



National Alliance on Mental Illness

**NAMI**

**San Diego**

## September 2018 Newsletter

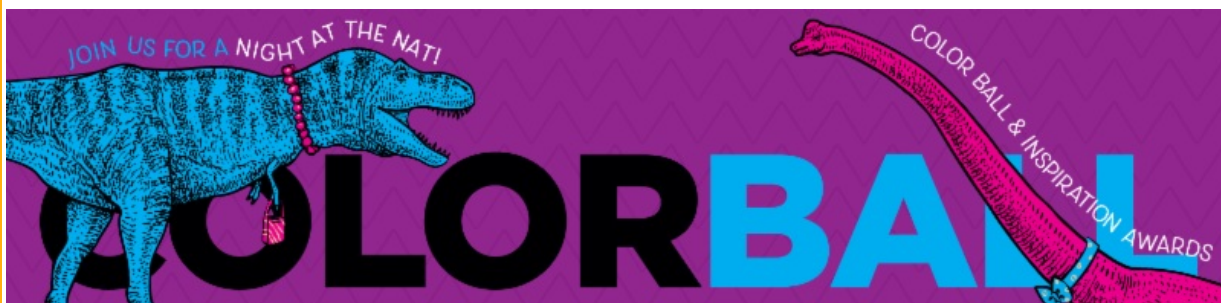
### A Message from our CEO - Cathryn Nacario

Wow! Can you believe a year has gone by? I am now starting my second year as the CEO of NAMI San Diego. It is an honor and privilege to serve our community side-by-side with our donors, members, staff, volunteers, and community partners. When I get asked, "So do you like your job?" I respond with a resounding YES! To have the ability to impact change in a system that is still evolving for the care of our most vulnerable population is truly a blessing. Hearing the success stories and the kind words always spoken about NAMI San Diego is a tribute to the amazing people who have been a part of or have touched our organization.

NAMI SD is growing and changing as well! We have future plans for sustainable revenue sources, growth in areas we have not traditionally had a focus, and to always advocate for all impacted by mental illness. We welcome all input and encourage you to continue to walk with us on this on our journey through our next 40 years of serving San Diego and Imperial counties.



### 15th Annual Color Ball & Inspiration Awards



**Congratulations to the 15<sup>th</sup> Annual NAMI San Diego  
Color Ball & Inspiration Awards Honorees**

**Champion**

Marzena Sudak  
IHOT/Mental Health Services

**Trendsetter**  
Tracey Wilson  
Rooted Life Supportive Housing

**Stigma Buster**  
Bertha Loaiza

**Youth Advocate**  
Micaela Cunningham

**Lifetime Champion**  
Barent Mynderse

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Even **Carlo Cecchetto** won't miss  
the Color Ball!  
Carlo's taking the night off from **CBS News 8**  
to be our Master of Ceremonies!

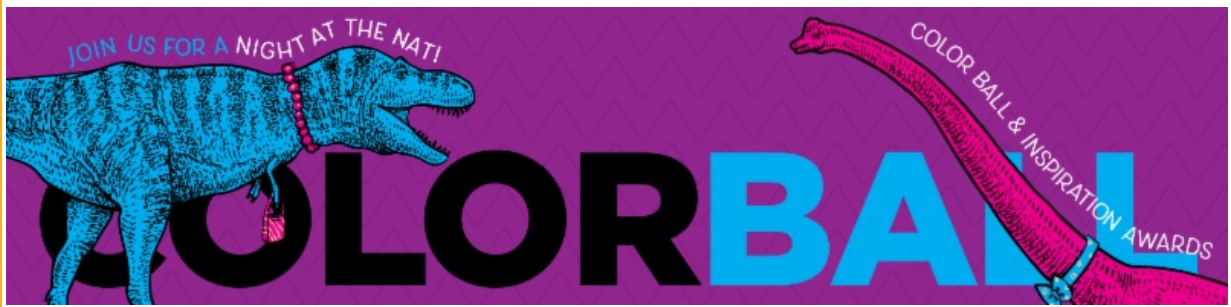


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**Will you celebrate with us?**  
**Click the DINO to get your tickets today!**



15TH ANNUAL NAMI SAN DIEGO  
**COLORBALL**  
& INSPIRATION AWARDS  
Thursday, October 11, 2018  
San Diego Natural History Museum  
© NAMI San Diego Serving San Diego for 40 Years



## 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.

### 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

### 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

## 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.

### 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 **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](#)

## Family Meeting Schedule & Support Groups



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



## 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!*

**Upcoming Meeting Dates**  
**Meets 3rd Wednesday of the**  
**month**  
**6-8 pm**  
Sep 19, 2018

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

**RSVP Today!**

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

## Employee Shout-out

Linda Richardson (left), Director of NAMI San Diego NextSteps was honored for serving as President of the [Division of Public Service in the American Psychological Association](#) from 2017-2018. *Psychologists in Public Service* responds to the needs of the public in areas such as psychological practice, research training and policy formation.



The division is comprised of five sections representing a variety of settings: community and state hospital psychologists, criminal justice, police and public safety, psychologists in Indian Country and veterans affairs. Linda's plaque was presented to her by Dr. Shirley Glynn, the immediate Past President of the association. Thank you Linda for your commitment to our community!

# A Day for Caregivers Conference - Save the Date

## Got Caregiving?

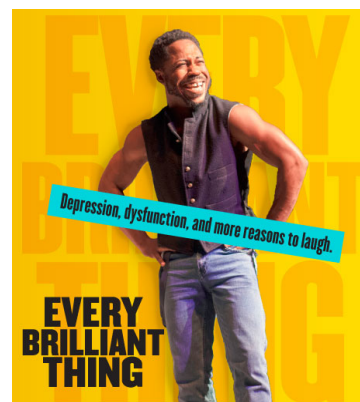
“A Day for Caregivers” conference will take place on  
**Friday, November 9, 2018, from 9:00 AM to 2:00 PM**  
in the Scripps Poway Parkway area

NAMI San Diego partners with the Caregiver Coalition of San Diego to host this **FREE** conference for those caring for individuals living with Mental Health Challenges. Over 100 individuals supporting loved ones attended this event last year. Great speakers, resource fair, lunch and more. Save the date and keep an eye on the NAMI San Diego’s Newsletter for more on this great event offering support for caregivers of those living with mental health challenges.

## *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 about 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](#)

**Peer Support For Peer Support Specialists (PS4PSS)**



PS4PSS is an organization for those working as Peer & Family Support Specialists where they can gather to discuss relevant issues, as well as share information about resources in the community. Attend to discuss topics relevant to peer support specialists who are working (paid, volunteer, or seeking a position) in the behavioral health system of care. This is a small group and you are welcome to share this meeting information with others.

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 for directions  
For more information contact:  
Shellie Raczok: PeersOnPurpose@gmail.com  
(858) 573-5007

[Find us on Facebook](#)

## Careers at NAMI San Diego

We invite you to apply for any of our [current employment opportunities](#). To apply for a position, please email your cover letter and resume to [jobs@namisd.org](mailto:jobs@namisd.org)

### NAMI San Diego Board of Directors

President, Andy Kaiser  
Vice President, Louise Groszkruger  
Treasurer, Steve O'Kane  
Secretary, Ricardo Soto  
Yuliana Gallegos-Rodriguez, Ph.D  
Pamela Nichols  
Jan Thompson  
CEO, Cathryn Nacario

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Your Kind Donation Helps Us Provide Our Free Services



