Week 2017: September 10-16

Suicide Prevention Tips

Each Mind Matters: California's Mental Health Movement supports that suicide prevention matters. County Behavioral Health Agencies across California have invested in statewide efforts to prepare Californians to prevent suicide by knowing the warning signs for suicide, finding the words to talk with a person they are concerned about and reaching out to local resources.



KNOW THE SIGNS. FIND THE WORDS. REACH OUT.

Learn how you can help someone who may be at risk for suicide by visiting www.suicideispreventable.org to get informed. Share a link on your own website and share the information with others in your network.



START CONVERSATIONS

Reach out to someone new and begin a conversation about suicide prevention. For example, ask local businesses to display a poster or your local fitness center to display buttons and brochures. Campaign materials are available in English and Spanish, as well as Chinese, Hmong, Khmer, Korean, Lao, Punjabi, Russian, Tagalog, and Vietnamese. All materials can be downloaded in the Each Mind Matters Resource Center. Visit www.EMMResourceCenter.org



INVITE YOUNG PEOPLE TO DIRECT CHANGE

The Directing Change Program & Film Contest encourages young people to create 60-second films about suicide prevention or mental health. Encourage participation, host a local screening, or ask your local movie theater to screen films. For more information and to download films visit www.directingchange.org



SHOW YOUR SUPPORT

By showing up, you demonstrate to people who have lost friends and family to suicide that their loved ones are not forgotten and their pain is recognized. Contact your local county mental health department for a list of local activities or visit the Each Mind Matters events page: www.eachmindmatters.org/events.



HOST A TRAINING

Suicide prevention gatekeeper trainings provide people with the skills to assist individuals in an emotional crisis. Get trained yourself or offer a training at your organization. Trainings range from one-hour events, such as Question, Persuade and Refer (QPR) to more involved trainings, such as suicideTALK, safeTALK. Contact your local county mental health department or email kathleen.snyder@livingworks.net for safeTALK or ASIST trainings in your area.



JOIN CALIFORNIA'S MENTAL HEALTH MOVEMENT!

Each Mind Matters believes that suicide prevention matters. Wearing a lime green ribbon or a Know the Signs button is a great way to open an honest dialogue with friends, family, classmates and co-workers about mental health and how they are feeling. To order ribbons or buttons and for other ways to get involved in the movement visit www.eachmindmatters.org

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CONTACT US
(858) 634-6580
www.asknamisandiego.org
information@namisd.org
www.namisandiego.org



EA Education & Advocacy

1st Thursday every month with rotating speakers on various topics.

**THURSDAY,
SEPTEMBER 7, 2017**

6:30-8pm

LOCATION:

NAMI SAN DIEGO
5095 Murphy Canyon Rd,
Suite 320
San Diego, CA 92123

GUEST SPEAKER:

HEATHER SHERWOOD,
Licensed Marriage and Family
Therapist and co-presenter with
Jenny West Mehrer, Licensed
Marriage and Family Therapist

TOPIC:

Anxiety and Children

Anxiety is very common in children, especially with the start of a new school year. In fact, 1 in 5 kids and adolescents struggle with anxiety. Thankfully, there are many ways to help kids learn how to cope with anxiety.

Heather has been a therapist for kids and their families at 6 different schools in the San Diego area and is now currently in private practice. She loves educating parents and kids on how they can better manage their anxiety and stressors in fun and creative ways.

Jenny has worked with children, adolescents and their families for the past 6 years in both school based and outpatient settings. She has been formally trained in anxiety treatment during her work at Rady Children's Hospital. She is currently working in private practice.

6:30-7:30pm: Program w/ Q&A Session

7:30-8pm: "Ask the Doctor" segment where attendees have the opportunity to ask questions with a psychiatrist.

This meeting is **FREE** and open to everyone in the community. NAMI San Diego's Education and Advocacy meetings provide information about mental health conditions, recovery, support and other topics essential to create and maintain a life of wellness.



Please RSVP to
outreach@namisd.org
or call 800-523-5933

Community Event

11th Annual Forum for Healthy Minds

Saturday, October 14, 2017
8am-3:30pm

CalState San Marcos
333 South Twin Oaks Valley Road
San Marcos 92096

From Hopelessness to Hope and Healing! Join our Resource Fair with Keynote Speaker Mark S. Komrad, MD. Includes powerful workshops for individuals, family members, advocates, providers, and community members.



- * Lunch
- * Raffle Prizes
- * Resource Fair

A Community Alliance for Healthy Minds (CAHM) Event

Register at: www.cahmsd.org

NAMI San Diego

National Alliance on Mental Illness

NAMI San Diego, a non-profit organization, providing education, support services, and advocacy to improve the quality of life to everyone affected by mental illness.

BOARD OF DIRECTORS

President, Andy Kaiser
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The NAMI San Diego Newsletter is a monthly publication of:

NAMI San Diego
5095 Murphy Canyon Road, Suite 320
San Diego, CA 92123
(800) 523-5933 Helpline
(858) 634-6580 Administration
(858) 634-6585 FAX
information@namisd.org
www.namisaniego.org

Articles received by the 15th will be considered for publication in the following month's newsletter. Send articles to newsletter@namisaniego.org

The opinions expressed in the newsletter do not necessarily reflect those of NAMI San Diego.

To register your opinion, call NAMI San Diego at (858) 634-6580 or email us at newsletter@namisd.org. Thank you!

RESEARCH STUDIES

Sharp Mesa Vista Hospital is currently enrolling individuals that have a diagnosis of schizophrenia for various outpatient research studies. The purpose of these studies is to evaluate the efficacy, safety, and tolerability of an investigational drug.

To qualify for this study, you or someone you know must:

- Be 18 to 55 years of age
- Have a diagnosis of schizophrenia
- Currently experiencing symptoms of your diagnosis

Sharp Center for Research



To inquire about participating, contact Sharp Mesa Vista Hospital Clinical Research Center / 858-836-8350 smvresearch@sharp.com



Career Pathways Training



CAREER PATHWAYS IN BEHAVIORAL HEALTH

Existing/Volunteer/Aspiring Peer/Family Support Specialist & Family/Youth Partner Training

Would you like to use your own personal lived experience or your experience as a family member of someone who lives with mental health challenges to help others in the behavioral health field? Are you working as a Peer/Family Support Specialist or Family/Youth Partner and want to enhance your knowledge and learn special skills for your position?

NAMI San Diego is excited to offer the following options for a **FREE** TRAINING COURSE and CAREER PLANNING ASSISTANCE:



WEBINARS

Tuesdays / 6-8:30pm



- 1
- 2
- 3

START DATE	END DATE
September 5, 2017	November 7, 2017
December 5, 2017	February 6, 2018
March 13, 2018	May 8, 2018



IN PERSON

Thursdays
9:30am-12pm



START DATE	END DATE
September 21, 2017	November 16, 2017

LOCATION: NAMI San Diego, 5095 Murphy Canyon Rd, Ste 320, San Diego 92123



To inquire or complete an interest form, please contact careerpathways@namisd.org



HELEN GOMES

VOLUNTEER SPOTLIGHT



When Helen Gomes was asked why did you start volunteering for NAMI San Diego, her candid response was "Well...I kind of fell into volunteering." So, Helen shared her story: "My family's journey into mental health began in 1989 when my loved one was diagnosed with mental illness. I found myself seeking mental health resources and found NAMI San Diego, who offered a support group in Central San Diego on Cleveland Avenue. The drive from North County to Central San Diego was a long trip, but I was in need of support. In 2004, I found a Family Support Group in Escondido through NAMI North Inland; however, that affiliate has since disbanded. The group stayed active through the NAMI San Diego affiliate. I filled in as a facilitator for the group off and on for years with the same group of individuals, and newcomers coming every Tuesday. I really love helping others and I hope I am helping others by offering resources and support for those family members in need."

Helen shared that the Family Support Group is based on Group Wisdom, which means a family member with a bit more experience with the mental health system are able to share with family members who have just begun to explore the mental health resources. "It is an amazing group. I, along with my co-facilitator Sandy Robinson, facilitate every Tuesday in Escondido and have for the past six years." Helen chuckles, "I like to say my week begins and ends on Tuesdays. As a group we find Humor as Healthy, and Healing. I truly do not think of it as volunteering."

Helen also loves walking her dog daily, is an active advocate (Stigma Buster!), and leads the NAMI Walk for the Escondido Family Support Group annually. Join us in thanking Helen for her generous donation of time and support in her community.

RESERVE YOUR SEAT TODAY!
NAMISANDIEGO.ORG/COLORBALL



IT WON'T BE THE SAME WITHOUT YOU!

Each year, **The NAMI San Diego Color Ball & Inspiration Awards** honors remarkable men, women, and organizations in the mental health field -- inspirational leaders who strive to end stigma associated with mental illness.

The Color Ball and Inspiration Awards not only celebrates the accomplishments of those who have served our community, but is an opportunity for supporters who share our passion to come together, engage, fundraise, and celebrate NAMI San Diego's success in serving individuals and family members through mental health support, education, and advocacy.

**Congratulations to the 14th Annual NAMI
San Diego Color Ball Honorees:**

Champion

George Scolari
Chair, Healthy San Diego Behavioral
Health Work Group, Community
Health Group

Trendsetter

Mara Madrigal-Weiss
Project Cal-Well
San Diego Office of Education

Stigma Buster

Diversionsary Theatre

Youth Advocate

Travis Webster

Lifetime Champion

Jeanne McAlister
McAlister Founder & CEO

Side-By-Side Program

Want to become a companion and make a difference in the life of an individual with mental illness? Come to a Companion Orientation to learn more!

Companions are matched with individuals with direct lived experience with Mental Illness (Program Participants). Through these matches, Companion and Program Participant have the opportunity to meet up and go to the beach, check out a local museum, grab a cup of coffee, talk, make a friend, take a walk and much, much more!

DATES	September 6, 2017
TIME	6-7pm
LOCATION	NAMI San Diego 5095 Murphy Canyon Rd., Ste 320 San Diego, CA 92123

Program may also offer Program Participants:

- ◆ Support
- ◆ Motivation
- ◆ Socialization
- ◆ Education About
- ◆ Connectedness
- Mental Health Resources
- ◆ Friendship
- ◆ Inspiration



To RSVP please contact Alice Kellogg at (858) 634-6580 ext 109 or SBS@namisd.org.

Family-To-Family Course

An Education Program for Families and Friends over the age of 18, who have a loved one also over the age of 18 years of age, who live with a mental illness.

This **FREE** 12-week class is taught by trained family members who have lived with the experience of having a family member diagnosed with mental illness.

The **Family-to-Family** course topics include:

- Current Information on Schizophrenia, Anxiety Disorder, Obsessive-Compulsive Disorder, Borderline Personality Disorder, Bipolar Disorder and Depression
- Empathy workshop - what it's like to have a brain disorder
- Basic brain biology
- Rehabilitation services - what's available
- Problem solving workshop
- Advocacy - fighting stigma
- Medication review & side effects
- Self-care
- Communication skills workshop



To register, please email f2f@namisd.org or call NAMI Helpline at (800) 523-5933.

SATURDAYS	September 2 - November 18, 2017
TIME	9:30am-12pm
LOCATION	Our Lady of Perpetual Help 13208 Lakeshore Drive Lakeside 92040

WEDNESDAYS	September 13 - December 6, 2017
TIME	6:30-9pm
LOCATION	Church of St. Mary Magdalene 1945 Illion Street San Diego 92110

THURSDAYS	September 14 - December 7, 2017
TIME	6:30-9pm
LOCATION	County Assessor's Office 590 3rd Ave Chula Vista 91910

FAMILY SUPPORT GROUPS IN ENGLISH

Clairemont

2nd Monday, 7-8:30pm
St. David's Episcopal Church (Library)
5050 Milton Street, San Diego, 92110
Contact Helpline*: (619) 543-1434 or
(800) 523-5933

East County

2nd Wednesday, 6-7:30pm
El Cajon Library
201 E. Douglas Ave., El Cajon, 92020
Contact Helpline*: (619) 543-1434 or
(800) 523-5933

Escondido

Every Tuesday, 4-6pm
Park Avenue Community Ctr, Cedar Rm
210 East Park Ave., Escondido, 92025
Contact Helpline*: (619) 543-1434 or
(800) 523-5933

La Mesa

1st Tuesday, 6:30-8pm
St. Andrews Lutheran Church
8350 Lake Murray Blvd.
Community Center, 2nd Floor
San Diego, 92119
Contact Helpline*: (619) 543-1434 or
(800) 523-5933

Ramona

1st Wednesday, 7-8:30pm
Ramona United Methodist Church
3394 Chapel Lane, Ramona, 92065
Contact Helpline*: (619) 543-1434 or
(800) 523-5933

Rancho Bernardo

3rd Monday, 7-9pm
Rancho Bernardo Community
Presbyterian Church
17010 Pomerado Road
San Diego, 92128
Contact Helpline*: (619) 543-1434 or
(800) 523-5933

North Central San Diego

3rd Tuesday, 11:30am-1pm
5095 Murphy Canyon Road, Suite 320
San Diego, 92123
Contact Helpline*: (800) 523-5933 or
(619) 543-1434

**Disclaimer: The NAMI San Diego Helpline is available M-F 9am-5pm. If you leave a message, please allow 48 hours for a Helpline Volunteer to return your call.*

FAMILY SUPPORT GROUPS IN SPANISH

North Coastal

1st Friday, 6:30-8:30pm
Tri City Medical Center
Conference Room 7, Lower Level
4002 Vista Way, Oceanside, 92056
Contact: (760) 722-3754
info@naminorthcoastal.org

Otay Mesa

2nd & 4th Tuesday, 6-8pm
Otay Mesa Library
3003 Coronado Ave.
San Diego, 92154
Contact: Gina Osuna (619) 288-3133

South Bay

1st Monday, 6-8pm
South County Family Resource Center
690 Oxford St, Chula Vista, 91911
Contact: Kika at (619) 397-8835

South San Diego

4th Monday, 5-7pm
Maria Sardinias Wellness & Recovery
1465 30th Street, Suite K
San Diego, 92154
Contact: Kika at (619) 397-8835

EDUCATION & ADVOCACY MEETINGS IN ENGLISH

NAMI San Diego

1st Thursday, 6:30-8:30pm
Meetings held at various locations
Visit namisandiego.org or
Contact Helpline*: (800) 523-5933
or (619) 543-1434
or email outreach@namisd.org

North Coastal Education Meeting and Share and Care Support Group

3rd Thursday, Meeting 7-8:30pm
Support Group, 8:30-10pm
St. Michael's by the Sea
Episcopal Church
2775 Carlsbad Blvd, Carlsbad, 92008
Contact: (760) 722-3754
info@naminorthcoastal.org



EDUCATION & ADVOCACY MEETINGS IN SPANISH

NAMI San Diego - En Español!

3rd Tuesday, 6-8pm
Health and Human Services Agency
690 Oxford St., Chula Vista, CA 91911
Contact Helpline*: (800) 523-5933
or (619) 288-3133

TOPIC SUPPORT GROUPS

Borderline Personality Disorder Informational Meetings

1st Thursday, 6:30-9pm
UCSD Outpatient Psychiatric
Services (Gifford Clinic)
140 Arbor Drive, Rm 247
San Diego, 92103
Contact: Sandy Boone
sboone@bpdglobal.com

Criminal Justice Family Support

3rd Thursday, 6-7:30pm
Spring Valley Youth & Family Coalition
3845 Spring Drive, Room 31,
Spring Valley, 91977
Contact Helpline*: (619) 543-1434 or
(800) 523-5933

Sibling and Adult Children's Group

Support for adults (18+) who are
siblings of, or children of individuals
with lived mental illness.
2nd Wednesday, 7-9pm
Scripps Memorial Campus
Schaezel Center / Noble Room
9888 Genesee Ave., La Jolla, 92037
Contact: Michelle at (760) 815-2684

Spouses/Partners of Persons with a Diagnosis of Bi-Polar Disorder

3rd Tuesday, 6:30-8pm
Clairemont Lutheran Church
Lutheran Hall, Room #2, 1st Floor
4271 Clairemont Mesa Blvd.
San Diego, 92117
Contact: (858) 472-2058

Substance Use Disorder and Co-Occurring Disorder Family and Friends Support Group

4th Friday, 6-7:30pm
NAMI San Diego Headquarters
5095 Murphy Canyon Road,
Suite 320, San Diego, 92123
Contact Helpline*: (800) 523-5933
or (619) 670-1184



NAMI San Diego's Connections Support Groups are **FREE**, and you can drop in without registering! These support groups are only open to people who have a mental illness. NAMI Connections is a casual and relaxed environment where you can share the challenges and successes you've had while coping with mental illness.

Mental Health America

Thursdays, 6-7:30pm
4069 30th Street, San Diego, 92104
2nd Floor Conference Room

East County Mental Health Clinic

Fridays, 12-1:30pm
1000 Broadway, 1st Floor
Wellness Center, El Cajon, 92021

Central Library

2nd & 4th Wednesday, 2-3:30pm
330 Park Blvd. (Between J & K Streets)
Room 563, San Diego, 92101

Mariposa Clubhouse

Wednesdays, 1-2pm
560 Greenbrier, Suite C-E, Oceanside
92054. Information: (760) 722-3754

En Español

Cada Martes, 2-3:30pm
Visions Clubhouse
226 Church Street Chula Vista, 91910
Information: (800) 523-5933

**St. Michael's Episcopal Church,
Library at Parish Hall**

3rd Thursday, 5:30-6:30pm
2775 Carlsbad Blvd., Carlsbad, 92008
Information: (722) 722-3754

**The Consumer Center for
Health, Education & Advocacy**

If you need help getting mental health services or if you have a complaint or grievance, call or write:
1764 San Diego Ave, 2nd Floor
San Diego, 92110
Toll Free: 1-877-734-3258
Monday - Friday: 9am-5pm

**Jewish Family Services
Patient Advocacy Program**

Patient Advocates work with individuals living in either a 24-hr psychiatric hospital or a board & care facility to ensure all of their rights are being respected.
(619) 282-1134 or (800) 479-2233
Monday - Friday: 8am-5pm

**PEER & CONSUMER SUPPORT GROUPS
CLUBHOUSES**

Clubhouses offer **FREE** support for adults recovering from mental illness. (No treatment provided). They provide classes for vocational training, health & nutrition, physical fitness, computer technology and skill-building. They can also supply you with potential volunteer opportunities in the area.

Casa Del Sol Clubhouse (Bilingual)*

1157 30th Street
San Diego, 92154
Phone: (619) 429-1937
Hours: Mondays: 8:30am-6pm
Tue./Thurs./Fri.: 8:30am-4:30pm
Wednesdays: 12-8pm

Corner Clubhouse

2864 University Ave.
San Diego, 92104
Phone: (619) 683-7423
Hours: Mon. - Fri.: 8am-4pm

East Corner Clubhouse*

1060 Estes Street
El Cajon, 92020
Phone: (619) 631-0441
Hours: Mon. - Fri.: 8am-4pm

Eastwind Clubhouse

UPAC Eastwind Center
8745 Aero Drive, Suite 101
San Diego, 92123
Phone: (858) 268-4933
Hours: Mon. - Fri.: 8:30am-5pm

Escondido Clubhouse*

474 W. Vermont Ave.
Escondido, 92025
Phone: (760) 737-7125
Hours: Mon. - Fri.: 8am-4:30pm

Mariposa Clubhouse*

560 Greenbrier Drive, Suite C-E,
Oceanside, CA 92054
Phone: (760) 439-2785
Hours: Mon. - Fri.: 8am-4:30pm

Friends In Hand Clubhouse

144 Copper Ave.
Vista, 92083
Phone: (760) 631-2206
Hours: Sat. & Wed. 11am-4pm

Friend-to-Friend Program*

(Serving the homeless)
2144 El Cajon Blvd.
San Diego, 92104
Phone: (619) 955-8217
Hours: Mon. - Fri.: 8am-4pm
API Discovery Clubhouse

Alvarado Parkway Institute

5538 University Ave.
San Diego, 92105
Membership Information: (619) 667-6176
Hours: Sat. & Sun.: 10am-4pm

The Meeting Place, Inc.*

2553 State Street
San Diego, 92101
Phone: (619) 294-9582
Hours: Mon. - Fri.: 8am-4pm

The Oasis Clubhouse

Serving Transitional Age Youth (Ages 16-25)
3330 Market St., Suite C
San Diego, Ca 92102
Phone: (858) 300-0470
Hours: Mon. - Fri.: 9am-6pm

NHA - Friendship Clubhouse

286 Euclid Ave., Suite #104,
San Diego, 92114
Phone: (619) 263-6269
Hours: Mon. - Fri.: 8:30am-5:30pm

Visions

226 Church St.
Chula Vista, 91910
Phone: (619) 420-8603
Hours: Mon. - Fri. 12-7pm
Saturdays & Sundays: 12-5pm
NA & Dual Diagnosis groups available,
please call for the schedule.

Deaf Community Services Clubhouse

4080 Centre Street Suite 208
San Diego, 92103
Phone: (619) 398-2441
Hours: Mon. - Fri.: 8:30am-12pm
Saturdays & Sundays: 1-5pm

*SSI Advocates available to assist with applications and appeals. Please contact the clubhouse for more information.


September 2017

VOLUME 16 NUMBER 9

Return Service Requested

September 2017

Upcoming Events...

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 LABOR DAY	5 Career Pathways Webinars Begin 6-8pm careerpathways@namisd.org See pg 3	6 NAMI SAN DIEGO Side-By-Side 6-7pm 858-634-6580 ext 109 See pg 5	7 Education & Advocacy 6:30-8pm See pg 2	8 *Mental Health First Aid 8:30am-5pm	9
10	11 *Mental Health First Aid / Public Safety 6-10pm	12	13 *Mental Health First Aid / Adults&Youth 8:30am-5pm	14	15 *Mental Health First Aid / Older Adults 8:30am-5pm	16
NATIONAL SUICIDE PREVENTION WEEK						
17	18	19 *Mental Health First Aid / Adult 8:30am-5pm	20 *Mental Health First Aid / Adult 8:30am-5pm	21 Career Pathways In-Person Training Begins 9:30am-12pm careerpathways@namisd.org See pg 3	22	23
24	25 *Mental Health First Aid / Adult 12-4pm	26 *Mental Health First Aid / Adult 12-4pm	27	28	29	30

*To sign up for FREE Mental Health First Aid Training in your area, please visit www.mhasd.org/events and click on the date and location you are interested in.



Follow NAMI San Diego!