

**NAMI San Diego  
Free Education & Advocacy Meeting  
Thursday, February 3, 2011  
6:30 p.m. - 8:30 p.m.  
Family Finances and Mental Health**

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**Do you need to change your financial strategy  
in order to reach your family's goals?**

Looking forward to planning your year, what about your long term financial planning?

NAMI San Diego strives to bring our NAMI community together by sharing our struggles, and our goals. Come listen to Megan Zellmer discuss how you can play a role in making sure your family finances are in order and address questions you may have about special needs trusts. Ask yourself in these tough economic times, has your family

Do you need to change your financial strategy in order to reach your family believes everyone could benefit from more support and information on financial strategies for the coming year, and lifetime.

Competent and caring legal professionals, working in conjunction with the special needs family, and other qualified professionals can accomplish the goals of special needs planning. Planning for a special needs individual is essential in order to preserve current or future eligibility for government benefits and conserve assets to supplement basic life necessities paid for by government benefits. Most importantly, special needs planning is imperative in ensuring that the special needs individual receives the highest quality of life and quality of care possible.

**Schedule:**

**6:30 p.m. Meet the Doctors**  
**7:00 p.m. Program**  
**8:00 p.m. Tea and Comfort**



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



*Sarah Ashworth*  
Peer Recovery  
Prog. Coord.

Peer to Peer Recovery Education Program is a free ten week course, for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery.

The following NAMI Peer to Peer Recovery Classes are OPEN for registration!

**1. NORTH INLAND:**

3/9/2011-5/18/2011 13137 Poway Rd. Poway, CA 92064

WHEN: Every Wednesday, from 1:00pm-3:00pm

**2. OLDER ADULT P2P/ CENTRAL SAN DIEGO:**

4/6/2011-6/8/2011 6160 Mission Gorge Rd. Ste. 120 (Vanderveer & Twain) San Diego, CA 92120, Every Monday, 2:00pm-4:00pm

LOOK for our NAMI Transitional Age Youth focused courses coming in May 2011!! Sign up on our waitlist!!!

We are taking individuals for our waitlist in English and Spanish for next year's Peer to Peer Recovery Education Classes!

Please call our Family and Peer Support Helpline at: (619) 543-1434 or (800) 523-5933 to be put on our waitlist.

NAMI Connection Recovery Support Group:

Every Thursday from 6-7:30pm at the NAMI San Diego Office, 4480 30th Street, San Diego, CA 92116.

This support Group discusses variety of topics and themes following models and guidelines. Must be over 18 years

of age and must be an individual with a serious mental illness. It is strictly a consumer support group. Family members may drop off loved ones but cannot stay at the meeting due to confidentiality.

**NORTH COASTAL NAMI Connection Recovery Support Groups:**

1. Mariposa Clubhouse, Meets every Wednesday from 1:00-2:30pm (569 Greenbrier #C Oceanside, CA 92054

2. Tricity Med Center Outpatient Services, Meets every Tuesday from 2:00-3:30 (510 West Vista Way, Vista CA

**NAMI In Our Own Voice (IOOV):**

What: Community Outreach program delivered by team of two trained individuals living well in recovery from mental illness who share their experiences as we attempt to break down stigma and educate others through our stories.

ARE you interested in getting involved in your community?

Would you like to learn more about how In Our Own Voice (IOOV) is reaching out to the Hispanic Community and other populations?

COME to our next MULTICULTURAL/ DIVERSITY IOOV OUTREACH Meeting.

**NEXT MEETING: FEBRUARY 22nd (Tuesday) @ 10:00 am.**

If you would like to become involved in NAMI Connection, NAMI Peer to Peer, or NAMI IOOV please contact me sarahashworth@namisd.org



## Making It Happen

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

**NAMI San Diego is an affiliate of NAMI and NAMI California**

**Board of Directors:**

- ▶ President - Lisa Ponfick, MD
- ▶ Vice President - John McManamy
- ▶ Treasurer - Louise Groszkruger
- ▶ Secretary - Karen Gurneck

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- ▶ Dan Sewell, M.D.
- ▶ Carol Matthews, M.D.

**Executive Director**

Shannon Jaccard  
sjaccard@namisandiego.org

**The NAMI San Diego Advocate is a monthly publication of**

**NAMI San Diego  
4480 30th Street  
San Diego, CA 92116**

**Telephones:**

**(619) 543-1434 (Helpline)**  
**(800) 523-5933 (Helpline)**  
**(619) 584-5564 (Administration)**  
**(619) 584-5569 (Fax)**

**E-mail: [information@namisd.org](mailto:information@namisd.org)**

**Web Site: [www.namisandiego.org](http://www.namisandiego.org)**

**The NAMI San Diego Advocate**

**Staff: Rita Navarro  
Patrick Cremeens**

**Articles received by the 15th will be considered for publication in the following month's newsletter.**

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

**To register your opinion, call Shannon Jaccard at (619) 584-5567 or fax to (619) 584-5569 or email at [sjaccard@namisandiego.org](mailto:sjaccard@namisandiego.org) or contact any of the people mentioned in the articles.**



National Alliance on Mental Illness

## Family & Peer Support Helpline

**619-543-1434**

**1-800-523-5933**

Free, safe, confidential information,  
referrals, and support for peers  
(individuals with lived mental health  
experience) and their loved ones.

**Mon/Wed/Thurs/Fri:**

**10am – 6pm**

**Tues: 12pm – 8pm**

**information@namisd.org**

**www.namisaniego.org**

**Funded by the County of San Diego**



*Anita Fisher  
Education Dir.  
NAMI San Diego*

Family Support Group  
Updates and Changes

### Location Change

(effective February 2011)

East County Support Group

First Tuesday's of the month

6:15pm-7:45pm

El Cajon Library

201 East Douglas Ave.

El Cajon, CA 92020

### NEW Central Region Support Group

First Monday's of the month

6:30pm-8:00pm

NAMI San Diego Office

4480 30th St

San Diego, CA 92116

### Spring 2011 Family to Family Classes

We are gearing up for our Spring 2011  
Family to Family classes.

Call our Family and Peer Support  
Helpline at 619 543-1434 or  
1 800 523-5933 as new listings  
will be added monthly or to be added  
to the wait list.





## Boost your mental and physical health Feb 23rd at NAMI San Diego 'Hearts and Minds' workshop

Research has shown that due to a number of preventable health factors, people living with mental illness, on average, die much sooner than others. The National Alliance on Mental Illness (NAMI) in San Diego wants to do something about that statistic! NAMI San Diego will be holding the first annual Hearts and Minds Wellness Workshops and Resource Fair to help people learn effective techniques to better take care of themselves.

People with mental illness are much more likely to have classic heart-risk factors, such as cigarette smoking, obesity, diabetes, elevated cholesterol and hypertension (high blood pressure), some of which can be compounded by some anti-psychotic medications. The risk factor for diabetes and "metabolic syndrome" (a condition that can be a precursor to diabetes) is also greater for those taking atypical anti-psychotic medications.

### Join us for the first HEARTS AND MINDS program

WHEN: February 23, 2011

WHERE: Marina Village Conference Center, Baja Room

TIME: 10 am to 2 pm

THE PROGRAM: Speakers will range from Nutrition to Smoking Cessation to Dance and Exercise Movements. There will also be a resource fair with dozens of local health and wellness organizations to help educate the public on how to best utilize their services.

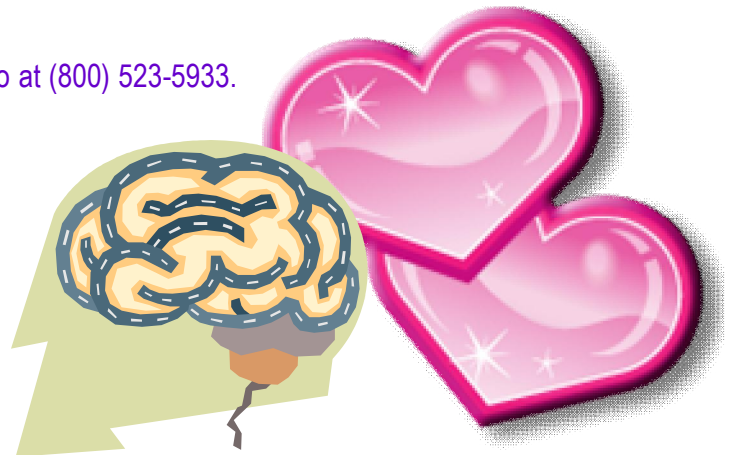
The Hearts and Minds seminar is free of charge and open to the public. NAMI encourages anyone who wants to learn more about keeping their minds and bodies in optimal health to attend.

TO RSVP email: [Annie Dunlop at anniedunlop@namisd.org](mailto:AnnieDunlop@namisd.org)

The opportunity to bring Hearts and Minds to San Diego is through OptumHealth. Since October 1997, OptumHealth, operating as United Behavioral Health (UBH), has provided comprehensive administrative services for 365,000 Medicaid members in San Diego County, as well as for all uninsured individuals and children in the County's child welfare system.

Mark your calendar for Hearts and Minds today.

If you need more information, please contact NAMI San Diego at (800) 523-5933.  
Or visit [www.namisaniego.org](http://www.namisaniego.org)



## Meeting Schedule and General Support Groups

### *NAMI San Diego*

FREE mtgs. & open to the Public.

**Call NAMI San Diego's  
Family & Peer Support Helpline  
For More Info**

**619-543-1434 or 800-523-5933  
unless other # stated**

#### **NAMI San Diego Support Group**

3rd Tuesday, 10:00 a.m. - 12:00 p.m.  
NAMI San Diego Office  
4480 30th Street SD, CA 92116

#### **NEW!!**

#### **Central Region Support Group**

1st Tuesday, 6:30 - 8:00 p.m.  
NAMI San Diego Office  
4480 30th Street SD, CA 92116

#### **East County Support Group**

1st Tuesday, 6:15 p.m. - 7:45 p.m.  
East County Mental Health  
1000 Broadway Ste. 210  
El Cajon, CA. 92021

#### **Clairemont NAMI Support Group**

2nd Monday, 7:00 - 8:30 p.m.  
St. David  
5050 Milton Street SD, CA 92110

#### **La Jolla NAMI Support Group**

1st Tuesday, 7:15 - 9:00 p.m.  
La Jolla Presbyterian Church  
7715 Draper Ave. La Jolla, CA 92037  
(Life Center Building, Rm 9, Upstairs)  
(Park on Draper, go up steps, turn left  
and go into building facing you, climb  
stairs and turn right, follow short hall  
until come to room.) Call (858) 457-  
5057

#### **Rancho Bernardo Support Group**

3rd Tuesday, 7:00 - 8:30 p.m.  
Rancho Bernardo Community  
Presbyterian Church  
17010 Pomerado Road SD, CA 92128  
Call Ellie Taylor (858) 485-0703 or  
Judy Mapston (858) 603-4085

#### **Criminal Justice Family Support**

3rd Thursday, 6:00 p.m. - 8:00 p.m.  
Spring Valley Youth & Fam. Coalition  
3845 Spring Dr. Room 31  
Spring Valley, CA 91977

#### **Sibling and Adult Children's Group**

2nd Wednesday, 7:00 - 9:00 p.m.  
Scripps-Mende Well Being Center  
Adjacent to the Westfield (UTC) Mall  
SD, CA 92122, Call Michelle Cauble at  
(858) 756-3140

#### **Spouses of Persons with the Diagnosis of Bipolar Disorder**

3rd Tuesday, 6:30 - 8:00 p.m.  
Clairemont Lutheran Church  
(Luther Hall, Room 2 on the 1st Floor)  
4271 Clairemont Mesa Blvd. SD, CA  
92117. Call (858) 273-7423

#### **Spanish Support Group-South Bay**

1st Monday, 6:00 - 8:00 p.m.  
South County Family Resource Center  
690 Oxford Street  
Chula Vista, CA 91911  
Call Luz Fernandez (East County Clinic)  
at (619) 401-5500 for more information

#### **Spanish Family Support Group**

2nd & 4th Tuesday, 6:00 - 8:00 p.m.  
Otay Mesa Library  
3003 Coronado Ave. SD, CA. 92154  
Call Gina Osuna at (619) 288-3133 or  
Kika Cortez (619) 397-8835 or  
Adela Soto (619) 852-2309

#### **Spanish Family Support Group**

2nd & 4th Monday, 5:00 - 7:00 p.m.  
Maria Sardinias Wellness & Recovery  
1465 30th Street, Ste K, SD, CA 92154  
Kika Cortez (619) 397-8835

#### **Vietnamese Family Support Group**

2nd Saturday, 9:30 a.m.-10:30 a.m.  
Linda Vista Library  
2160 Ulric Street, SD, CA 92111  
Contact Helene Quach:  
htquach09@gmail.com or  
(858) 610-5882

#### **NAMI Patton**

3rd Sunday, 1:00 - 3:00 p.m.  
c/o Patton State Hospital  
(Administration Annex - Room 148)  
3102 E. Highland Ave.  
Patton, CA 92369  
Tel: (909) 425-7392  
Fax: (909) 425-0160

### *NAMI San Diego, North Inland*

**Call NAMI San Diego's  
Family & Peer Support Helpline  
For More Info**

**619-543-1434 or 800-523-5933**

#### **Share & Care in Fallbrook**

Wednesdays, 5:00 - 6:30 p.m.  
Fallbrook Healthcare Foundation Bldg.  
Corner of Mission and Fig  
Fallbrook, CA 92028

#### **Tuesday Share & Care Meeting**

Every Tuesday,  
4:00 - 6:00 p.m.  
Joslyn Senior Center  
210 East Park Avenue  
Escondido, CA 92025

### *NAMI North Coastal*

P. O. Box 2235  
Carlsbad, CA 92018  
760-722-3754

#### **Education Meeting**

3rd Thursday, 7:00 - 8:30 p.m.  
St. Michael  
Church 2775 Carlsbad Blvd.  
Carlsbad, CA 92008  
Call (760) 722-3754 or (800) 523-5933

***Education Meeting followed by  
NAMI Facilitated Share & Care  
Support Group 8:30 - 10:00 p.m.***

### *NAMI-SIT*

#### **Schizophrenics in Transition**

Copper Hill Living & Learning Ctr., Creative Arts Consortium, Vet to Vet, Creative Opportunities, Advocacy Works, Friends In Hand Clubhouse  
Info: (858) 481-7069

### *TARA Borderline Personality Disorder*

*Support Meetings for Family Members*  
**Sandy (760) 729-5748 or  
sboone@compuidusa.com**

#### **UCSD Outpatient Psychiatric Services (Gifford Clinic)**

1st Thursday, 6:30 - 9:00 p.m.  
140 Arbor Drive, San Diego, CA 92103  
2nd Floor Rm 247

#### **Tri-city Medical Center**

3rd Wednesday, 6:30 - 9:00 p.m.  
4002 Vista Way, Oceanside, CA 92056

# Client/Consumer Support Groups and Resources

## *NAMI Connection*

Casual & relaxed. Can share challenges & successes of coping with mental illness. FREE, flexible.

### **NAMI San Diego Office**

4480 30th Street  
San Diego, CA 92116  
*Thursdays: 6:00-7:30 p.m.*

### **Mariposa Clubhouse**

560 Greenbrier, Suite C-E  
Oceanside, CA 92054  
Call: (760) 722-3754  
*Wednesdays: 1:00 - 2:00 p.m.*

## *NAMI C.A.R.E.*

Consumers Advocating for Recovery through Empowerment  
NAMI San Diego Helpline at  
(619) 543-1434 or 1-800-523-5933

### **ECT Support Group**

Sharp Mesa Vista Hospital (Education Bldg) 7850 Vista Hill Ave. San Diego, CA 92123 *1st Monday of the Month (As of 1/3/11) 5:00 p.m. - 6:30 p.m.*

### **En Español**

San Ysidro Health Center  
4004 Beyer Blvd. San Ysidro, CA.  
Llame: (619) 309-3884  
*2o, 4o, 5o Sabado: 9:30 a.m. - 12:00 p.m.*

### **Consumer Ctr. for Health Ed. & Advocacy**

1475 Sixth Ave., 4th Floor, SD 92101  
1-877-734-3258 ☎ Fax: (619) 471-2782  
*Monday - Friday: 9:00 a.m. - 5:00 p.m.*  
Need help getting mental health services or have a complaint or grievance, call or write us.

### **Jewish Family Service Patient Advocacy Program**

2710 Adams Ave. San Diego 92116  
(619) 282-1134 / 1-800-479-2233  
*Monday - Friday: 8:00 a.m. - 5:00 p.m.*

### **Bayview Clubhouse**

330 Moss Street, Chula Vista 91911  
(619) 585-4646 ☎ Fax: (619) 585-4625  
*Monday - Friday: 8:00 a.m. - 4:00 p.m.*  
*Evenings/Weekends - Call for Schedule*

### **Casa Del Sol Clubhouse**

1157 30th Street, San Diego 92154  
(between Coronado Ave. & Beyer Blvd.)  
(619) 429-1937 ☎ Fax: (619) 429-5205  
*Monday: 8:30 a.m. - 6:00 p.m.*  
*Tue, Thurs & Fri: 8:30 a.m. - 4:30 p.m.*  
*Wednesday: Noon - 8:00 p.m. (Bilingual)*

### **Corner Clubhouse**

2864 University Ave., San Diego 92104  
(North Park at Utah Street)  
(619) 683-7423 ☎ Fax: (619) 683-7428  
*Monday - Friday: 8:00 a.m. - 4:00 p.m.*

## *NAMI San Diego's Family & Peer Helpline*

**1-800-523-5933**

**619-543-1434**

**Monday: noon-6pm**

**Tuesday: 2-8pm**

**Wed/Thu/Fri: noon-6pm**

Free, safe, confidential information, referrals, and support for peers (individuals with lived mental health experience) and their loved ones.

### *Access & Crisis Line*

1-800-479-3339

24 hours a day/7 days a week

### *Client Warm Line*

1-800-930-9276

*Daily: 4:00 p.m. 11:00 p.m.*

Adult peers talking with adult peers.

### *Courage to Call*

1-877-698-7838

24-Hours a day, 7 days a week  
Veterans, military, reservists, guards & their families

### *Youth Talkline*

1-877-450-5463

Mon-Fri Noon-6pm

Children, teen & young adults

### *Family Support Line*

**For families, parents, & Caregivers of Youth**

1-877-470-5463

Mon-Fri Noon-6pm

### **East Corner Clubhouse**

1060 Estes Street, El Cajon 92020  
(619) 440-5133 Ext. 109 ☎ Fax: (619) 440-8522  
*Mon, Tue, Thurs & Fri: 8:00 a.m. - 4:00 p.m.*  
*Wednesday: 8:00 a.m. - 6:30 p.m.*

### **East Wind Clubhouse**

8745 Aero Dr. Ste 330, San Diego 92123  
(858) 268-4933 ☎ Fax: (858) 268-0244  
*Monday - Friday: 8:30 a.m. - 5:00 p.m.*

### **Escondido Clubhouse**

474 W. Vermont Ave., Ste. 105  
Escondido 92025  
(760) 737-7125 ☎ Fax: (760) 737-6129  
*Monday - Friday: 8:00 a.m. - 4:30 p.m.*  
*1st Saturday of month: 10:00 a.m. - 2:00 p.m.*

### **Mariposa Clubhouse**

560 Greenbrier Drive, Ste. C-E,  
Oceanside 92054  
(760) 439-2785 ☎ Fax: (760) 439-6902  
*Monday - Friday: 8:00 a.m. - 4:30 p.m.*

### **Friends In Hand Clubhouse**

144 Copper Ave., Vista 92083  
(302 Bus Route)  
(760) 631-2206 *Saturday:*  
*11:00 a.m. - 4:00 p.m.*

### **The API Discovery Clubhouse**

5550 University Ave., San Diego 92105  
Membership Information: (619) 667-6176  
*Saturday & Sunday: Noon - 4:00 p.m.*

### **The Meeting Place, Inc.**

4034 Park Blvd., San Diego 92103  
(619) 294-9582 ☎ Fax: (619) 294-9588  
*M-TH: 8 a.m. - 6 p.m. FR: 8 a.m. - 4 p.m.*

### **The Oasis Clubhouse**

7155 Mission Gorge Rd. San Diego, CA. 92120  
(858) 300-0470 ☎ Fax (858) 300-0471  
*Monday - Friday: 10:00 a.m. - 7:00 p.m.*  
Serving Transitional Age Youth (16-25)

### **Neighborhood House Association (NHA) Friendship Clubhouse**

286 Euclid Ave., # 104, San Diego 92114  
(619) 266-2111 Ext. 106 ☎ Fax: (619) 266-0496  
*Monday - Friday: 8:30 a.m. - 5:30 p.m.*

### **Mental Health America Visions**

226 Church Avenue, Chula Vista 91910  
(619) 420-8603 ☎ Fax: (619) 420-0385  
*Mon - Fri: Noon - 7 p.m.;*  
*Sat & Sun: Noon - 5 p.m.*

### **The Access Center of San Diego**

8885 Rio San Diego Dr. Ste. 131 San Diego 92108  
(619) 293-3500 ☎ Fax: (619) 293-3508  
*Monday - Friday: 8:30 a.m. - 5:00 p.m.*

### **Employment Services**

1202 Morena Blvd., Ste. 201, San Diego 92110  
(619) 276-8071 ☎ Fax: (619) 276-3542  
*Monday - Friday: 8:00 a.m. - 4:30 p.m.*  
(Must be receiving serv. from a county funded mental health prog. & approved by Dept. of Rehabilitation)

### **San Diego Employment Solutions**

10981 San Diego Mission Road Ste. 108  
San Diego 92108 ☎ (619) 521-9569  
For people with history of long-term unemployment

### **Job Options**

3465 Camino del Rio South, Ste. 300  
San Diego 92108  
(619) 688-1784 (Valorie) ☎  
Fax: (619) 688-9884  
*Mon - Thurs: 8 a.m. - 5 p.m.;*  
*Fri: 8 a.m. - 4 p.m.*

### **San Diego Park and Recreation Therapeutic Recreation Services**

3325 Zoo Drive, San Diego 92101  
(619) 525-8247 ☎ Fax: (619) 299-9304  
*Monday - Friday: 8:00 a.m. - 5:00 p.m.*  
Provides year round recreational experiences for individuals with disabilities.

### **The Creative Arts Consortium**

P. O. Box 3053, San Diego 92163  
(619) 282-4627 or (858) 481-7069

### **DBSA-Depression Bipolar Support Alliance**

There are meetings in different regions of the county. Call for meeting info: 858-444-6776 or go to the DBSA website at: [www.dbsasandiego.org](http://www.dbsasandiego.org)

## Become a Member and/or Make a Donation

NAMI San Diego relies on its membership and your generous contribution to continue providing education and other services to people with mental illnesses, their families, and the community. To join NAMI San Diego, renew your membership, or make a contribution, complete the information below and enclose your check payable to: NAMI San Diego.



Name: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

We are a green friendly organization. Please help us save trees and postage. By submitting your e-mail address you will get your newsletter via-e-mail when you are a new member or renewing your membership. Paper newsletter will ONLY be sent if specifically requested.

I understand and agree

I Request My Paper Newsletter

### Become a Member

- Membership \$40.00  
 New Member  Renewal
- Professional Membership \$75.00
- Organizational Membership \$100.00
- Please contact me about a Scholarship Membership

### Make a Donation

- Platinum Donation - \$1,000 or More Amt. Donating: \_\_\_\_\_
- Gold Donation - \$500 - \$999 Amt. Donating: \_\_\_\_\_
- Silver Donation - \$100 - \$499 Amt. Donating: \_\_\_\_\_
- Bronze Donation - \$1 - \$99 Amt. Donating: \_\_\_\_\_

#### To pay by Credit Card:

Print Name As It Appears On Card \_\_\_\_\_

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

\_\_\_ Visa \_\_\_ MasterCard \$ \_\_\_\_\_

Amount

Signature \_\_\_\_\_

#### Please Mail To:

NAMI San Diego  
 Attn: Membership  
 4480 30th Street  
 San Diego, CA 92116

#### Or Fax To:

619.584.5568  
 (ONLY if paying by credit card)

### Endowment

An endowment is a special investment fund in which the principal can never be spent. The investment return (interest) is used to provide income for a nonprofit organization, in perpetuity. If you would like information on contributing to the NAMI Endowment Fund, call Shannon Jaccard at 619-584-5567 or email sjaccard@namisandiego.org



# The Advocate

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## Education & Advocacy

### Meeting

***NAMI San Diego***  
First Thursday of the Month  
February 3, 2011  
SEE DETAILS INSIDE



# SAVE THE DATE!

## San Diego County NAMI Walk April 16th, 2011

*NAMI Walks for the Mind of America...*

*Changing minds one step at a time !*

April 16, 2011 ~ Balboa Park – 6th Ave & Quince

CHECK-IN TIME: 6:30AM    WALK START TIME: 8:15AM