

July 2018 Newsletter

National Alliance on Mental Illness - San Diego

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

A mental illness is a condition that affects a person's thinking, feeling or mood. Such conditions may affect someone's ability to relate to others and function each day. Each person will have different experiences, even people with the same diagnosis. Recovery, including meaningful roles in social life, school and work, is possible, especially when you start treatment early and play a strong role in your own recovery process.

A mental health condition isn't the result of one event. Research suggests multiple, linking causes. Genetics, environment and life-style influence whether someone develops a mental health condition. A stressful job or home life makes some people more susceptible as do traumatic life events like being the victim of a crime. Biochemical processes and circuits and basic brain structure may play a role, too.

[For answers to your mental health questions. Click here](#)



July is Pride Month in San Diego

SD Pride Events July 13-15

Spirit of Stonewall Rally: The origins of the global Pride movement can trace their roots to the Stonewall riots of 1969, an uprising against police brutality that has spread around the world. Over 1,000 Pride events have been identified across the globe, each one taking on a local flair. In San Diego, Pride weekend begins by honoring those beginnings with the Spirit of Stonewall Rally where we celebrate the accomplishments of those at the forefront of our movement and recommit to the work that lies ahead



Parade: The annual San Diego Pride Parade is the largest single-day civic event in the region and is among the largest Prides in the United States, attracting over 200,000

people. Cheer on colorful floats & parade participants as we celebrate and honor the LGBTQ community at the San Diego Pride Parade in Hillcrest.

Festival: The annual Pride Festival includes multiple stages of entertainment, more than 100 entertainers, and dozens of vendor booths, exhibits, cultural presentations, delicious food booths, and over 40,000 of your closest friends. Pride Festival is open to everyone with an open heart and open mind!

15th Annual Color Ball & Inspiration Awards

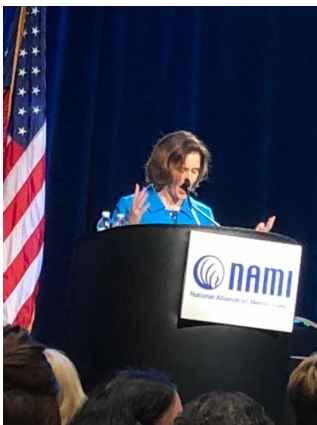
psst...it's coming!

15TH ANNUAL NAMI SAN DIEGO COLOR BALL & INSPIRATION AWARDS
THURSDAY, OCTOBER 11, 2018.

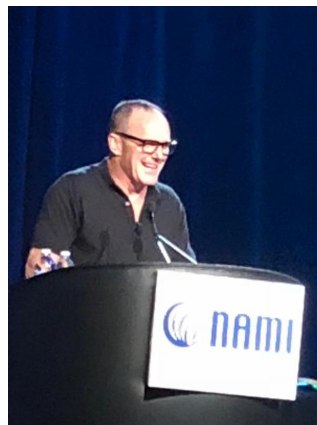
NAMI San Diego at the NAMI's National Convention

NAMI's Live Learn Share Hope 2018 National Convention, June 27-30 was well represented by NAMI San Diego this year in New Orleans. NAMI President, Steve Pittman, J.D. from Southern California, welcomed the convention attendees. "Superhero" and movie star Clark Gregg addressed the convention along with Mary Giliberti, NAMI Chief Executive Officer and Ken Duckworth, MD, Medical Director NAMI at the Opening Plenary.

Clark Gregg, best known for his role as Agent Phil Coulson in the Marvel Universe, discussed the parallels between his character's traumatic onscreen journey with his own personal and family struggles with mental illness. He spoke about "being public" about his mental health. "You're only as sick as your secrets", he told the audience, and he went on to explain how lucky he is to have a job that helps him amplify this important issue.



Mary Giliberti



Clark Gregg



NAMI San Diego Staff Members

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

Volunteer Opportunities

Become a Volunteer

Interested in becoming a NAMI San Diego Volunteer? NAMI San Diego is the city's voice on mental illness. We are part of the grass-roots, non-profit, national NAMI organization founded in 1979 by family members of people with mental illness. We are also an affiliate of NAMI California.



[Sign up here](#)

"It is a wonderful organization where I can make a difference and end stigma."

"I want to pay it forward!"

Education Department - Career Pathways

Congratulations to the 9th Cohort and graduating class of Career Pathways, a NAMI San Diego Peer/Family Support



Career Pathways is a FREE nine week course designed for peers and family members with a goal of supporting the employment and engagement of individuals with lived experience working as *Peer/Family Support Specialists* or *Behavioral Health Professionals*. [Continued...](#)

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 live 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 **FREE** 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](#)

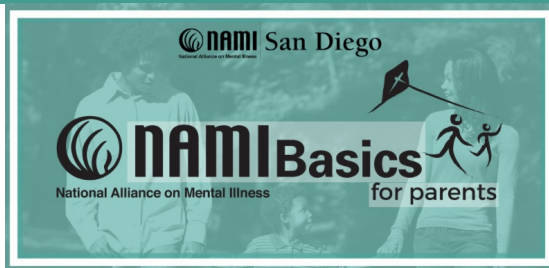
Please check this [LINK](#) periodically for courses open for registration.

Escondido Clubhouse Family-to-Family

NAMI San Diego's Family-to-Family 12 Week courses wrapped up the 2017-2018 fiscal year. The BPSR Escondido Clubhouse hosted the last two courses this year one in English and one in Spanish. The 12 Week course is open to support adults 18 and older, family and friends who have a loved one living with mental health challenges. The course offers understanding, validation and compassion in a safe, supportive environment, while providing education regarding mental health. Pictured is the English Escondido Clubhouse graduating class for the Family-to-Family course. Congratulations, to all 300 plus graduates who have completed the Family-to-Family 12 Week courses this fiscal year!



NAMI Basics for Parents



[Click for details](#)

NAMI Basics is a **free** 6-week class designed for parents and caregivers of children and adolescents under age 18 with emotional and behavioral difficulties.

NAMI Basics helps parents and caregivers understand the illnesses that are causing these difficulties, and the critical role families play in the treatment of these illnesses.

Beginning July 21st (Sat. mornings) 10:00 AM-12:30 PM
<http://bit.ly/BasicsJuly2018>

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!

Family Meeting Schedule & General Support Groups

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 & Consumer 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 details
NAMIConnection](#)

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 details
Clubhouses](#)

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