



NORTH COASTAL NEWS

NAMI North Coastal San Diego County

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NAMI Affiliate Offices

NAMI North Coastal San Diego County
 P.O. Box 2235
 Carlsbad, CA 92018
 ph (760) 722-3754
 E: info@naminorthcoastal.org W: www.naminorthcoastal.org

NAMI San Diego
 5095 Murphy Canyon Road, Suite 320
 San Diego CA 92123
 ph (619) 543-1434/ 800 523-5933
 E: information@namisandiego.org W: www.namisandiego.org

NAMI SIT
 Copper Hill Living & Learning Center
 Creative Arts Consortium
 Advocacy Works
 144 Copper Avenue, Vista, CA 92084
 ph (858) 481-7069

February Education Meeting

Interfaith Community Services

Speaker: Greg Anglea, Chief Executive Officer

Date: Thursday, February 15, 2018

Time: 7 p.m.— 8:30 p.m.

Place: St. Michael's Episcopal Church Hall

2775 Carlsbad Boulevard, Carlsbad

Greg's career has been devoted to helping others. After graduating with a B.A. in political science from University of California, San Diego in 2003, he worked at the Joan B. Kroc Institute for Peace & Justice at the University of San Diego. In 2006, he joined Interfaith Community Services as the Volunteer Coordinator and Faith Liaison, and went on to serve as the Director of Development for five years. In 2011, he moved to California State University San Marcos as the Director of Major Gifts, building community support for a regional guaranteed-admission program that provides a path to college for low-income, under-served youth.

Greg returned as Interfaith's Chief Executive Officer in May 2014, leading an inclusive Strategic Visioning process that returned ownership of Interfaith Community Services to its many stakeholders and produced a clear vision for the future of the organization. That vision supported the creation of the Hawthorne Veteran and Family Resource Center, a recuperative care program for homeless exiting hospitals; the launch of a new regional system of care for all persons experiencing homelessness, bringing together more than 30 community agencies in partnership; the opening of the Haven House Year-Round Emergency Shelter, North County's first year-round emergency homeless shelter for both men and women; and the launch of Recovery & Wellness programs to address addiction and mental health issues.

Greg is currently the Board President of the Alliance for Regional Solutions, Board Member of the Regional Task Force on the Homeless, Co-Chair of the North County Live Well Leadership Team, and Immediate Past President of the North County Philanthropy Council.

He received his M.A. degree in Leadership and Non-Profit Management from University of San Diego in 2009. He lives in Escondido with his wife and two daughters, and when not at Interfaith, he can usually be found playing in a park with his kids or trying not to burn food in his kitchen.

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President's Message

by Michael Bagby

Volume 18 No. 2

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February 2018

On February 15th at our General Meeting at St. Michael's Episcopal Church in Carlsbad we will welcome Greg Anglea of Interfaith Community Services. Interfaith is a collaboration of several faith communities that pooled their resources to provide a safety net for the homeless population in our community. It is an excellent example of what can be done in the private sector by a willing group of believers in a good cause.

There are hundreds of conferences around the world held by health professionals, government agencies and non-profits which address mental illness from medical, social, and policy perspectives. The Church is not usually included in those conferences. What do our faith communities have to offer to the mentally ill and their families?

Studies have shown that the first place many go for help in a mental health crisis is not to a loved one, friend or co-worker or even to a healthcare professional but to their rabbi, priest or pastor. The heart of God and his Church has always been with those who suffer, making the church or synagogue a natural place to seek comfort and guidance in times of need. Our faith communities should be places where compassion,

acceptance, and unconditional love are extended to all who suffer from the pain of mental illness. It should be a place that is saying, "What can we do for the least, the lost, the lonely and the broken?"

Is your faith community reflecting this? If not, you may have a heart to start a mental health ministry in your place of worship. What would that entail? How would one go about organizing this? For those of you attending our February meeting we will provide for you a step-by-step guide to initiating a ministry in your place of worship. Please come and pick one up! As you follow the guide, don't become discouraged if it seems that your advocacy is not particularly successful. When this happens, I'm reminded of Robert Louis Stevenson's quote, "Don't judge your day by the harvest you reap, but by the seeds that you sow."

Should the faith community be involved in the fight against stigma? If so what role should it play? I suggest to you that it should play the leading role. The word religion is derived from the Latin word "religio". "Lixio" is translated as ligament or connection. I believe it is fair to think of religion as a means of reconnection with God and each other. When we make these connections we are saying, "Someone is willing to walk with you... you are not alone... there is hope".

Program News

Family-to-Family

The Family-to-Family Class which started January 8 at North Coast Calvary Chapel has 25 participants. This session is being taught by Doreen Prager and Marie Revere.

The NAMI Family-To-Family Education Program is appropriate for parents, siblings, and significant others of person with severe and persistent mental illness. Individuals who are suffering from one of the

major mental illnesses themselves may attend the course if their present condition is stable and they are the primary caregiver of an ill person. If you are interested or know someone who could benefit from attending Family-to-Family, the next session begins April 16 2018. You can sign up at our website www.naminorthcoastal.org or by calling the office at 760 722-3754. or emailing us at info@naminorthcoastal.org



National Alliance on Mental Illness

NAMI Family-to-Family

Resilience

by Liz Kruidenier

On Monday January 29th I drove to Cal State San Marcos to attend a Film Screening Event entitled Resilience: The Biology of Stress & The Science of Hope taking place in the Student Union and sponsored by CSUSM, The San Diego Foundation, SDC Health & Human Services' Live Well San Diego. NAMI North Coastal was invited to participate in a Resource Fair along with 14 other exhibitors.

The two and a half hour agenda promised us a welcome from the sponsors, a 60 minute film, a Table Discussion and a Panel Discussion with Q&A. It turned out to be a

very warm afternoon packed full with people: over 300; information: a fascinating film; Four Panelists: Olivia DePaul, a student; Dr. Amy E. Lansing Assistant Adjunct Professor, UC San Diego; Dr. Susan D. Writer, Community Outreach & Education from Aurora BH Care and a recent NAMI NC speaker; Jennifer Duran, MA the Administrative Lead from New Alternatives, Inc. plus Moderator Kathlyn Mead, President/CEO of the SD Foundation.

We learned that research has shown us that Adverse Childhood Experiences known as ACE can impact our children from birth to age 18 in ways that contribute to their stress and anxiety which in turn affects their bodies, minds and well being to such an extent that they can develop serious problems as they grow older that can lead to alcohol and drug abuse, and behavioral health problems. In other words we are finding that a constant state of stress and anxiety underlies a lot of the problem behaviors that surface as a child grows older. Some children are born just naturally more resilient than others. The "others" need more help in overcoming their fears.

So what kinds of experiences are we talking about that can affect children adversely? A child that is constantly humiliated or afraid of being physically hurt. A child that is sexually fondled or abused. A child that is unloved

or his/her efforts are constantly criticized. Was there a painful divorce or separation in the family? Relationships that are filled with a lot of fighting, drinking, or drug use. Was a parent jailed, suffering from a mental health problem or having financial problems. These are all real life situations that can cause undue stress for some children and yet cause others to grow stronger.

The movie and the panelists tried to show us how these stressful behaviors can be turned around by

a parent, close relative, a good friend, or a knowing teacher. Recognizing the signs are crucial to changing the behaviors of these children by providing them with the tools to become stronger and overcome their fears. Attention, approval and encouragement go a long way to providing them with the skills to become more resilient

beings. Each one of us is special and important in a different way. We need help to find our positive role models. Some children just need more help than others. Learning to become resilient is learning to become more "flexible, pliable..... strong, sturdy, and tough." It is learning how to grow a thicker skin so we can cope with what lies ahead.



Resilience

Almost Two-thirds of Children Worry 'All the Time'

reprinted from <http://www.bbc.com/news/education-38861155>
By Judith Burns, Education reporter, 6 Feb. 2017

Worries about school work affect about two-fifths of children, the research found

At nine, Tom was so worried about not being able to do his class work that he kept running out of the school gates.

More than once he tried to escape out of a first-floor window, convinced his teacher was criticizing him.

He is not alone - research among 700 children aged 10 and 11 for the mental-health charity Place2Be suggests almost two-thirds worry "all the time".

Concerns about family and friends and fear of failing at school are the top causes of anxiety, says the charity.

The school referred Tom and his mother for counseling sessions, run by the charity at the school.

Anger control

Tom felt he could not learn and his mother could not get a job as she was so worried about what would happen if he ran home from school and found her gone.

Tom was taught breathing exercises to control his anger and reduce his anxiety - techniques he used for the rest of his school career.

"It helped me get through," he said.

Eight years on he applied for a place on a performing arts course and says he owes his progress to the counseling sessions.

Place2Be surveyed children in the top primary year at 20 schools across England, Scotland and Wales at the end of 2016.

The entire year group in each school took part.

Their top concerns were:

- Family well-being - 54%
- Well-being of friends - 48%
- School work - 41%

In addition:

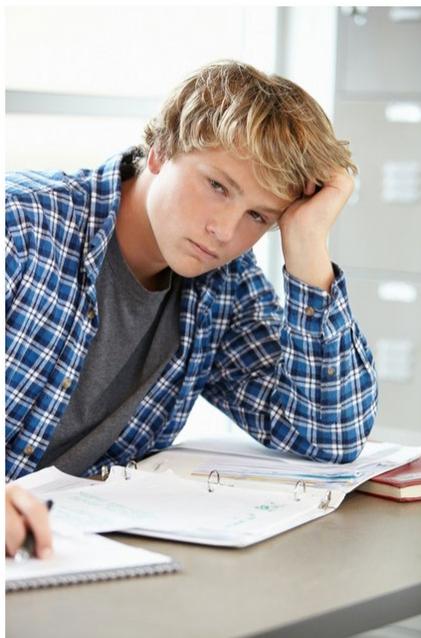
- 40% felt their worries got in the way of school work
- Almost 30% said that once they started worrying they could not stop
- 21% said they did not know what to do when worried

Girls worry more about their looks, say the researchers

There was a gender divide, with 36% of girls worrying about being bullied, compared with 22% of boys.

More girls (28%) worried about their looks than boys (18%).

But boys (24%) were more likely to worry about being angry than girls (16%).



The most common coping strategies were talking to family members (72%) or to friends (65%), while 65% of boys calmed themselves by playing computer games compared with 39% of girls.

Adult help

More than 80% of the children surveyed said the best way for adults to help was to listen sympathetically and pupils said it was important to be kind to anxious classmates.

"I give them a hug and tell them not to worry and everything is OK," said one 10-year-old.

The charity's chief executive, Catherine Roche, said primary school was often characterized as innocent and happy.

"But in reality we know that young children can worry about a lot of things, whether it's something going on at home, with their friends, or even about bad things happening in the world.

"It's perfectly normal to worry from time to time, but if these worries become more serious or persistent, it's important that children know where they can turn for help.

"Schools and families play a crucial role in ensuring that children learn to look out for each other and know how to get help if they need it."

Some names have been changed.

Springtime, 2018

By Dan Kasperick

“The Springtime is coming, the Springtime is coming”
Or so says Eric Revere
And Doreen and Becka and Vic are preparing
For the sunshine is now drawing near

The days all get longer, the night’s growing shorter
And Springtime’s arriving so fast
And Mike and Diane will be hitting the beach
And watching the waves as they crash

Diana and Gail are too making plans
To stroll on the beach for some fun
And Liz Kruidenier is putting on lotion
To help protect her from the sun

Karen and Rita prefer to ride bikes
Away from the throngs and the crowds
And Dawn S. and Debbie are both doing fine
Helping others, they make NAMI proud

Mike Wade is assisting at each cry for help
Although his hands are quite full
And Dani, and Lori, and Rich and Marie
Their lives are a far cry from dull

But Winter is losing it’s death grip at last
A season of ice and of snow
And taking it’s place is the warm Mother Earth
And everything’s starting to grow

The sugar cane’s sweet as is the strawberry
The trees are all covered with blossoms
And roses and pansies all start to unfold
It’s mystical, magical, awesome

But the best thing of Springtime is not in the trees,
It’s not in the hills or the ocean
The best thing of Spring is the feeling of love
A sentiment of deep devotion

My love is for NAMI, North Coastal San D.
And I love her Board of Directors
And I love the people who make North Coast strong
And I love all those who protect her

Though there is lots that we learn from the Spring
Most poignant is life starts anew
And NAMI bursts forth in a similar way
This year I hope you burst forth too

BECOME A MEMBER TODAY!

Join the National NAMI Organization

When you join now, you become a member of your NAMI Local Affiliate, NAMI State Organization and the national NAMI Organization.	Mail to: NAMI NCSD, P.O. Box 2235, Carlsbad, CA 92018 or pay online using your credit or debit card at our website - www.naminorthcoastal.org
Yes, I want to: (Please Check One)	Title: Mr. Mrs. Ms. Dr.
<input type="checkbox"/> Join NAMI North Coastal	Last Name:
<input type="checkbox"/> Renew My Membership to NAMI North Coastal	First Name: Middle Name:
Dues:	Address:
____ \$60 Household Membership**	City State Zip
____ \$40 Regular membership*	Phone:
____ \$5 Open Door (for low income)	Email:
Member benefits include NAMI’s flagship magazine, the Advocate, as well as NAMI’s monthly e-newsletter, NAMI Now if you subscribe at www.nami.org/subscribe . All members receive the same benefits. NAMI membership is valid for one year.	
*Dues increased July 2017. ** New category as of July 2017	
Payment Information: Charge my: <input type="checkbox"/> Vista <input type="checkbox"/> Mastercard <input type="checkbox"/> American Express <input type="checkbox"/> Discover Card	
Name as it Appears on Card	Card No.

The California Standard

reprinted from NAMI California Website, written by Steen Kite, COO

Volume 18 No. 2

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February 2018

The Mental Health care system in California remains fragmented, separated and ineffective. Both on the private and public fronts, care systems struggle to grapple with both the short term and long term needs of individuals living with Mental Illness and their families. Although research has shown many best practice options, we have yet to see them implemented comprehensively in any area of our great state.

Although we haven't reached the finish line, California has taken many bold steps to try to address the many effects of Mental Illness. California determined decades ago that people with mental illness should be treated in their communities rather than institutionalized, however, until the Mental Health Services Act (MHSA) the state lacked the funding to do so. "Help first versus fail first" has been the primary ethic since 2000, and MHSA marked a strategic undertaking towards making it a reality.

Through a variety of programs from severe mental illness (SMI) symptom prevention to "whatever it takes" support to prevent jail time and homelessness by restoring stability to individuals living with SMI and their families, the MSHA marked a paradigm shift of programs and standards of care with new emphasis on wellness, recovery, resilience and hope.

In 2014, the Little Hoover Commission reviewed the progress of the MHSA. NAMI California's Chief Executive Officer, Jessica Cruz, urged lawmakers and appointees of the Commission to call for a

more standardized, cohesive and consistent system for oversight of MHSA programs and funds in order to effectively reach these new standards.

Mrs. Cruz further told the Commission, "The MHSA was designed to provide new funding to expand mental health services statewide, not to serve as the sole funding source for county mental health programs and services," and that "if a county is not adhering to the vision of the MHSA, there is no statewide oversight body with authority over county MHSA funding distribution that would be able to oversee the process."

The need for a standardized approach to care throughout our state is clear. Families in counties across California are suffering needlessly with varying abilities to seek care depending on their zip code. We cannot allow this senseless system to continue. We must work together to reach a California where Mental Illness is treated with parity in all systems and in all areas of our state as with any other illness.

We continue to promote and ensure this standard of care throughout the state—which aims to keep those living with Mental Illness and their families supported, educated, advocated for, out of the criminal justice system, in appropriate care settings, and housed. Those of us who access care in California, who worked hard for the passage of the MHSA and our many other funding streams for mental illness, expect state-level oversight and evaluation of services as well as statewide standards of care for ourselves and our loved ones.

Thank You to Our Many Supporters!

You Make our Success Possible

Encinitas Greenhouses
Cordova Gardens
Dram and Echter Nursery
San Diego Botanical Gardens
Leucadia Nursery
Coastal Roots Farm/Leichtag
Thompson Rose Company

Twin Oaks Growers International, Inc.
Valley View Nursery
Jungle Jacks Palm
CMA Growers, Inc
Muller's Greenhouse
C&J Cactus
Desert Theater

Meetings, Treatment, and Support Group Resources

CRISIS SUPPORT

24-Hour Domestic Violence Hotline

1-888-DVLINKS (385-4657)

Posters and safe cards advertising this number are available for distribution.

Please contact Aneesha Bharwani at

(858) 272-5777 or abharwani@

Crisis Team

(888)-724-7240 & (800) 479-3339

Suicide Prevention

(888) 784-2433

Warm Line (Consumer Support)

800-930-9276 & 619-295-1055

5 PM – 11 PM daily

SSI Consumer Advocates

Is available at the Mariposa Clubhouse to answer SSI questions or to provide help in completing and filing SSI applications
(760) 439-2785

In-Home Outreach Team (IHOT)

MHS Inc. (760) 591-0100

SUPPORT GROUPS

NAMI North Coastal Family Support Group

3rd Thursdays 8:30 – 10 pm

St. Michael's Episcopal Church

2775 Carlsbad Blvd. Carlsbad

NAMI SD Escondido Family Support Group

Tuesdays from 4-6 pm

Escondido Senior Center—Cedar Room

210 East Park Ave., Escondido

NAMI Family Support Group in Spanish

1st Friday of Every Month 6:30-8:30 pm

Tri City Medical Center Room #7

(760) 722-3754

Connection Consumer Support Group

3rd Thursdays 5:30 – 6:30 pm

St. Michael's Episcopal Church

2775 Carlsbad Blvd. Carlsbad

Wednesdays from 1:00-2:30 pm

Mariposa Clubhouse

2964 Oceanside Boulevard, Oceanside

Mondays from 11:00-Noon

Escondido Clubhouse

474 West Vermont Escondido, CA

STEPS

Every Friday, from 12:15-1:00 pm

Mariposa Clubhouse

2964 Oceanside Boulevard, Oceanside

Sibling & Adult Children's Support Group

2nd Wednesdays 7-9 pm

Scripps— Memorial Campus

Schaetzel Center/Noble Room 833

Spouses/Partners of Person with

Diagnosis of Bi-Polar Disorder

3rd Tuesday, 6:30 – 8 pm

Clairemont Lutheran Church, Luther Hall Rom 2, 1st Floor

4271 Clairemont Mesa Blvd, San Diego

Depression & Bipolar Support Alliance

VA San Diego Medical Center

www.dbsasandiego.org

Mondays – Room 2011 – 6 PM

Thursdays – Room 2436 – 6 PM

Depression & Bipolar Support Alliance

Wednesday, 2:30 PM-4:00 PM

510 W. Vista Way, Vista

Borderline Personality Disorder

UCSD Outpatient Psychiatric Services

140 Arbor Dr., San Diego

2nd Floor, Room 247

sboone@bpdglobal.com

Substance Use Disorder &

Co-Occurring Disorder Family and Friends

4th Fridays, 6 – 7:30 p.m.

NAMI San Diego Office

5095 Murphy Canyon Road, Ste 320, San Diego

BH MEETINGS

NAMI SIT

Board Meeting—2nd Monday, 4:30 pm

144 Copper Avenue, Vista, CA

NAMI North Coastal

Board Meetings—2nd Thursdays, 7:00 pm

General Meetings—3rd Thursday 7:00 p.m.

St. Michael's Episcopal Church

2775 Carlsbad Blvd. (Library)

Carlsbad, CA (760) 722-3754

North County Mental Health Forum

2nd Thursday at 12:30 pm

Tri City Medical Center, Room #6

4002 West Vista Way, Oceanside, CA

NAMI San Diego

Monthly meetings held at various sites throughout San Diego County with speakers on various topics including health and wellness with an emphasis on mental wellness. For more information contact the NAMI San

Diego's Helpline at

(800) 523-5933 or email outreach@namisd.org

RECOVERY CLASSES

RICA Well

Call (858) 274-4650 for next class

Tuesdays from 1:30-3:30 PM

WRAP Well Meds for Success

Escondido Clubhouse

474 Vermont Ave. #105 (858) 274-4650

BEHAVIORAL HEALTH PROGRAMS

Aurora Behavioral Health

Monday-Friday 9:00 am-3:00 pm

11878 Avenue of Industry

San Diego, CA (858) 675- 4285

Monday - Friday 8:30 am - 4:00 pm

TriCity Medical Center Outpatient

Behavioral Health

510 West Vista Way, Vista, CA

(760) 940-5050

Palomar Outpatient Behavioral Health

125 Vallecitos del Oro, Ste 125, San Marcos

(760) 739-2988 (760) 510-8352

Kinesis North/Inland BPSR Center

Monday-Friday 8 – 4 pm

474 West Vermont, Escondido, CA

(760) 480-2255

SOCIALIZATION CENTERS

Escondido Clubhouse

Monday-Friday, 8:00 am to 4:30 pm

1st Saturday, 10:00 a.m. - 2:00 pm

474 West Vermont Escondido, CA

(760) 737-7125 Fax (760) 737-8348

Mariposa Clubhouse

Monday-Friday, 8:00 am - 4:00 pm

2964 Oceanside Blvd, Oceanside

(760) 439-2785 Veronica Aguilar

Friends Clubhouse

Activities temporarily suspended

(858) 481-7069

OUTPATIENT TREATMENT

Exodus Recovery Walk-In Assessment Centers

524 West Vista Way

Vista (760) 758-1150

Monday-Friday 10:30 am-6:30 pm

1520 S. Escondido Blvd

Escondido (760) 758-1150

Mental Health Systems

Monday-Friday 8 am-4:30 pm

3609 Ocean Ranch, Oceanside

Oceanside (760)-967-4475

INPATIENT TREATMENT

Tri-City Hospital Behavioral Health Unit

(877) 299-0664

Palomar Center for Behavioral Health

555 E. Valley Parkway, Escondido

(800) 336-2000



**North Coastal
San Diego County**

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Your Local Voice on Mental Illness

NAMI NCSDC
P.O. Box 2235
Carlsbad, CA 92018

Phone: 760 722 3754
Email: info@naminorthcoastal.org



Save with Early Bird Conference Registration Rates

The 2018 NAMI California Annual Conference will take place June 1-2 at the Hyatt Regency Monterey Hotel & Spa on Del Monte Golf Course in Monterey, California. Register today and take advantage of special pricing! Register at www.namica.org

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NAMI-NCSDC Carlsbad, CA 92018
Phone: (760) 722-3754
E-mail: info@naminorthcoastal.org
Website: www.naminorthcoastal.org
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