



# Outreach & Updates

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**Work Incentives Planning & Assistance (WIPA)**

- Serves individuals ages 14-64 who are receiving any type of disability benefit through SSA AND
- Currently working, or
- Actively seeking employment, or
- Considering entering or re-entering the workforce, or
- Considering the idea of self-employment

## New Schedule & Map

A new schedule of all the DBSA meetings in San Diego is now available, is attached to this email and will soon be on the resources page of our website and the Network of Care. Please note, **DBSA Alvarado is no longer meeting**. Please don't send anyone there. We will let you know if and when they meet again.

Also attached is the DBSA San Diego Info Sheet with a **new map**. All of the info is the same but Joe spruced up the map a little. It's easier to understand and also lets you know where Ralphs is, where many of our members gather to eat and chat after group.

## Speaker—SSI, SSDI & Work

Steve Stover from **Project Independence** will be speaking May 3rd from 6-8pm in Garren Auditorium about "SSI, SSDI & Work." Learn how SSI and SSDI benefits are affected when you return to work and how to use the work incentives and supports available.

Steve is certified through Social Security Administration (SSA) as a Disability Benefits Planner and is currently working for Project Independence (P-I) as the Community Work Incentives Coordinator (CWIC) for all of San Diego County. P-I currently holds a contract with the SSA known as Work Incentives Planning & Assistance (WIPA). See the box to your left for information.

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## Speaker (continued)

If you've been to one of our lectures in the past, please make sure to take a look at the **new map** on back of the flyer. There is construction blocking the path we normally use to get there so you actually have to go in the VA to get to UCSD. There will be signs.

Also, we now have the information for more **accessible parking** if you need it. As always, there will still be support groups that night at the VA.

See the Resources page of our website for more information.



**Steve Stover, M.S.**  
**Project Independence**

## Spring Fling Hometown Buffet

**When:** April 24, 2010

1-3pm

**Where:** Hometown Buffet

3007 Clairemont Dr.

San Diego, CA 92117

**Cost:** \$5 per person

Since 2008, every Spring and Fall we have a **party** at the Hometown Buffet on Clairemont Dr. It's not a fundraiser. It's just a way for us to get together outside the group and have some fun. It is a subsidized event and works like this.

If someone has been to a meeting they are welcome to come, as well as invite family or friends. We usually average around 60 people. The group rate is \$9 per person. We ask that members and their guests pay \$5 and DBSA San Diego pays the difference. If a member cannot afford the \$5, we cover that too. It's a fun event and a great way to reduce isolation.

## Outreach Team

Michelle and Andy have been busy! Michelle recently gave presentations about DBSA San Diego at the RICA Peer Liaison meeting and the American Foundation for Suicide Prevention's board meeting.

We also participated this week in the health fairs at Grossmont and Cuyamaca Colleges and will be at the NAMI Walk today.

If you ever need information or resources or would like to meet to talk about DBSA, please email Michelle at [michelle@dbsasandiego.org](mailto:michelle@dbsasandiego.org). She also has all of the resources we pass out in pdf format.



Our booth at the Cuyamaca College Health Fair  
April 13, 2010



Andy sharing info at the Grossmont College Health Fair  
April 14, 2010

## Stay Connected!

There are several easy ways to stay connected to DBSA San Diego and for members to stay in touch with each other outside the group.

**Yahoo Group** - DBSA San Diego is our Yahoo group and the mailing list for members. Members are free to post looking for support or rides or share resources they've found. All DBSA San Diego announcements are posted here too. You can join at <http://groups.yahoo.com/group/dbsasandiego/>.

**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.

Yahoo Group  
Facebook Group  
Phone list  
Providers List  
[www.dbsasandiego.org](http://www.dbsasandiego.org)

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Don't miss the new documentary "**The Misunderstood Epidemic: Depression**," 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 will air on KPBS **May 3rd and May 11th at 9pm**. Check your tv guide because the times might change.

[www.misunderstoodepidemic.com](http://www.misunderstoodepidemic.com)

## Stay Connected! (continued)

**Phone List** - We have a phone list of members who wish to share their info with other group members for support and friendship. You can sign up at the group and get a copy either at the group or in the files section of our Yahoo group.

**Providers List** - This is a mailing list for doctors, therapists, group leaders, and mental health professionals in the community that receives information about events and changes to the group primarily from Michelle.

**DBSA San Diego Website** - Visit our website [www.dbsasandiego.org](http://www.dbsasandiego.org) to find information about our group and other groups in the county, speakers, events, and community resources. Joe does a great job maintaining it and all the pictures on the site are of actual group members.

## About DBSA San Diego

DBSA San Diego is 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 and grants**. If you would like to make a tax-deductible donation, please go to <http://dbsasandiego.org/donate.html> and click on the icon of the man holding the plant that says DONATE NOW or send a check to the address in the green box to your right.



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**DBSA San Diego**

We've been there.  
We can help.

**[www.dbsasandiego.org](http://www.dbsasandiego.org)**