



# IT'S UP TO US

to Create a Healthy & Supportive San Diego

A special bulletin covering mental health topics for San Diegans.



Edition Two | Winter 2011

## About the Campaign

The "It's Up To Us" campaign is designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources and seek help. By raising awareness, educating the community, and providing easy access to local organizations and services, we can initiate change in perception, inspire wellness and reduce the stigma surrounding mental health challenges.

Recovery is possible and help is available. It's Up To Us to make a difference in the lives of San Diegans experiencing mental health challenges by offering support and providing opportunities.

This campaign is developed through the County of San Diego Health and Human Services Agency, and funded by the Mental Health Services Act. Visit our Web site to learn more!

[www.Up2SD.org](http://www.Up2SD.org)



Need help immediately?

**SD CRISIS HOTLINE**

**800-479-3339**

Community Resources

**2-1-1**

## Liven Up Your Health:

### ESSENTIALS FOR A HEALTHY MIND & BODY

#### How to Stay Emotionally Fit in the Golden Years.

The Golden Years is the time we hope to harvest the seeds we planted early on in life by making the most of our retirement, enjoying our grandchildren, and making time for the finer things. Unfortunately this is also a time that can be marked by loss, health challenges and change that make it necessary to find new passions, make new friends and have the courage to try new things.

In the County of San Diego, Aging & Independence Services offers a variety of programs to assist seniors with staying active, healthy and involved in their communities. "Feeling Fit Clubs" throughout the county offer safe and comfortable fitness classes for older adults. Other programs, such as RSVP, connect seniors to volunteer opportunities in the community, train seniors to be tutors in local schools and encourage social interaction at dining centers, events and health fairs.

#### Stay Fit, Active and Involved.

Here are a few tips from fellow San Diego seniors:



**Phyllis Lepiscopo, 67** - "I try to walk everyday – it makes me feel like a million bucks. I also host a scary movie night once a month."



**Leonor Murillo, 75** - "I attend 'Feeling Fit' and 'Silver Yoga' classes every week. As a result I feel more calm and it has helped me with my heart and diabetes."



**Guadalupe Sanchez, 67** - "For me, engaging in exercise such as yoga and walking for an hour every day is the foundation for a healthy body and mind. It helps me have clear thoughts. I also like to sew, it's a lot of fun and it keeps me active and relaxed."

Join a fitness or yoga class from the comfort of your own living room: Cox Channel 19 or 24, Time Warner Channel 124, Adelphia Channel 66. For show times and for more information about programs and services offered by Aging & Independence Services call (800) 510-2020 or visit [www.sandiego.networkofcare.org](http://www.sandiego.networkofcare.org).

### It's Up To Us to make the most of our golden years.

#### This month:

- Try out a "Feeling Fit Club" class, or ask a friend to go for a walk.
- Connect with your community and volunteer.
- Make plans to spend time with a friend or try out a new activity with others, such as a cooking or art class.
- Ask a friend or neighbor who seems to be lonely to go to a movie or host a movie night.
- Start or join a book club - available at many County libraries.
- Check your mood by asking yourself the questions on the next page and get help if you are concerned.



Continued from front page: *Liven Up Your Health*

## Are You or a Loved One Feeling Golden or Blue?

Warning signs for depression are often mistaken with symptoms of aging: crankiness, confusion, forgetfulness, and aches. As a senior or caregiver of an older adult, it is important to recognize the signs and ask for help. Depression can be treated and time is too precious, at any point in life, not to feel like ourselves.



There are many treatment options for depression, ranging from medication and therapy to simple solutions such as exercise, socializing with friends, eating healthy, reducing stress and doing things you enjoy. A wide range of programs and services are available in San Diego to offer treatment and support. Consult with your health care provider or visit [www.Up2SD.org](http://www.Up2SD.org) for more information and resources.

If you or a loved one over the age of 60 is concerned about depression, ask these questions:

How have you felt over the past week? Check the best answer:	Yes	No
1. Are you basically satisfied with your life?		
2. Have you dropped many of your activities and interests?		
3. Do you feel that your life is empty?		
4. Do you often get bored?		
5. Are you in good spirits most of the time?		
6. Are you afraid that something bad is going to happen to you?		
7. Do you feel happy most of the time?		
8. Do you often feel helpless?		
9. Do you prefer to stay at home, rather than going out and doing new things?		
10. Do you feel you have more problems with memory than most people?		
11. Do you think it is wonderful to be alive now?		
12. Do you feel pretty worthless the way you are now?		
13. Do you feel full of energy?		
14. Do you feel that your situation is hopeless?		
15. Do you think that most people are better off than you are?		

Available in other languages.

Source: Geriatric Depression Scale <http://www.stanford.edu/~yesavage/GDS.html>

Scoring: For questions 2,3,4,6,8,9,10,12,14, and 15, score 1 point for each "Yes" response. For questions 1,5,7,11, and 13, score 1 point for each "No" response.

This test is intended to identify symptoms that may be warning signs of depression. It is not a diagnostic tool, but if you score more than 5 points, consider following up with your health care provider or visit [www.Up2SD.org](http://www.Up2SD.org) for additional resources.

## Link Up: Courage to Call A HELPLINE BY VETERANS FOR VETERANS

Courage to Call is a Veteran-run, peer-to-peer support program in San Diego County providing free and confidential services to active and former military members, reservists, National Guardsmen, their families and loved ones. The program connects callers with resources and support to reduce stress and improve overall mental health. These services are provided off-base in a safe and private atmosphere.

**Call the Courage to Call 24/7 Helpline (877) 698-7838**

## Growing Up:

### NURTURING CHILDREN'S EMOTIONAL HEALTH

We protect our children from the cold with warm clothing, and ease stuffy noses with chicken noodle soup and lots of rest. We offer nutritious food, a reasonable bedtime and bubble baths. When our child isn't feeling well, we know what signs to look for and what to do about it. However, it's not always easy to identify and meet the emotional needs of our children.

#### Warning signs that your child may be experiencing emotional or behavioral problems:

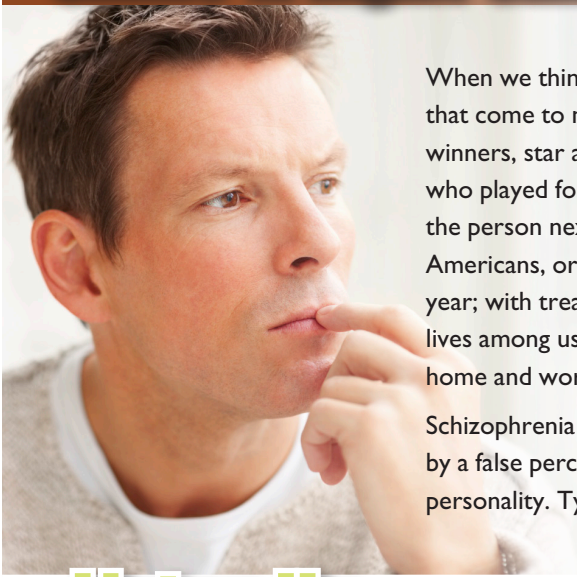
- Decline in school performance
- Poor grades despite strong efforts
- Regular worry or anxiety
- Repeated refusal to go to school or take part in normal children's activities
- Hyperactivity or fidgeting
- Persistent nightmares
- Persistent disobedience or aggression
- Frequent temper tantrums
- Depression, sadness or irritability



If you notice any of these signs or have questions, consult your pediatrician or a mental health professional. For more information visit: Mental Health America at [www.nmha.org](http://www.nmha.org) or the National Federation of Families for Children's Mental Health at [www.ffcmh.org](http://www.ffcmh.org).



# Shine A Light On... Schizophrenia



When we think of Schizophrenia, the first people that come to mind are not necessarily Nobel Prize winners, star athletes such as Lionel Aldridge who played for the Green Bay Packers, or simply the person next door. Yet, more than 2 million Americans, or 1 in 100, experience this disorder each year; with treatment and support, many live active lives among us – have families, play sports, own a home and work.

Schizophrenia is a thought disorder characterized by a false perception of reality. It is not a split personality. Typically people with schizophrenia

experience auditory and/or visual hallucinations and delusions which are often paranoid in nature. Thinking can be illogical and emotions can be sometimes flat or inappropriate. Few, however, are totally out of touch with reality. Symptoms are generally sporadic and effective treatment options are available.

For more information about symptoms, treatment options and local resources visit: [www.Up2SD.org](http://www.Up2SD.org)

*Information courtesy of "Breaking the Silence" published by NAMI Queens/Nassau and [stopstigma.samhsa.gov](http://stopstigma.samhsa.gov)*

## Listen Up:

### Pharoh's story

In 1997, I passed basic training and Advanced Individual Training (AIT) school with flying colors and started my career as a Medical Specialist in the United States Army. A few years later, I was diagnosed with a co-occurring disorder of substance abuse and schizophrenia. I remember feeling hopeless and overwhelmed. All of a sudden I couldn't smile to myself or whisper prayers because people would think I was hearing voices. It made me feel imprisoned, like my freedom of self-expression had been taken away.

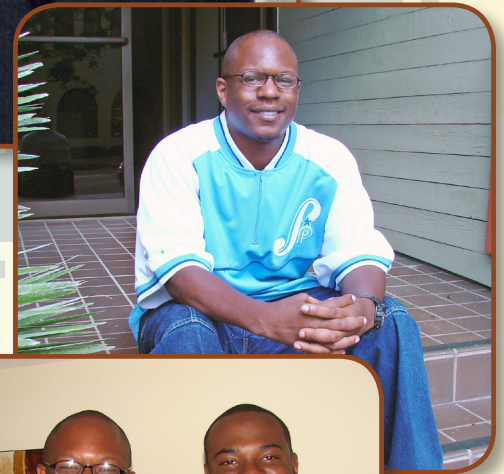
I left the military not understanding and accepting that I needed help, and as a result I spent 11 years in and out of jails and hospitals, and was often homeless. But with God and family support I finally sought help. It took several attempts to get better, but I eventually came to a place of acceptance, recovery and well-being. I learned to listen and accept the help and support that was out there waiting for me.

Today I have peace from my symptoms and I am filled with hope. I love to play and watch sports, watch movies, listen to music and spend time with my friends and family. I work for NAMI as a Peer Helpline Specialist and live with my loving family. My life has truly been restored.

*Pharoh Degrae*

Incorrect beliefs about people experiencing mental illness lead to stigma and discrimination. As a result many people experiencing mental illness are deprived of opportunities such as a job, a home, friends and family -the very things that make life worth living.

It's Up To Us to make a difference. Learn more at [www.Up2SD.org](http://www.Up2SD.org).



# Get Up & Participate!

## THE SAN DIEGO COUNTY NAMI 5K WALK/RUN

Date: April 16th, 2011

Location: Balboa Park (6th & Quince)

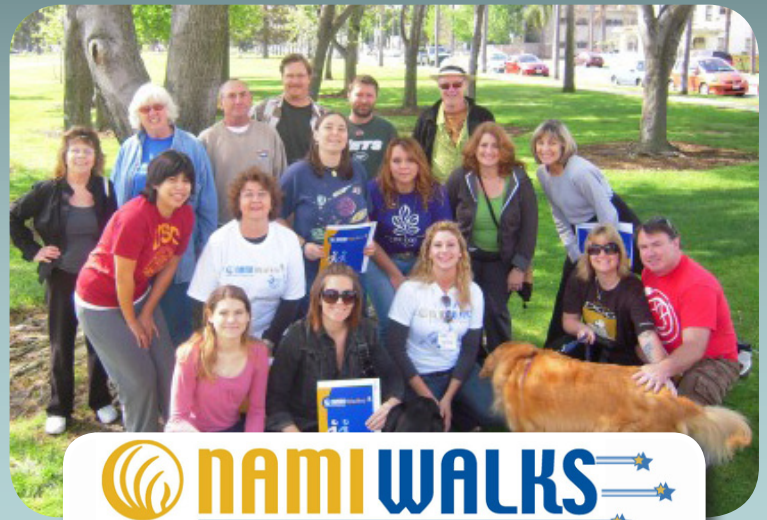
It's Up To Us, every one of us, to make a difference in the lives of friends, family and community members who are experiencing mental illness.

### Some Numbers to Think About:

- In the United States 1 in 4 adults, approximately 57.7 million people, experience mental health challenges.
- One in five children and adolescents have a mental health need.
- Half of all mental illnesses begin by age 14, three-quarters by age 24.
- In San Diego County approximately 750,000 people, enough to fill up Qualcomm stadium 10 times, experience a mental health challenge.

### Three Reasons to Participate:

1. Reduce Stigma! Just by showing up and walking you are contributing to the number of people who show support and talk openly about mental illness.
2. Learn about mental illness, warning signs and resources.
3. Have fun! Enjoy raffle prizes, music, entertainment and other fun activities while making a difference in your community.



This event is presented by NAMI, the National Alliance on Mental Illness, and proceeds from the walk benefit programs that increase mental health recovery and reduce the stigma often associated with mental illness.

For more ideas to get up and participate visit [www.Up2SD.org](http://www.Up2SD.org).

### Event Schedule

Registration: 6:30 - 8:00 am

Start Time: 8.00 am

To Register: [www.namiwalksandiego.org](http://www.namiwalksandiego.org)

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**2-1-1**



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