



National Alliance on Mental Illness

**NAMI**

**San Diego**

## August 2018 Newsletter

### A Message from our CEO - Cathryn Nacario

#### **NAMI San Diego Speaks Out on Family Separations at the Border**



The National Alliance on Mental Illness (NAMI San Diego) was created based on the foundation of family involvement. In fact, it was a group of concerned parents of children with mental illness meeting around a kitchen table 40 years ago in San Diego who were the forerunners of what is now NAMI—a national organization with over 900 affiliates with the goal of supporting, educating and advocating for everyone affected by mental illness.

Today NAMI San Diego is the city's voice on mental illness and through our years of experience, we believe that strong family support is vital to a child's long-term mental health. The forced separation of families at our country's borders is highly stressful and can result in trauma because it rips away vital family structure that offers stability and support to growing children and their parents/caregivers. ***Continued -->>***

### 15th Annual Color Ball & Inspiration Awards

15TH ANNUAL NAMI SAN DIEGO

& INSPIRATION AWARDS

# COLORBALL

JOIN US FOR A NIGHT AT THE NAT!



TICKETS ON SALE NOW!

Thursday, October 11, 2018 | 5:30 – 9:30 PM  
San Diego Natural History Museum "The Nat"  
1788 El Prado, San Diego, CA 92101

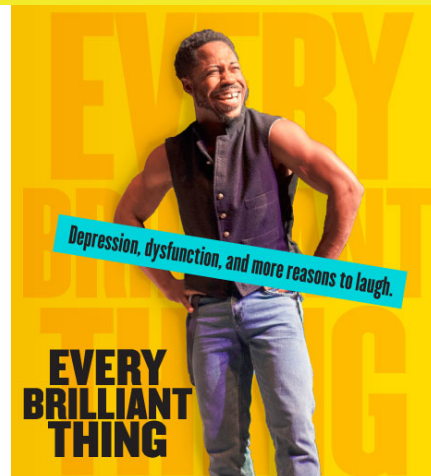
Information: 858-634-6580  
Sponsorships: colorball@namisd.org

 **NAMI San Diego** Celebrating 40 Years  
Serving San Diego

## Every Brilliant Thing - Special Talk Back Date

### You're Invited!!

Join Cygnet Theatre, Vista Hill and NAMI San Diego on September 8<sup>th</sup> for a special Talk Back following the 8:00 PM showing of *Every Brilliant Thing*. Representatives from NAMI San Diego and Vista Hill will answer mental health questions around depression and suicide, engaging patrons in a discussion designed to break down barriers and facilitate open dialogue. This insightful conversation will be facilitated by Rob Lufty, Director of *Every Brilliant Thing*.



About the show: You're seven years old. Mom's in the hospital. Dad says she finds it hard to be happy. So you start to make a list of everything that's brilliant about the world. Everything that's worth living for. (1) Ice cream. (2) Kung Fu movies. (3) Staying up past your bedtime and being allowed to watch TV. (4) The color yellow. You leave it on her pillow. You know she read it because she's corrected your spelling. Soon, the list will take on a life of its own. A play about depression and the lengths we will go to for those we love. Runs August 22 - September 16

[Learn More or Purchase Tickets](#)

## Helpline Numbers



### ACCESS & CRISIS LINE

**(888) 724-7240 / 24 hrs a day, 7 days a week**

Provides mental health CRISIS intervention, information and referrals to mental health services in San Diego County.



### NAMI SD FAMILY & PEER SUPPORT HELPLINE

**(800) 523-5933 / M-F 9am-5pm**

Provides RESOURCES for mental health issues in SD County.  
Please allow time for a volunteer to return your call.



**NAT'L SUICIDE PREVENTION LIFELINE**

**(800) 273-8255**

24 hrs a day, 7 days a week

Provides mental health SUICIDE intervention.

**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 Service  
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

## Education & Advocacy



### Education & Advocacy Meeting FREE MEETINGS

First Thursday of every month, 6:00 - 7:30 pm

NAMI San Diego Office

5095 Murphy Canyon Road, Suite #320

San Diego, CA 92123

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. Meetings are free and open to everyone in the community.

#### **August 2nd @ 6 pm**

**Topic:** SMART Recovery, Learn new recovery tools

**Guest Speaker:** Lynn Warner, PhD

#### **September 6th @ 6 pm**

**Topic:** Mental Health Law Advocacy

**Guest Speaker:** Jennifer M. Gerstenzang,  
Attorney at Law and Family Advocate in the Criminal Justice System

#### **October 4th @ 6 pm**

**Topic:** Child Youth Family Liaison (CYFL) Presents #KnowNoStigma.  
Breaking Stigma Surrounding Mental Health

**Guest Speaker:** Linda Ketterer, NAMI San Diego CYFL Lead Trainer

#### **November 1st @ 6 pm**

**Topic:** The Brain – Gut Connection,  
Learn how your gut affects the way your brain works

**Guest Speaker:** Dr. Steve Tullius, Doctor of Chiropractic

**RSVP Today!**

## Family-To-Family Courses

An Education Program for Families and Friends over the age of 18, who have a loved one also over the age of 18, who lives with a mental health challenge.



### Family-To-Family Courses

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 Health Challenge.

#### The 12-week Family-to-Family Course Topics Include:

- Current Information on Schizophrenia, Anxiety Disorder, Obsessive-Compulsive Disorder, Borderline Personality Disorder, Bipolar Disorder and Depression
- Basic Brain Biology
- Problem Solving Workshop
- Medication Review & Side Effects
- Communication Skills Workshop
- Empathy Workshop - What it's Like to Have a Brain Disorder
- Rehabilitation Services - What's Available
- Advocacy - Fighting Stigma
- Self-Care

[Click here for Course Details](#)

## Family Meeting Schedule & Support Groups



**NAMI San Diego**

**FAMILY MEETING SCHEDULE  
& GENERAL SUPPORT GROUPS**

(ADULTS 18 & OLDER with a loved one over the age of 18)

**FAMILY SUPPORT GROUPS  
IN ENGLISH**

**FAMILY SUPPORT GROUPS  
IN SPANISH**

**TOPIC SUPPORT GROUPS**

**for Adults 18 & older with loved ones of any age**

[Click for Support Group Listings](#)

## Peer Support Groups



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.

[Click for NAMIConnection details](#)

## 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.

[Click for Clubhouse details](#)

## Side by Side Orientation

The purpose of the NAMI San Diego Side by Side program is to connect an individual who lives with a mental health condition with a Companion. Participants and Companions have the opportunity to meet up in the community. **Looking for Volunteers!**

**Get Involved!**

## Support for Families with Youth



Visit the [CYFL Website](#) for newsy updates



**Upcoming Meeting Dates**  
**Meets 3rd Wednesday of the month**  
**6-8 pm**

Aug 15, 2018  
Sep 19, 2018

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

**PEP: Parents Empowering Parents  
SUPPORT GROUP MEETING**  
**#OURVOICESMATTER**

NAMI SD's CYF Liaison offers San Diego parents and caregivers a **FREE**, open, monthly coaching and support group meeting for parents and caregivers of children and youth (through age 25) living with challenging behaviors, mental and behavioral health concerns. *No parent seeking support will be turned away!*

**RSVP Today!**

For more information, read the [CYFL Quarterly Newsletter](#)

# Peer Support For Peer Support Specialists (PS4PSS)



Please join us as we discuss topics relevant to peer support specialists who are working (paid, volunteer, or seeking a position) in the behavioral health system of care. As we are a small group yet, you are encouraged to forward this email to a handful of your friends who are in our field.

First Wednesday of each month  
6:00 – 7:30 PM  
Mission Valley Branch - San Diego Library  
Seminar Room near the back  
2123 Fenton Pkwy,  
San Diego, CA 92108  
(Next to IKEA and Costco)  
(858) 573-5007

[Find us on Facebook](#)

## Bipolar and Beautiful - A Poem

Written by Karie Halverson

*He is a bumble bee buzzing around up and down stinging the air  
He is a butterfly flying free without a single care  
He is a puma prowling in the night  
He is an owl flying softly out of sight*

*He is intelligent with a gentle soul  
He has a brilliant mind that takes a toll  
He comes up with master plans  
Plays with numbers and draws up grants*

*He has a mind that is faster than a race car  
A mind that can go out there very far  
He becomes stable and his is labeled  
He asks for forgiveness and they run  
He fights for his life repairing what he has done  
He finds the strength to keep moving on  
Tries to figure out what went wrong*

*Figuring it out is half the battle  
His mind gets so rattled  
He realizes that he needs help and support  
Get connected and stop being out of sorts  
Grab his life and figure it out*

*What is this illness all about  
Love it and Live with it  
For you are bipolar and beautiful*

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**NAMI San Diego Board of Directors**

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