



National Alliance on Mental Illness

# NAMI San Diego



## THE OFFICIAL NEWSLETTER OF NAMI SAN DIEGO

Volume XV : Issue 10 · October 2011

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### CONTACT US!

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

Email:  
information@namisd.org

Website:  
www.namisaniego.org

**Family & Peer  
Support Helpline**

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

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

## Education & Advocacy Meeting

**Thursday, October 6, 2011**

**6:30 - 8:00 p.m.**

### Ask the Doctors and a Presentation by Author John McManamy

Join us for a roundtable discussion with local psychiatrists until 7:30, a half hour longer than our usual Ask the Dr. Session. We hope to give family members, peers and loved ones the opportunity to get their questions answered by a psychiatrist, and still allow for dialogue as well. Our two psychiatrists will be volunteering their time to NAMI San Diego to get feedback from family members regarding their loved ones' mental illness and also creating a safe space to discuss very serious issues.

John McManamy (pictured right) is the author of "Living Well with Depression and Bipolar Disorder: What Your Doctor Doesn't Tell You That You Need to Know" (HarperCollins, 2006) and editor and publisher of the most extensive educational website devoted to depression and bipolar disorder, "McMan's Depression and Bipolar Web." He also contributes as an expert patient on HealthCentral's "BipolarConnect" and has his own blog, "Knowledge is Necessity."



John was diagnosed with bipolar disorder in 1999 at age 49 following a suicidal depression and a lifetime of denial. Soon after, John put his experience as a financial journalist to work in researching and writing about his illness. John has also been involved in advocacy, having worked with the Depression and Bipolar Support Alliance on local, state, and national levels. He is currently serving on the board of NAMI San Diego. In June 2007, in recognition of his mental health journalism, John received the Mogens Schou Award for Public Service from the Seventh International Conference on Bipolar Disorder.

Says John: "Writing about my illness has played a very strong role in my healing and recovery. Writing allows me to come to terms with my past, gives meaning to my present, and gives me the courage to face the future with hope."



#### Schedule:

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

#### Location:

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

Mark your calendar and if you need more information, contact NAMI San Diego at (800) 523-5933. Or visit [www.namisaniego.org](http://www.namisaniego.org)



**Annie Dunlop,**  
**Development & Events Manager,**  
**NAMI San Diego**

Email: [anniedunlop@namisd.org](mailto:anniedunlop@namisd.org)

## LOOKING FOR STORY CONTRIBUTORS!

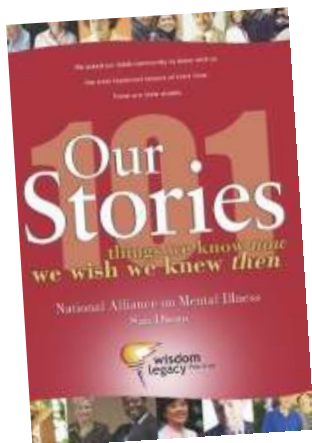
**Do you have a brother or sister that  
has lived with mental illness?**

NAMI San Diego book:  
"Siblings" is in the works.

Please allow us to share your story about being a sibling to someone living with mental illness. We are hoping to comprise our second book of helpful "I wish I knew then what I know now" information regarding the experiences you and your loved ones have managed.

Please contact Melissa McCune at [melissamccune@cox.net](mailto:melissamccune@cox.net) or call 619-813-3609.

Your story can help shed light on the dynamics of mental health and to help us continue our quest to fight the stigma associated with mental illness.



### Friends in the Lobby Program Meeting

Every month, the Friends in the Lobby volunteer group meet to share ideas and get NAMI San Diego updates to the local hospitals. Our next meeting is Wednesday, October 19, 2011 at 10:00 a.m. at the NAMI San Diego office (4480 30th Street, San Diego, CA, 92116). 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!

### Outreach Meeting

The next outreach committee meeting is Monday, October 3, 2011 at 12:00 p.m. at the NAMI San Diego office (4480 30th Street, San Diego, CA, 92116) in the front conference room. We encourage all to attend that are specifically interested in working at a NAMI San Diego booth at a health fair or special event. We will be discussing all upcoming outreach events and asking volunteers to sign up so don't forget to bring your calendars! In order to become an outreach volunteer you need to attend a volunteer orientation and fill out a volunteer application.

### Volunteer Orientation

The next volunteer orientation is Monday, October 3, 2011 at 11:00 a.m. at the NAMI San Diego office (4480 30th Street, San Diego, CA, 92116) in the front conference room. We encourage all to attend, 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.

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:

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#### Executive Director:

Shannon Jaccard  
[sjaccard@namisaniego.org](mailto:sjaccard@namisaniego.org)

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

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

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 1 (800) 523-5933 (Helpline)  
 1 (619) 584-5564 (Administration)  
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**E-mail:** [information@namisd.org](mailto:information@namisd.org)

**Web Site:** [www.namisaniego.org](http://www.namisaniego.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](mailto: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@namisaniego.org](mailto:sjaccard@namisaniego.org) or contact  
any of the people mentioned in the  
articles.*



**Anita Fisher,**  
**Education**  
**Director,**  
**NAMI San Diego**

email:  
 anitafisher@namisd.org

## NAMI SAN DIEGO EDUCATION, ADVOCACY AND SUPPORT PROGRAMS



### Family-to-Family

A free 12-week Education course for families and friends of people with mental illness. It is designed to teach about mental illness, medications, brain biology, communication skills, empathy, and self-care among other topics of interest to family members coping with a loved one who has mental illness. Family-to-Family is available in English, Spanish, Vietnamese, and Arabic.



### Peer-to-Peer

A free 10-week Education course for persons living with mental illness, taught by NAMI trained consumers. It is designed to teach about the various mental illnesses, stability and recovery. Peer-to-Peer is available in English and Spanish.

### Support Groups

NAMI trained family members who facilitate Support groups for other family members and friends of people with mental illness. We have groups for Sibling and Adult children, Spanish Support groups, for Parents and Caregivers of Youth and Adolescents with mental illness and soon we'll have a spouse support group.



### NAMI CONNECTION

#### Support Groups

Consumer-led support groups that meet weekly, at various times and locations throughout county. The Facilitators are trained in the NAMI model and are able to facilitate according to a nationally accepted model.



### NAMI BASICS

National Alliance on Mental Illness (NAMI San Diego) is offering a new program designed to address the fundamentals of dealing with a child with mental illness. It is called NAMI Basics and is a 6-week course that meets once a week for 2.5 hours in San Diego County.

**All NAMI classes, support groups and programs are offered FREE of charge. To register for a class please call NAMI San Diego's Family & Peer Support Helpline at 619-543-1434 or 1-800-523-5933**

## From Our Community



**Devin's**  
**Hope Dove**

By:  
 Devin  
 Eshelman



This dove of hope, pictured above right, represents the fulfillment of my hopes and dreams. It's really a journey of recovery I took on eight years ago when I survived a devastating suicide attempt. Acceptance gave me allowance to see the dove of hope however, and I am alive to tell more about it. The next step

in my recovery, following the acceptance stage, was to soar above the earth to find new heights where the dove makes its nest. Only positive things dwell in such a place: wellness, goodness, truthfulness, dedication and the like coexist here regularly. Perhaps this beautiful nest encapsulates my experiences in and around NAMI San Diego. Most certainly, I discovered a realm of blessings and subsequent

avenue to share my story only at NAMI.

While the experience of hope was difficult at certain times to attain, I believed and fought for recovery as possible. Similarly speaking, the

natural dove resists with fierce and decisive measures every species that tries to dwell in its home. My hope dove, on the same measure, helps me take on new challenges in the fires of trial and error. I've learned in the process to accept and receive tremendous help from my support system, ever new coping skills, wheelchair tennis, and variety of seemingly new therapies and inspirations such as this. Could it be that the hope dove is fighting for me? I don't just think, I know.

By the way, I am now working part-time as NAMI staff in a new program entitled, "Hope Connections." Go figure.

## 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.

## Mental Illness Awareness Week

Changing Attitudes

Changing Lives



October 2-8, 2011

### Mental Illness Awareness Week

In 1990, the U.S. Congress established the first week of October as Mental Illness Awareness Week (MIAW) in recognition of NAMI's efforts to raise mental illness awareness. Since 1990, mental health advocates across the country have joined together during the first full week of October in sponsoring many kinds of activities.

MIAW has become a NAMI tradition. It presents an opportunity to all NAMI state organizations and affiliates across the country to work together in communities to achieve the NAMI mission through outreach, education and advocacy.

Below are events that are happening in San Diego County for MIAW ...

#### **Oct. 3-8** San Diego Depression Screening Week

The Community Health Improvement Partners' (CHIP) Behavioral Health Work Team is collaborating with other San Diego County organizations, to offer free depression screenings during *San Diego Depression Screening Week*, October 3-8, 2011. During this week, residents of San Diego County over the age of 18 have the opportunity to visit designated sites to receive a free, anonymous, depression screening; learn about the signs and symptoms of depression, anxiety disorder, postpartum depression and other topics related to depression. Please go to [www.sdchip.org](http://www.sdchip.org) for a list of the 2011 Depression Screening sites & list of participating agencies!

#### **Tues., Oct. 4** The National Day of Prayer for Mental Illness Recovery & Understanding

This day of prayer was initiated by Angela Vickers, JD of NAMI Florida and Gunnar Christiansen, MD of NAMI California in 2004. It has had widespread support by individual congregations and National Faith Community Mental Illness Networks. Download special resources to outreach to faith communities at NAMI Faith Net: [www.nami.org/faithnet](http://www.nami.org/faithnet).

#### **Thurs., Oct. 6** NAMI San Diego's FREE Education & Advocacy Meeting

Ask the Doctors & Presentation by Author John McManamy.  
6:30 - 8:00 p.m. at the University Christian Church, Friendship Hall, 3900 Cleveland Ave., San Diego, CA 92103. More information can be found at [www.namisanidiego.org](http://www.namisanidiego.org) and on the front page of this newsletter!

#### **Fri., Oct. 7** NAMI San Diego's 8th Annual Inspirational Awards Dinner "Cruising Ahead and Celebrating Change"

5:30 p.m. at the Catamaran Hotel & Resort, 3999 Mission Blvd, San Diego, CA 92109. Join NAMI San Diego as we honor Father Joe Carroll as the NAMI San Diego 2011 Inspirational Person of the Year. He will be the keynote speaker for the dinner and is well-known in the San Diego community for his tireless work on behalf of people who are homeless. Dinner reservations are \$75 per person. For more information, go to [www.namisanidiego.org](http://www.namisanidiego.org) or contact Annie Dunlop at (619) 584-5574 or [anniedunlop@namisd.org](mailto:anniedunlop@namisd.org).



# 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, call 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 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: 6:00 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 info call (760) 722-3754

#### **En Español**

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

#### **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, CA 92110  
Toll Free: 1-877-734-3258  
Monday - Friday: 9:00 a.m. - 5:00 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.  
2710 Adams Ave. San Diego 92116  
(619) 282-1134 or 800-479-2233  
Monday - Friday: 8:00 a.m. - 5:00 p.m.

## 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.**

2553 State Street, San Diego, CA 92101  
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.  
1<sup>st</sup> and 3<sup>rd</sup> 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**





*Return Service Requested*



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## NAMI San Diego's 8th Annual Inspirational Awards Dinner "Cruising Ahead and Celebrating Change"

Friday, October 7, 2011, 5:30 p.m.

Catamaran Hotel & Resort, 3999 Mission Blvd, San Diego, CA 92109

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Join NAMI San Diego as we honor Father Joe Carroll as the NAMI San Diego 2011 Inspirational Person of the Year (pictured right). He will be the keynote speaker for the dinner and is well-known in the San Diego community for his tireless work on behalf of people who are homeless.



NAMI San Diego celebrates the ripple effect that occurs in our community when mental health advocates bravely move forward, showing others a path to follow.

- Emcee: Todd Gloria, San Diego City Councilmember, District 3
- Keynote Speaker and Inspirational Person of the Year: Fr. Joe Carroll
- Employer Champion: Shawn Crew from VONS
- Lifetime Achievement: Dilip V. Jeste, M.D.
- Research Award: Marc A. Schuckit, M.D.
- Young Advocate: Ms. Maggie Reese
- Media Award: "It's Up To Us" Campaign

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We invite you to join us as we applaud the achievements of these courageous pioneers.  
Dinner reservations are \$75 per person and are available at [www.namisaniego.org](http://www.namisaniego.org)  
For more information, contact Annie Dunlop at (619) 584-5574 or [anniedunlop@namisd.org](mailto:anniedunlop@namisd.org)