

Inside this issue:

Education & Advocacy Meeting	1
Development & Events Update	2
Education Department Update	3
From Our Community	4
Become a Member	5
Meeting Schedule and General Support Groups	6
Peer/Consumer Support Groups and Resources	7

CONTACT US!

NAMI San Diego
P.O. Box 710761
San Diego, CA
92171-0761

Email:
information@namisd.org

Website:
www.namisandiego.org

Family & Peer Support Helpline

619-543-1434
1-800-523-5933

Mon - Fri: 10 a.m. - 6 p.m.

There is not an Education & Advocacy Meeting in July!



We will see you Thursday, August 4
(details below)

NAMI San Diego Free Education & Advocacy Meeting

Thursday, August 4

San Diego County Tobacco Control Coalition



Tobacco use continues to be the number one preventable cause of death in the United States. California's Tobacco Control Program has made great strides in the fight against tobacco, showing a steady decline in cigarette smoking to an historic low of 11.6% adult smoking prevalence in 2008. However, smoking rates within California and San Diego's diverse communities are disproportionately higher. Not only do some of these communities experience an unfair burden brought on by the disparities in tobacco use, they are also aggressively targeted by the tobacco industry. The behavioral health community continually tops this list with some of the highest smoking rates. The San Diego County Tobacco Control Coalition is working on various projects to outreach and engage providers working with these diverse populations.

Mark your calendar and if you need more information, contact NAMI San Diego at (800) 523-5933. Or visit www.namisandiego.org

Schedule:

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

Location:

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



Annie Dunlop,
Development & Events Manager,
NAMI San Diego
 Email: anniedunlop@namisd.org

Volunteer Orientation

The next volunteer orientation is on July 11th at 11:00 a.m. at the NAMI San Diego office (4480 30th Street San Diego, CA 92116) in the front conference room. We now have every monthly volunteer orientation offered in English and Spanish! We encourage all to attend, especially if you are multi-lingual. We have several opportunities from clerical work at the office to working at a NAMI San Diego booth at a health fair. In order to become a volunteer you need to attend an orientation and fill out a volunteer application available at the meeting.

Interested in Sharing *YOUR* Story ...

Everyone loved the NAMI San Diego Book *The Things We Knew Now We Wish We Knew Then* and the next book is going to be underway this coming fall 2011!!! That's right, we are writing another book! We encourage all that are interested to contact Melissa McCune, a NAMI San Diego volunteer, who will be taking up the Book Project, or Annie Dunlop, Development & Events Manager. There are several opportunities to share your story (because not everyone is comfortable using the computer Directly). This time around we will be having scribes that will listen & record all of the important information people are generously sharing. That way, we have different avenues to collect stories.

Melissa's email address:
MelissaMcCune@cox.net

Annie's email address:
anniedunlop@namisd.org

Annie's telephone number:
 (619) 584-5574

Friends in the Lobby Program Meeting

Every month the Friends in the Lobby volunteer group will be meeting to share ideas and get NAMI San Diego updates to the local hospitals. Our next meeting is on July 20th 2011 at 11:00 a.m. at the NAMI San Diego office (4480 30th Street San Diego, CA 92116) in the front conference room. The Friends in the Lobby Program is all about "Smiles, Compassion, Information, and Hope". NAMI San Diego's mission is to provide Education, Outreach, and Advocacy to ALL who are affected by a mental health challenge. A NAMI San Diego Volunteer will be available in the lobby at local area hospitals that have inpatient psychiatric units during certain visiting hours. Come join us and find out more!



Friday,
October 7,
2011

NAMI San Diego
Inspirational Awards Dinner
The Catamaran Hotel
and Resort
more details to follow...

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, MBA
 Vice President: John McManamy
 Treasurer: Annette Witt, LCSW
 Secretary: Louise Groszkruiger, MBA, MA

Directors at Large:

David Miller, BS/Marketing
 Donald Berk, LCSW
 Sally Shepherd
 Angela Billing
 Steve Koh, MD
 Stan Collins
 Lindsey Winthrop, JD
 Kristin Casey

Medical Advisory Board:

Kristin Cadenhead, M.D., Chair
 Neal Swerdlow, M.D., Ph.D.
 Dan Sewell, M.D.
 Carol Matthews, M.D.

Executive Director

Shannon Jaccard
sjaccard@namisandiego.org

The NAMI San Diego Newsletter is a monthly publication of:

NAMI San Diego
 P.O. Box 710761
 San Diego, CA 92171-0761

Telephones:

1 (619) 543-1434 (Helpline)
 1 (800) 523-5933 (Helpline)
 1 (619) 584-5564 (Administration)
 1 (619) 584-5569 (Fax)

E-mail: information@namisd.org

Web Site: www.namisandiego.org

The NAMI San Diego *Newsletter*
 Staff: Rita Navarro
 Patrick Cremeens

Articles received by the 15th will be considered for publication in the following month's newsletter. Send articles to: information@namisd.org

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 or contact any of the people mentioned in the articles.



Anita Fisher,
Education Director,
NAMI San Diego
 email:
 anitafisher@namisd.org

You Can Make a Difference!

Little did they know in the early 1990's that two retired women would spend ten years facilitating a NAMI support group in La Jolla. Tedde and Margaret turned over the reins in June of 2011.

It took a combination of factors to get the La Jolla NAMI Family Support Group started. In 1993 individuals from the La Jolla and University City areas, with loved ones living with a mental illness, were attending the NAMI San Diego Education & Advocacy meetings. This would be very informative, but did not offer individual support and sharing of information for those affected by someone dear to them with mental illness, and the travel distance was difficult for some. One man attending those meetings learned that the La Jolla Presbyterian Church was making a room available free of charge to groups whose use of the room would provide a benefit to the local community. He and others decided to start a local NAMI support group held on the first Tuesday of every month. Tedde was one of the first regular members of the group with Margaret joining in 1998. In 2001 the group was facilitated by an attorney who was only the second facilitator since the group began. When he resigned his experienced leadership role that year, he turned to Tedde and Margaret for help to continue the worthwhile program. At first they were concerned that they would not be able to do the job. Tedde attended a workshop for facilitators of NAMI support groups

and shared with Margaret the information and materials she obtained. Because of their mutual support and respect, they tentatively decided to co-facilitate the meetings. They soon felt rewarded for their efforts by being able to provide a place for family members, friends, and at times those affected by mental illness to come and share their experiences with each other. This interaction provided an environment where the attendees learned from each other, but more importantly, became aware that they were not alone in their challenges.

Tedde and Margaret would always arrive early at each meeting to arrange the chairs and to make available informative NAMI brochures. Posters would remind everyone of important ideas as:

- 1) the information shared is not to go beyond the walls of the room,
- 2) guilt is to be rejected,
- 3) never give up hope,
- 4) humor is healthy,
- 5) we cannot solve all the problems,
- 6) we are not in this alone,
- 7) others have situations as important and difficult as ours and
- 8) having empathy for each other is important

At the beginning of each session, everyone attending had up to five minutes to share a little about their particular situation. The facilitator for the evening took notes so that when everyone had their turn, key issues could be discussed, sometimes with more details coming from the person most affected or by others who have had similar experiences. Information gathered from resources or experience and useful for solving a particular problem was shared by anyone in the group. The group always started and ended on time. Tedde and Margaret, although not obvious in their nature, learned to be

firm in determining and enforcing when one attendee's time was up and another topic needed to be discussed. This was always done in a loving and caring manner.

The numbers attending the meetings have varied over the years from a few to as many as fifteen. Lately the numbers have decreased possibly because of improved medications as well as an increase in the number of programs offered by NAMI and other organizations.

It is not about the numbers that attend each month. It is more about the caring, the sharing, and learning that takes place in that room. Tedde and Margaret will miss the program and the community will miss them as well. They hope that they, in their small way have made a difference in lives that have been touched by mental illness.

Tedde and Margaret, on behalf of the many family members who have attended your groups over the years, and NAMI San Diego, we send our sincere appreciation and thank you for giving of yourselves to others. I want you to know what an inspiration you both are to those of us just getting started in this passion work. I hope this article will be a great influence on others who may be wondering how, if, when they should get involved. See pages five and six of this newsletter to find a NAMI Support Group near you.



Important Numbers

Access & Crisis Line **1-800-479-3339**

24-hours a day, 7 days a week
Provides mental health crisis intervention and information and referral to mental health services in San Diego County.

Client Warm Line **1-800-930-9276**

Daily: 4:00 p.m. - 11:00 p.m.
Fellow consumers who have been there, done that. Listening and talking are what they like to do. The Consumer Warm-line Team provides non-crisis peer telephone services, support, information, resources, referrals, and pre-crisis intervention.

Courage to Call **1-877-698-7838**

24-hours a day, 7 days a week
A veteran staffed toll-free helpline for Veterans, Active Duty, Reservists, National Guard and their families. Confidential information, guidance, and referrals to help reduce the stress associated with military/family life and rejoining the community when discharged from the military.

Youth Talkline **1-877-450-5463**

Mon-Fri: Noon-6pm
A confidential service that offers information, support and referrals to children and teens for themselves or someone they care about.

Family Support Line **1-877-470-5463**

Mon-Fri: Noon - 6:00 p.m.
A confidential service that offers information, support and referrals to caregivers and family members of at-risk youth.



From Our Community

Wendy McNeill

Was That...Allenmerville?
“We All Have Our Crosses to Bear” was the truism I used the day before yesterday that I repeatedly tried to conjure and couldn’t until today. Before that, it was the names of a group of women that I just met that I had to identify for a new job and struggled, struggled, struggled to remember.

Such is my plight: The Flight of the Proper Nouns.

But it isn’t just proper nouns. It’s a generalized fog that leads me to forget names, lose my sense of time, and lose information. The good news: I can buy fewer books because I can’t remember them, and a re-read is almost imperative. Why is this happening to me and for how long? Of course, it feels like there is no use asking because I can’t remember how long I’ve been suffering memory impairment. But I am moved to ask myself nonetheless to try and pinpoint the reason(s) for my deficit.

Are the repeated manic episodes the cause? Are the medications the culprit? What about that ECT I had all those years ago? Or is it just plain me, that I’m just not the sharpest tool in the shed? My guess: all of the above, except for the sharp tool thing. I know what makes me dull isn’t me.

How do you cope with such a condition? There are a myriad of ways:

--Become a Writer. Documenting daily experience is helpful to combat

memory loss. For example, right now I am at a Starbucks with my friend E. trying to put together a NAMI article. Prior to this, I was at Marina Village for a PERT training where I spoke on the NAMI panel. Putting this black on white will help me recall when somebody at the MHA luncheon asks me what I’ve been up to. (Of course, the person asking will be someone whose name I can’t remember.)

--Have a Sense of Humor. I often say in a lighthearted way, “I have a mind like a sieve” or “I can be a little bit ding-y.” I don’t say this in a pejorative (a word I couldn’t remember the other day) way regarding myself, but rather to keep levity in the atmosphere.

--Don’t Be Afraid to Ask...Again. “What is your name again?” has become a favorite phrase, and I’m not afraid to use it on the same person more than once, coupled with the previous expression, and smushed into one sentence. So it goes, “So what’s your name again I have a mind like a sieve?” It’s become a staple, and no one takes offense.

In spite of my coping strategies, the memory issue still causes me problems. For example, last night at the dinner table, my husband T. reported to our dinner guests that his friend had had his fourth baby. I exclaimed, “D. had his baby?” T. replied frostily, “I told you two days ago. We had a conversation about it. It was on Facebook.” T. has come to believe that the phenomenon is particular to him, that it’s personal. I guess I’ll have to buy myself a bigger diary.

Meeting Schedule and General Support Groups

NAMI San Diego's General Support Groups and Meetings are FREE and you can drop in without registering. These support groups are open to family members and the person with the mental illness, although they are mainly attended by family members. For more information, all NAMI San Diego's Family & Peer Support Helpline at (619) 543-1434 or (800) 523-5933 (unless other number stated)

NAMI San Diego Support Group

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

Central Region Support Group

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

East County Support Group

1st Tuesday, 6:15 p.m. - 7:45 p.m.
El Cajon Library
201 E. Douglas Ave., El Cajon, CA 92020

Clairemont NAMI Support Group

2nd Monday, 7:00 p.m. - 8:30 p.m.
St. David's Episcopal Church (Library)
5050 Milton St., San Diego, CA 92110

La Jolla NAMI Support Group

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

Rancho Bernardo Support Group

3rd Tuesday, 7:00 p.m. - 8:30 p.m.
Rancho Bernardo Community Presbyterian Church
17010 Pomerado Rd.,
San Diego, CA 92128
For more information, 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 & Family Coalition
3845 Spring Dr., Room 31
Spring Valley, CA 91977

Sibling and Adult Children's Group

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

Spouses/Partners of Persons with a Diagnosis of Bi-Polar Disorder

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

Spanish Support Group-South Bay

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

Spanish Family Support Group

2nd & 4th Tuesday, 6:00 p.m. - 8:00 p.m.
Otay Mesa Library
3003 Coronado Ave.
San Diego, CA. 92154
For more information, 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 p.m. - 7:00 p.m.
Maria Sardinias Wellness & Recovery
1465 30th Street, Ste. K,
San Diego, CA 92154
For more information, call
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, San Diego, CA 92111
For more information, call
Helene Quach: 1 (858) 610-5882
or email: htquach09@gmail.com

NAMI Patton

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

NAMI San Diego, North Inland:

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 p.m. - 6:00 p.m.
Joslyn Senior Center
210 East Park Ave.,
Escondido, CA 92025

NAMI North Coastal

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

Education Meeting

3rd Thursday, 7:00 p.m. - 8:30 p.m.
St. Michael's by the Sea Episcopal 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 p.m. - 10:00 p.m.

NAMI-SIT

Schizophrenics in Transition

Copper Hill Living & Learning Center,
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
For more information,
call Sandy (760) 729-5748
or email: sboone@compuidusa.com

UCSD Outpatient Psychiatric Services (Gifford Clinic)

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

Tri-City Medical Center

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



NAMI San Diego's Peer/Consumer 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/diagnosis.

For more information, call NAMI San Diego's Family & Peer Support Helpline at (619) 543-1434 or (800) 523-5933 (unless other number stated)

NAMI Connections: Casual & relaxed. Share challenges and successes of coping with mental illness. FREE, flexible.

Mental Health America

Thursdays: 6:00 p.m. - 7:30 p.m.
4069 30th Street,
San Diego, CA 92104
2nd Floor Conference Room

Mariposa Clubhouse

Wednesdays: 1:00 p.m. - 2:00 p.m.
560 Greenbrier, Suite C-E
Oceanside, CA 92054
For more information, call
(760) 722-3754

En Español

Wednesdays: 6:00 p.m. - 7:30 p.m.
Address: 225 3rd Ave,
Chula Vista, CA 91910

NAMI C.A.R.E.

Consumers Advocating for
Recovery through Empowerment

ECT Support Group

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

Clubhouses

Bayview Clubhouse

330 Moss Street, Chula Vista, CA 91911
Phone: (619) 585-4646
Hours: Mon - Fri: 8:00 a.m. - 4:00 p.m.
Evenings/Weekends - Call for Schedule

Casa Del Sol Clubhouse (Bilingual)

1157 30th Street, San Diego, CA 92154
Phone: (619) 429-1937
Hours: 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.

Corner Clubhouse

2864 University Ave.,
San Diego, CA 92104
Phone: (619) 683-7423
Hours: Mon - Fri: 8:00 a.m. - 4:00 p.m.

East Corner Clubhouse

1060 Estes Street, El Cajon, CA 92020
Phone: (619) 440-5133
Hours:
Mon/Tue/Thurs/Fri: 8:00 a.m. - 4:00 p.m.
Wed: 8:00 a.m. - 6:30 p.m.

East Wind Clubhouse

8745 Aero Dr. Ste 101,
San Diego, CA 92123
Phone: (858) 268-4933
Hours: Mon - Fri: 8:30 a.m. - 5:00 p.m.

Escondido Clubhouse

474 W. Vermont Ave.,
Escondido, CA 92025
Phone: (760) 737-7125
Hours: Mon - Fri: 8:00 a.m. - 4:30 p.m.

Mariposa Clubhouse

560 Greenbrier Drive, Ste. C-E,
Oceanside, CA 92054
Phone: (760) 439-2785
Hours: Mon - Fri: 9:00 a.m. - 3:00 p.m.

Friends In Hand Clubhouse

144 Copper Ave., Vista, CA 92083
Phone: (760) 631-2206
Hours: Sat & Wed: 11:00 a.m. - 4:00 p.m.

Friend-to-Friend Program

4080 Centre Street, Suite 104
San Diego, CA 92103
Phone: 619-955-8217

The API Discovery Clubhouse

5550 University Ave.,
San Diego, CA 92105
Membership Information: (619) 667-6176
Hours: Sat & Sun: 10:00 a.m. - 4:00 p.m.

The Meeting Place, Inc.

4034 Park Blvd., San Diego, CA 92103
Phone: (619) 294-9582
Hours:
Mon/Tues/Thurs 8:00 a.m. - 6:00 p.m.
Fri 8:00 a.m. - 4:00 p.m.
1st and 3rd Saturday 10:00 a.m. - 2:00 p.m.

The Oasis Clubhouse,

Serving Transitional Age Youth (18-25)
7155 Mission Gorge Rd.
San Diego, CA 92120
Phone: (858) 300-0470
Hours: Mon - Fri: 10:00 a.m. - 7:00 p.m.

Friendship Clubhouse

286 Euclid Ave., #104,
San Diego, CA 92114
Phone: (619) 266-2111
Hours: Mon - Fri: 8:30 a.m. - 5:30 p.m.

Visions

226 Church St., Chula Vista, CA 91910
Phone: (619) 420-8603
Hours: Mon - Fri: Noon - 7:00 p.m.
Sat & Sun: Noon - 5:00 p.m.

Need information that's not here?

Call NAMI San Diego's Family & Peer Support Helpline

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

619-543-1434 1-800-523-5933

Monday - Friday: 10:00 a.m. - 6:00 p.m.

Funded by the County of San Diego

24-Hour Access & Crisis Line: 1-800-479-3339



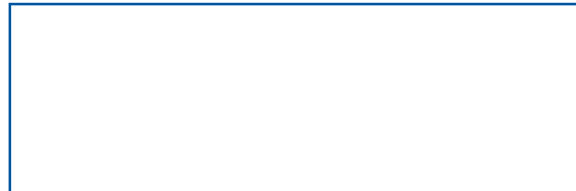


Vol. XV, Issue 7 July 2011

P.O. Box 710761
San Diego, CA. 92171-0761

**Please note that there will be
no Education & Advocacy
meeting in the month of July**

Return Service Requested



The San Diego County NAMI Walk Thank You Reception



We here at NAMI San Diego are always so appreciative of our walk sponsors and here are a few photos highlighting our reception. Also, a great big thank you to Stephanie Swift our hostess for the reception.



Photos (from left to right): Table of delicious appetizers; Sally Shepherd, NAMI San Diego Board Member and Diana Waugh, NAMI San Diego volunteer; Diana Waugh, NAMI San Diego volunteer, Stephanie Swift, reception hostess and Brandi Marcoe, NAMI San Diego Family & Peer Support Helpline Program Manager.