



April 24, 2009

**FOR IMMEDIATE RELEASE:**

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**‘Uplift wisdom for everyday greatness’ with local author Vivian Eisencher  
at May 7 NAMI meeting**

SAN DIEGO—The National Alliance on Mental Illness (NAMI San Diego) Education and Advocacy meeting in May will feature local author Vivian Eisencher and her book *Recovering Me, Discovering Joy: Uplifting Wisdom for Everyday Greatness*.

Vivian will share her personal experiences with social anxiety, depression and alcoholism. Her upbeat approach provides insights, tips for rediscovering blessings and gratitude, and six foolproof ways to ignite joy.

In her book, Vivian raises awareness about the strong correlation between chronic low-grade depression (dysthymia), social anxiety and alcoholism. Social anxiety is the third leading mental illness in the United States today yet little is written about it, leaving it misunderstood. Social anxiety is an overlooked disorder, often left undiagnosed and can lead to alcoholism. With irresistible honesty, Vivian relates how she could not achieve lasting sobriety until her depression and social phobia were treated. The segment of the population 65 and over is the fastest growing demographic group in the United States today. Recovery becomes more difficult as our bodies age and Vivian discusses positive ways to navigate the aging process.

Vivian has been an inspirational speaker, mentor and writer since 1996. Using her experience, strength and hope, she is committed to helping educate and enlighten the general public about the puzzling aspects of the addiction/recovery process and the strong correlation between anxiety, depression and alcoholism. In 1993, her husband suffered a massive stroke leaving him paralyzed on one side, and unable to talk or eat. Today, he has recovered most of his capabilities and is grateful for all life holds for him. He is active in community volunteer work and his recovery is an inspiration to all who know him. Personal stories related to her husband’s recovery are also chronicled in *Recovering*

*Me, Discovering Joy.* ). Her other published works include articles for *The Chicken Soup for the Soul* series and *Woman's World*. She is featured on the 2009 Faces of Recovery Calendar and is a Board of Director for A New Path (Parents for Addiction Treatment and Healing).

In addition to Vivian's talk, an informal discussion featuring psychiatrist and senior resident from UCSD Dr. Steve Koh will be held at 6:30 pm. This will involve a question and answer format where the audience will be able to ask Dr. Koh things they have not been able to ask their own doctors but will also be able to share what it is like to live with mental illness directly and in the family.

NAMI is a non-profit organization that provides education, support services and advocacy to improve the lives of everyone affected by mental illnesses. They hold two Education and Advocacy meetings each month at no charge to the public. The first Thursday of every month meeting is in San Diego and the second Tuesday meeting is in Escondido. These feature expert speakers on timely topics.

The meeting on May 7 starts at 6:30 pm and will be held at the University Christian Church Friendship Hall at 3900 Cleveland Ave in San Diego (across from the Post Office).

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

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