

October 18, 2007  
FOR IMMEDIATE RELEASE:

CONTACT:  
Bettie Reinhardt  
Executive Director  
NAMI San Diego  
(619) 584-5567

### **Channel 10News recognizes Shannon Jaccard with Leadership Award**

**SAN DIEGO**— The mental health community of San Diego wouldn't be the same without the work and caring of activist Shannon Jaccard, and Channel 10News has taken notice. They've awarded her the Leadership Award that recognizes the exceptional efforts of community members. The segment featuring Shannon will air at 5:45 p.m. on October 18 and between 7 a.m. and 8 a.m. on October 21.

Shannon's work in the field is multi-fold in that she works as both the President of Compeer San Diego and the Communications Director of the National Alliance of Mental Illness (NAMI) San Diego.

For the past several years, Compeer San Diego has provided a safe, nurturing, mentoring program for children, teens, adults, and older adults living with a mental health challenge in San Diego County.

The Compeer Program matches one trained community volunteer with one client who is coping with a severe mental illness. This 1:1 match builds mutual trust, friendship, mutual understanding, and serves as a personal support base for clients to lean on while they are seeking professional therapy toward improved mental health. The Compeer Program is a mentoring program that lifts clients out of their isolation, embarrassment, feelings of self-doubt through friendships formed with their paired mentor, and improves the quality of life and living for people on their road to recovery.

There is no cost to the clients who attend the Compeer Program. Compeer San Diego's first match was made four years ago and it is still going today. Some clients have started working fulltime, have become more independent, and less fearful of sharing their lives with another person.

Shannon's other passion is NAMI San Diego which is part of a national organization that provides support, education and advocacy for those living with mental illness. Shannon spearheads programs within NAMI San Diego, such as the Senior Mental Health Partnership, the Stigma Busters group, and the annual NAMI Walk, which is the organization's largest fundraiser.

Last year 1,200 people participated in the walk. There were over 40 vendors who shared health information and \$120,000 was raised to support NAMI San Diego County services.

The next walk will be held in Balboa Park on April 19, 2008 and teams are being formed now. For more information, please contact Shannon at 619-543-1434 or go online to [www.namiwalksandiego.org](http://www.namiwalksandiego.org)

For more information on Compeer, check out [www.compeersandiego.org](http://www.compeersandiego.org) ; to see the Leadership Award segment, go to [www.10news.com](http://www.10news.com) , click on 10Leadership Award.

###