



## Services and Activities

### Free Support Groups

Free peer-led support groups two days a week at the VA Hospital in La Jolla, CA. Mental illness doesn't take a holiday and neither do we.

Mondays      6-8pm      Meet in room 2011 for announcements and split into separate groups.

2-3 consumer groups of 10-25 people each

1 Family & Friends group of 20-35 people

Thursdays      6-8pm      Meetings in rooms 2113, 2108 and a third room if needed.

1 -2 mixed groups (consumers & family) of 10-20 people each

### Population Served

We are open to anyone with a mood disorder, family & friends of people with mood disorders, professionals interested in observing and psychology, medical or nursing students. Student observers are limited to 4 per night and are welcome as long as no consumer in the group objects. We serve adults of all ages. We occasionally have teenagers but do not serve young children.

### Resources Available at the Group

- Lending library of books, DVDs, CDs, VHS tapes, and cassette tapes
- Phone list – list of members who wish to share their info with other group members for support and friendship. Members can sign up at the group and get a copy either at the group or in the files section of our Yahoo group.
- Recommended Providers List – list of doctors, therapists, and other professionals recommended by group members
- Flyers and information about upcoming events and current research projects

### Resources Available Online

- Yahoo group– members who join can share resources they find, discuss issues, and receive reminders about upcoming events. They can also ask for a ride, as well as access many resource files and the phone list. You can join at <http://groups.yahoo.com/group/dbsasandiego/>.
- Housing App – As part of the Yahoo group, we have a new housing app where members can post if they need housing or have available housing to share with or rent to other members.
- Facebook group - You can find many of us on Facebook in the group DBSA San Diego <http://tinyurl.com/DBSASDFacebook>. Events are listed here and members can connect with each other.



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- Website ([www.dbsasandiego.org](http://www.dbsasandiego.org)) – continuously updated website with all info about our chapter, as well as all other chapters in the county. There is an extensive Resources page that lists resources throughout the county, other non-profits, mental health events, relevant news and research articles, options for volunteering and social opportunities.
- There is contact information on the website if people need more information. There are 3 email addresses and a phone number to a cell phone carried 24/7 by one of our members. It is NOT a crisis line but is available for anyone who needs information. We frequently get calls from out of state or from non-group members looking for help.

### Lecture Series

<http://www.dbsasandiego.org/speakers.html>

Almost every month we host a lecture in Garren Auditorium on the UCSD School of Medicine campus, directly across the street from the VA – usually the first or second Monday. We announce and promote our speaker not only to our members but also to several hundred providers, advertise on Backpage.com and Craigslist.org, and hand out flyers at outreach events. We average between 30 and 65 attendees. . Recent speakers have included:

Aug 2011	Marla Kingkade	“Behavioral Health Emergency Response Plan”
July 2011	Scott Stewart	“A Primer on Public Benefits: From Social Security to Medi-Cal”
June 2011	Irwin Rosenfarb, Ph.D.	“Family Treatment for Bipolar Disorder”
May 2011	John Kelsoe, M.D.	“Recent Advances in the Genetics of Bipolar Disorder”
Mar 2011	Hagop Akiskal, M.D.	“Principles of Caring for Bipolar Patients and Their Families”
Jan 2011	Amanda Gutierrez, Psy.D.	“Emotion Regulation and Self-Harm Behavior”

All speakers back to April of 2007 are listed on the speakers page of the website, where you can also find links to many of their Powerpoint presentations. <http://www.dbsasandiego.org/speakers.html>

### Outreach

We host a booth at a number of resource fairs in an effort to reach out to consumers, professionals, and the community with information about mood disorders, community resources and our group. In 2011 we reached out at these events:

Jan 2011	PERT Academy	Resource fair as part of a training for police officers to learn about mental health and the services available.
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Feb 2011	NAMI Hearts & Minds	Resource fair at NAMI's community outreach event
Mar 2011	CAHM Forum	Community Alliance for Healthy Minds community forum and resource fair
Apr 2011	PERT Academy	Resource fair as part of a training for police officers to learn about mental health and the services available.
Apr 2011	NAMI Walk	Walk and resource fair with 3000 participants
Jun 2011	PERT Academy	Resource fair as part of a training for police officers to learn about mental health and the services available.
Sept 2011	City College Fair	Suicide Prevention Week resource fair at the college
Oct 2011	PERT Academy	Resource fair as part of a training for police officers to learn about mental health and the services available.
Oct 2011	SDPA Conference	San Diego Psychological Association's fall conference . We educate psychologists and trainees about our services.
Oct 2011	AFSP Walk	Out of the Darkness Walk - resource fair
Oct 2011	Meeting of the Minds	Behavioral Health Conference resource fair
Nov 2011	Safe a Life Walk	Suicide Prevention Walk - resource fair



Michelle & Margaret working the table at the City College Suicide Prevention Week resource fair. 9-8-11

Thanks to our extensive outreach efforts, in person and through our website, DBSA San Diego is growing by leaps and bounds.



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### Newsletter

This year we started publishing a newsletter for our members and providers and leaders of other community organizations. We share our events and successes and highlight other community organizations and programs. The newsletter is available on our website, is emailed to our members and providers list, and a limited number are printed for the groups.

### Social Events

*Summer Beach Picnics* – Each summer we have 4 potluck picnics, one per month, at Crown Point. DBSA San Diego provides the meat, buns, condiments, drinks, plates and cutlery and members bring the rest. They are quite popular and successful.

*Spring Fling & Thanksgiving Celebration* – These events are held at a local Hometown Buffet, one in the spring and one in November, and are subsidized. The price of the buffet is around \$10. We ask that our members pay \$5 and we pay the rest from our general fund. Anyone who can't afford to pay is welcome to come for free. These events are also open to friends & family of group members. Our average attendance is about 40 people.

*Padres Game* – Each year we take a group field trip to a Padres game at Petco Park. Approximately 30 people attend and community members donate money for members to attend who cannot afford the \$15 tickets.

*Client Recognition Luncheon* – Each year we present an Excellence in Recovery award to one member at the county's Client Recognition Luncheon. Last year it was awarded to a member who has worked tirelessly for DBSA San Diego for the past ten years.

*Holiday Party* – We have a potluck Holiday party every year in December where we acknowledge facilitators & group leaders. The group runs an extra hour that night to accommodate the festivities.

*Ralphs* – After almost every group a handful of people go to a Ralphs grocery store a few blocks away to eat and socialize. There are food places nearby and an area with tables and chairs inside the store, which is open 24/7. There is usually at least something for everyone to eat if they're interested and if they can't afford to buy food the group members will pitch in to help.

One of the things our members really appreciate is that DBSA San Diego is not just about support for mental illness. It's about making connections with people. Many of our members are friends and do things outside the group. It reduces social isolation and helps people develop a sense of belonging in the community, also to know that they're not alone. There are also opportunities for members to volunteer to help with the resource table at walks or to set up for speakers or participate in outreach. Everyone is welcome at board meetings and can earn voting rights by attending.



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### Documentary

In 2010, "The Misunderstood Epidemic: Depression" was released by award-winning filmmaker and author and our own group member Susan Polis Schutz. Several of our members and one of our groups are featured in the film that aired on PBS stations nationwide and is now available for purchase on DVD.

### Community Involvement

- DBSA San Diego keeps the County of San Diego's Network of Care website up to date with the events and changes of all DBSA chapters in San Diego County.
- We network with providers and other support groups, organizations, hospitals and programs in our area sharing information, resources, and events.
- We help providers who call locate resources for their challenging clients.
- We promote all mental health related community events we're aware of.
- Providers' Email List – We have an email list just for providers to receive email updates about events and speakers we're having and also as a way for them to request additional information and resources.

### Crisis Intervention

We are not and do not claim to be professionals, but we do a fair amount of crisis intervention. We often get people who are suicidal or in severe need of help. We do everything we can to help, including providing rides to the hospital. We have several people who can help walk members through the process of entering the mental health system and surviving it. We do NOT provide this as a service to the community, only to our members.

### Funding

We are a 501(c)3 non-profit all-volunteer organization supported by donations, grants and limited fundraising. We pass the bag at each meeting and people are free to donate whatever they can or to just pass it along.

Our support group is free to attend but the magic isn't free to produce.

If you would like to make a tax-deductible donation, please go to <http://dbsasandiego.org/donate.html> and click this icon →



You can also send a check made out to DBSA San Diego to:  
PO Box 12774, La Jolla, CA 92039-2774.

If you can help with a donation of goods or services, please contact Michelle at 619-818-1856 or [michelle@dbsasandiego.org](mailto:michelle@dbsasandiego.org). We have a Wish List of things we need and use often as well.