

A Wonderful Turn Out!

The San Diego County NAMI Walk on April 30, 2016 had a great turn out from Walkers, Teams, Resource Fair Vendors and Community Partners! Thank you to everyone that came out to Stomp Out Stigma and to help reach our goal of \$150,000 for mental health aware-ness. We are almost there, you still have time to donate! Send out that link to your walk page ONE MORE TIME and post your event photos to the NAMI San Diego Facebook page! Can't wait to see your Walk/Run memories!

THANK YOU!

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CONTACT US

1 (619) 543-1434

1 (800) 523-5933

www.asknamisandiego.org

information@namisd.org

www.namisandiego.org

|stay connected|

JUNE | Education & Advocacy Meeting

Thursday, June 2, 2016

6:30 p.m.—8 p.m.

The June E&A meeting will be on June 2, 2016. The tentative topic will be on Active Duty, Veterans & Mental Health. Come join us for the this exciting E&A meeting!

For more information, please contact information@namisd.org

You may RSVP with through the HELPLINE at 1-800-523-5933

Schedule

6:30 p.m. Ask the Doctors
7 p.m. Program

Location

University Christian Church,
Friendship Hall
3900 Cleveland Ave.
San Diego, CA 92103

MAYO | Spanish Education & Advocacy Meeting

Próxima Junta Educativa de Salud Mental

17 de Mayo,

6:00 p.m. - 7:30 p.m.

“Preguntas al profesional” 6:00 p.m.—7:00 p.m.

Presentacion Comunitaria 7:00 p.m.—7:30 p.m.

Locación

Health and Human Services Agency 690 Oxford Street,
Chula Vista, CA 91911 (primer piso)

Preguntas? Por favor de comunicarse con Cinthya al 619-688-0507

Want to learn more about our *Spanish* Education & Advocacy Meetings?
Please contact Cinthya Luis at 619-688-0507

JULY | Education & Advocacy Meeting

Thursday, July 7, 2016

6:30 p.m.—8 p.m.

Please mark your calendars, the July 2016 E&A !

Come join us for this exciting session with Impact Young Adults (IYA) as we hear about their life experiences and what the community can learn.

Schedule

6:30 p.m. Ask the Doctors
7 p.m. Program

Location

University Christian Church,
Friendship Hall
3900 Cleveland Ave.
San Diego, CA 92103

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.

**NAMI San Diego is affiliated with
NAMI and NAMI California**

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**The NAMI San Diego Newsletter is a
monthly publication of:**

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**Articles received by the 15th will be
considered for publication in the fol-
lowing month’s newsletter. Send arti-
cles to:**

information@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 at
information@namisd.org. Thank you.*

Peer-To-Peer Program

Would you: Like to learn more about your mental illness? Benefit by being around others that know what it's like living with mental illness? Like to develop a Relapse Prevention Plan? Peer to Peer is a FREE educational course for any individual (18 years and older) living with mental illness, who is interested in establishing and/or maintaining their wellness and recovery. Each session is two hours in length and continues for ten complete sessions. The course uses a combination of lecture, interactive experience and structured group processes,. The course is guided by

two trained “mentors” and a “resource” volunteer who are themselves experienced at living well with mental illness. The Peer-to-Peer course cover a wide variety of topics, to name a few: mental illness as a traumatic experience , consumer stages of recovery, brain biology and research, relapse prevention, understanding emptions, focusing on experiences of joy, and abundant information and thorough discussion on a wide array of disorders.

For more information or to register please call NAMI San Diego at (619) 543-1434 or (800) 523-5933

| I M P O R T A N T N U M B E R S |

NAMI San Diego Family & Peer Support Helpline
1 (800) 523-5933
10 a.m.—5 p.m. Monday—Friday

Client Warm Line
1 (800) 930-9276
Daily: 4 p.m.—11 p.m.

Courage to Call
1 (877) 698-7838
24 hours a day, 7 days a week

Access & Crisis Line
1 (888) 724-7240
24 hours a day, 7 days a week

Family-to-Family Education Program

An education program for families and friends of individuals who experience mental illness. This FREE 12-week class course series 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:

- Learning about feelings and facts
- Schizophrenia, Anxiety Disorder, Obsessive-Compulsive Disorder, Borderline Personality Disorder, Bipolar Disorder and Depression
- Basic brain biology/new research, Problem solving workshops, Medication review
- Empathy workshop—what it's like to have a brain disorder, Communication skills workshop

- Self-care, Rehabilitation services—what's available, Advocacy: fighting stigma



Visit us at <http://namisandiego.org/services/family-to-family/>

For more information or to register please call NAMI San Diego at (619) 543-1434 or (800) 523-5933

UCSD Going Green for Mental Health

University of California San Diego (UCSD) - Health, observed Mental Health Awareness Month with a Building Lighting on May 3rd at the UC San Diego Medical Center in Hillcrest (200 W. Arbor Drive, San Diego, CA 92103). UCSD is the first hospital in San Diego to light a Medical Center lime green for the month of May. David Muir, UCSD Community Affairs Coordinator said, "We sincerely hope that this inspiring showcase in support for our patients and staff, as well as our commitment to the community more broadly."

Making a Difference

By: Natalie N.

Can a group of 10th graders really come together and make a positive change in their community? At High Tech High North County, we put that question to the test.

"To make a difference in someone's life you don't have to be brilliant, rich, beautiful, or perfect. You just have to care." - Mandy Hale

I come from a class of high school students that have decided to tackle an imperative issue that is on the forefront of many high school students: mental illness and suicide. Last year, when a fellow classmate took his life, my peers and I felt helpless. We couldn't do anything for him when he needed us most. But maybe we can make a difference and help prevent this pain from affecting someone else. We have decided to unite and work towards a cause worth millions of lives. It is too late for our classmate, but we are now passionately driven to stand up and fight for individuals like him that struggle with mental health conditions every day.

Our mission is to influence a positive change in our society - and even more significantly - spread awareness throughout our generation. We have partnered with the National Alliance on Mental Illness (NAMI), as well as Animal Center's Pet Encounter Therapy group to achieve this goal. With these groups, we have travelled to various schools around San Diego County and presented to students at High Tech High Point Loma and we are working on contacting several other schools such as San Marcos High School and St. Joseph's Academy.

Finding a safe space to talk about these important issues is such a critical part of healing the wounds

caused by suicide. Each year at High Tech High North County, we create this space through an event called Day of Peace. This is a powerful time in which students from different grades and backgrounds come together in small groups to talk in a safe, student-run space. It's a day for students of all walks of life to come together and connect, and realize they aren't so different from their peers. It is one of our goals to bring this to other schools across the county. And we want you to help us.

We would like to invite you to come to the gala we are holding on June 2nd and support our cause. Anyone who is interested is invited to attend this event.. It would honor us deeply if you could come and see the products as a result of all our hard work.

We're just sophomores in high school, but we hope to inspire all of the students we visit and show them that mental health and suicide are very real and serious topics that we should be discussing. We can't fix the world's problems, but we will do what we can, where we can.

High Tech High North County
Invites You To
A fundraising Gala For Social Change
on Thursday, the second of June
From six to nine in the evening
at 150 Sycamore Drive
San Marcos, CA 92069
Dress Code: Rustic Formal
Please RSVP at googlAJ9mC5

Save the date! June 2, 2016. Join us for our Gala, for more information please go to

<http://natalies-dp.weebly.com/gala.html>

NAMI San Diego Volunteer Info Session

If you would like to volunteer with NAMI San Diego:

- Step 1 Information Session: All potential volunteers and interns are required to attend a two-hour volunteer information session. This is offered on a regular basis. This Volunteer Information Session gives an overview of the mission of the agency, the many volunteer opportunities available and the requirements of each opportunity.
- Step 2 Application/Interest Forms
- Step 3 Interview Process/Reference Check
- Step 4 Acceptance as a NAMI San Diego Volunteer
- Step 5 Training/Placement
- Step 6 Supervision & Support

The next Volunteer Information Session is being offered **Thursday, May 19th** from **noon to 2pm**. Please mark your calendars! This will take place at our main headquarters at 5095 Murphy Canyon Road, SD 92123.

To RSVP please email Alice Kellogg, Volunteer Coordinator AmeriCorp VIP, at alicekellogg@namisd.org



NAMI San Diego Helpline

Friends in the Lobby Volunteer Training

Thursday, June 16, 2016, 5:30pm to 8:30pm.

Friends in the Lobby (FIL) places Volunteers in the lobbies of area hospitals that have behavioral health units or psychiatric wings. Volunteers offer support and hope to families that are visiting loved ones. This special training is required before volunteers receive placement. Shifts are available throughout the week, day and evenings and weekends. Volunteers work in teams and shifts and are usually 2 hours long. A six month commitment to this program is requested. To attend the FIL training, volunteers must have attended a Volunteer Information Session. You may RSVP for this training through the HELPLINE at 1-800-523-5933 or email volunteers@namisd.org

NAMI FAMILY SUPPORT GROUPS

Family Support Groups in English

Brawley
1st Thursdays, 6pm promptly
205 Main Street
Brawley, CA 92227
Contact: Rose or Wilbur at
(760) 705-5002,
imperialvalley@namisd.org

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

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

Imperial Valley
3rd Thursdays, 6-7:30pm
202 N. 8th Street
El Centro CA 92243 at 6pm Promptly
Contact: Rose or Wilbur at
(760) 705-5002,
imperialvalley@namisd.org

La Mesa
1st Tuesdays, 6:30-8pm
St. Andrews Lutheran Church
8350 Lake Murray Blvd,
Community Center, 2nd Floor
San Diego, 92065
Contact: (619) 543-1434 or
(800) 523-5933

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

Rancho Bernardo
3rd Mondays, 7:00 -9:00pm
Rancho Bernardo Community
Presbyterian Church
17010 Pomerado Road
San Diego, 92128
Contact: Ellie Taylor (858) 485-0703

Family Support Groups in Spanish

North Coastal
1st Fridays, 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 Tuesdays, 6-8pm
Otay Mesa Library
3003 Coronado Ave.
San Diego, 92154
Contact: Gina Osuna (619) 288-3133

South Bay
1st Mondays, 6-8pm
South County Family Resource Center
690 Oxford St., Chula Vista, 91911
Contact: Gina Osuna (619) 288-3133

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

Education and Advocacy Meetings

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

North Inland
Share & Care Support Group
Every Tuesday, 4-6pm
Escondido Senior Center, Room 5
210 East Park Ave. Escondido, 92025
Contact: (619) 543-1434 or
(800) 523-5933

Topic Support Groups

Borderline Personality Disorder Informational Meetings
1st Thursdays, 6:30-9pm
UCSD Outpatient Psychiatric Services
(Gifford Clinic)
140 Arbor Drive, Room 247
San Diego, 92103
Contact: Sandy Boone
sboone@bpdglobal.com

Criminal Justice Family Support
3rd Thursdays, 6-7:30pm
Spring Valley Youth & Family Coalition
3845 Spring Dr., Room 31
Spring Valley, 91977
Contact: (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 who live with mental illness
2nd Wednesdays, 7- 9pm
Scripps Memorial Campus
Schaetzel Center/Noble Room
9888 Genesee Ave.
La Jolla, 92037
Contact: Michelle Cauble:
(858) 756-3140

Spouses/Partners of Persons with a Diagnosis of Bi-Polar Disorder
3rd Tuesdays, 6:30-8pm
Clairemont Lutheran Church
Luther Hall, Room 2 on the 1st Floor
4271 Clairemont Mesa Blvd.
San Diego, 92117
Contact: (858) 472-2058

NEW! - Substance Use Disorder and Co-Occurring Disorder Family and Friends Support Group
4th Fridays, 6-7:30pm
begins March 25
NAMI San Diego Office
5095 Murphy Canyon Road, Ste. 320
San Diego, 92123
Contact (619) 688-0505 or
(619) 670-1184



NAMI San Diego's *Connection* Support Groups are **FREE** and you can drop in without registering. These support groups are open **ONLY** to people who have a mental illness. NAMI Connection: Casual & relaxed. Share challenges and successes of coping with mental illness. FREE, flexible.

Mental Health America

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

East County Mental Health Clinic

Fridays: 12:00 p.m. - 1:30 p.m.
1000 Broadway, 1st floor Wellness Center, El Cajon, 92021

Central Library

2nd & 4th Wednesday: 2 p.m.-3:30 p.m.
330 Park Blvd. Between J & K Streets, Room# 563 Downtown SD, 92101

Mariposa Clubhouse

Wednesdays: 1 p.m. - 2 p.m.
560 Greenbrier, Suite C-E, Oceanside, 92054. Info call (760) 722-3754

En Español

Cada Viernes: 3:00-4:30pm
Visions Clubhouse, 226 Church Street, Chula Vista 91910
Información (619) 688-0507

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

3rd Thursday of the month, 5:30pm-6:30pm.
2775 Carlsbad Blvd, Carlsbad, CA 92008. Info call (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 Avenue, 2nd Floor, San Diego, 92110

Toll Free: 1-877-734-3258
Monday - Friday: 9 a.m. - 5 p.m.

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 rights are being respected.
(619) 282-1134 or 800-479-2233
Monday - Friday: 8 a.m. - 5 p.m.

*SSI Advocates available to assist with applications and appeals.

Contact the clubhouse for details and schedule.

Peer/Consumer Support Groups

Clubhouses

Clubhouses are free support for recovery (not treatment) for adults recovering from mental illness. They provide vocational services; health, nutrition, computer and recovery classes; a number of physical fitness, job clubs, skill-building and volunteer opportunities; as well as extensive social and peer supports.

Bayview Clubhouse

Paradise Valley Hospital
Bayview Behavioral Health Campus
330 Moss Street
Chula Vista, 91911
Phone: (619) 585-4646
Hours: Mon - Fri: 8 a.m. - 4 p.m.
Evenings/Weekends - Call for Schedule

Casa Del Sol Clubhouse (Bilingual)*

1157 30th Street
San Diego, 92154
Phone: (619) 429-1937
Hours: Monday: 8:30 a.m. - 6 p.m.
Tue/Thurs/Fri: 8:30 a.m. - 4:30 p.m.
Wednesday: Noon - 8 p.m.

Corner Clubhouse

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

East Corner Clubhouse*

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

Eastwind Clubhouse

UPAC Eastwind Center
8745 Aero Dr. Ste 101,
San Diego, 92123
Phone: (858) 268-4933
Hours: Mon - Fri: 8:30 a.m. - 5 p.m.

Escondido Clubhouse*

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

Mariposa Clubhouse*

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

Friends In Hand Clubhouse

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

Friend-to-Friend Program*

Serving homeless
2144 El Cajon Blvd.
San Diego, 92104
Phone: (619) 955-8217
Hours: Mon - Fri: 8 a.m. - 4 p.m.

API Discovery Clubhouse

Alvarado Parkway Institute
5538 University Ave.,
San Diego, 92105
Membership Information: (619) 667-6176
Hours: Sat & Sun: 10 a.m. - 4 p.m.

The Meeting Place, Inc.*

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

The Oasis Clubhouse

Serving Transitional Age Youth (16-25)
6153 Fairmont Ave
San Diego, 92120
Phone: (858) 300-0470
Hours: Mon - Fri: 9 a.m. - 6 p.m.

NHA - Friendship Clubhouse

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

Visions

226 Church St., Chula Vista, 91910
Phone: (619) 420-8603
Hours: Mon - Fri: Noon - 7:00 p.m.
Sat & Sun: Noon - 5 p.m.
NA & Dual Diagnosis groups available - call for schedule

Deaf Community Services Clubhouse

4080 Centre Street Suite 208
San Diego, CA
Phone: (619) 398-2441
Hours: Mon - Fri: 8:30am - 12:00 Noon
1:00pm- 5 p.m.

Return Service Requested



May is Mental Health Matters Month!

Come join us for fantastic community events! For more info about events NAMI San Diego will attend please visit us:

namisandiego.org

The Expressive Arts in Recovery

Wednesday May 25th from 6:00-7:30 pm

People recovering from mental health challenges and their supporters will showcase their talents in poetry, music, dance, comedy and art. Co-sponsored by Valencia Park /Malcolm X Branch Library, and further supported by CAC (Creative Arts Consortium), DBSA San Diego (Depression and Bipolar Support Alliance) and NAMI San Diego (National Alliance on Mental Illness), this celebration will interest the general public as well as the recovery community. More details at (619) 582-2466.

Valencia Park / Malcolm X Branch Library

5148 Market Street, San Diego, CA 92114
(619) 527-3405 • www.tinyurl.com/mxllibrary
This information will be made available in other formats upon request.



NAMI San Diego



namisandiego.org/calendar/

See you there!