



Outreach & Updates

Depression & Bipolar Support Alliance of San Diego

Volume 2, Issue 1
Oct 24, 2011

Inside this issue:

Amino Acid	2
Resource CD	2
Outreach Team	3
Student Program	4
Hometown Feast	4
Cog-IOP Lecture	4
Summer Fun	5
Client Luncheon	6
About DBSA	6

Created by:
Michelle Routhieaux
Director of Programs
michelle@dbsasandiego.org

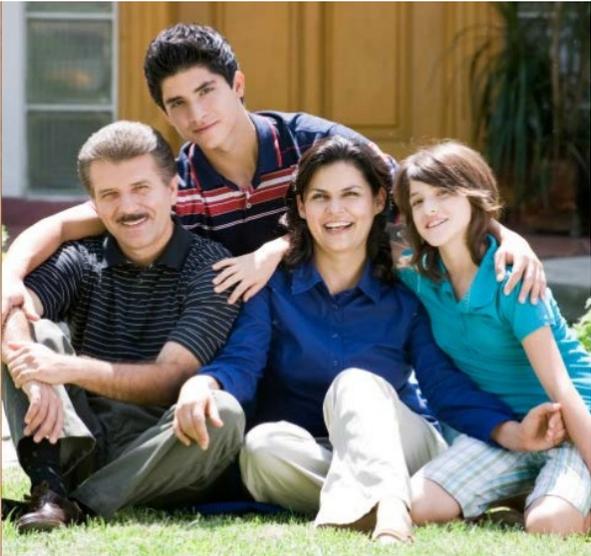
- *Don't Forget!**
- Oct 24th— 6:30pm McDonald Center Event
 - Nov 1st—Cog lecture "Coping with Difficult People"
 - Nov 7th—DBSA lecture on Amino Acid Therapy
 - Nov 19th—DBSA Hometown Buffet Thanksgiving Feast

The McDonald Center Presents:

Tools and Resources for Families Needing Help
Monday, October 24 6:30 to 8 pm

Learn more about what you can do to get help for a loved one facing drug or alcohol addiction.

The McDonald Center at Sharp HealthCare is hosting a seminar designed to help you find the tools and resources you need to get help for a loved one facing addiction to drugs or alcohol. Sharp experts will explain what addiction does to the family dynamic, and share tips on how to address the issue with your loved one.



To register for "Caring for a Loved One Facing Addiction"

Call 1-800-82-SHARP

Or register online at

<http://tinyurl.com/mcdonald10-24>



DBSA San Diego presents:



David Gersten, MD

“Nutritional Healing: Focus on Amino Acid Therapy”

November 7th from 6-8pm

Dr. David Gersten has worked with amino acid therapy since 1982, initially using this approach to accelerate healing from depression, anxiety, and insomnia.

Over the years he has worked with a wide variety of chronic illnesses including CFS/ME, fibromyalgia, irritable bowel syndrome, and much more.

Dr. Gersten is nationally recognized for his work in integrative and alternative medicine, his expertise in amino acid therapy, psychospiritual counseling, and guided imagery.

For more info, a map, and parking info please see the flyer on our website at:

<http://dbsasandiego.org/speakers/david-gersten.pdf>

Complimentary Resource CD

Complimentary resource cds are now available for providers and community organizations.

They include info about DBSA San Diego, all of the resources we provide at outreach events, and info about a few extra community resources.

All files are pdf and you are welcome to copy and distribute them. :)

To get your free resource cd, please email

michelle@dbsasandiego.org



Outreach Team

DBSA San Diego prides itself on its extensive outreach efforts. So far this year, we have worked 11 resource fairs and reached out to many organizations and community members.



**NAMI Walk
4/16/11**



**City College Suicide Prevention Fair
9/8/11**



**Out of the Darkness Walk
10/15/11**



**PERT Academy
Every 3 Months**

If you'd like us to have a table at your event or for someone to give a presentation or meet with you or your staff about our services, please email michelle@dbsasandiego.org.



Did you know?

DBSA San Diego has a student program.

At each meeting DBSA San Diego allows up to 4 students to observe and/or participate in a group. They must RSVP first and fill out a questionnaire about their experience.

We mostly receive nursing students, med students, and psych students but we are also starting to see MFT students and those in vocational rehabilitation.

We believe it is important to allow our future providers to learn firsthand what mental illness looks and feels like and that we are more than just our illness.

If you are a student and would like to observe or a teacher and would like to send us your students, please email info@dbsasandiego.org.



Thanksgiving Feast



DBSA members and their family and friends are invited to our annual Thanksgiving feast at Hometown Buffet on Clairemont Dr.

If you cannot afford the \$5 but would still like to come, please speak with a group leader.

More info at <http://tinyurl.com/dbsaturkey11>

When: Nov 19, 2011

1-3pm

Where: Hometown Buffet

3007 Clairemont Dr.

San Diego, CA 92117

Cost: \$5 per person

Cognitive Therapy Lecture Series

Sharp Mesa Vista's Cog-IOP program has a lecture series the first Tuesday of every month (**FREE**) from 6-7pm in the **Education Building**, which is in the Don Allen Garden. The lectures are given by program therapists and interns and are interactive, easy to understand and open to the public.

The next lecture, November 1st, is "Coping with Difficult People." For more info call **858-836-8459** or see the flyer here

<http://tinyurl.com/novcoglecture>



Summer Fun

We host several social events each year for our members. They decrease isolation, increase fun and promote overall wellness. This summer we had 4 potluck picnics at Crown Point and attended a Padres game.



Picnics



Baseball



Client Recognition Luncheon



Balboa Park Club
10/7/11

Each year DBSA recognizes outstanding members at the Client Recognition Luncheon. This year we recognized Michelle and Diana Routhieaux for their tireless work at DBSA San Diego and dedication to the group. Libby and Lance presented the awards. My favorite part was when Libby said, "Michelle does so much for DBSA that if we had to pay her we couldn't afford her." Michelle and Diana received award certificates and gift cards to their favorite places.



About DBSA San Diego

DBSA San Diego is the San Diego chapter of the Depression & Bipolar Support Alliance. We are a **peer-led support group** for people with mood disorders and their friends and family. This is our **20th anniversary** as a support group. We meet Mondays and Thursdays at the VA Hospital in La Jolla. We are also open to nursing, psych and medical students and professionals who would like to observe, as long as no members object.

We are a 501(c)3 non-profit all-volunteer organization **supported by donations, fundraising and grants**. If you would like to make a tax-deductible donation, please go to <http://dbsasandiego.org/donate.html> and click on this image. You may also send a check to:



PO Box 12774
La Jolla, CA 92039.



PO Box 12774
La Jolla, CA 92039-2774

858-444-6776

DBSA San Diego

We've been there.
We can help.

www.dbsasandiego.org