



# Outreach & Updates

Depression & Bipolar Support Alliance of San Diego

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### \*Don't Forget!

- July 18th—Treasure Box July order deadline
- July 25th—DBSA Picnic
- August 2nd—DBSA lecture on Compulsive Hoarding
- August 3rd—Cog Lecture at Mesa Vista, 6pm in the Education Building
- August 21st—DBSA Picnic

## Compulsive Hoarding Lecture

**August 2nd** from 6-8pm DBSA San Diego presents guest speaker Jim Hatton, Ph.D., MFT on "Compulsive Hoarding and Its Relationship to OCD."

**Jim Hatton** specializes in the behavioral treatment of OCD in children and adults from his private practice in San Diego and trains other clinicians by supervising at the UCSD OCD Clinic.



**Jim Hatton**  
Ph.D., MFT

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

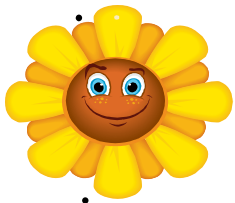
<http://dbsasandiego.org/speakers/jim-hatton-hoarding.pdf>

## Summer Picnics!

Every summer DBSA San Diego hosts summer picnics. They are **potluck parties** for DBSA San Diego members and their family and friends. DBSA provides the basics—hamburgers, hot dogs, buns, condiments, drinks, cutlery and plates. The sides and any games are brought by members.

Please join us if you can July 25th and/or August 21st.

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## Summer Picnics (continued)

Our first picnic of the summer was a success. I was pleasantly surprised to receive this message from a member who was upset she couldn't come:



I really would have liked to come. The one I did attend I really enjoyed much to my surprise. I tend to be very shy at those events, but everyone was so friendly I had to pop right out of my shell. It was wonderful for me.

And that's the goal. A fun social event you can feel comfortable at and a place to have fun.

For the picnic flyers which include maps go to:

**July** - <http://dbsasandiego.org/resources/summer-picnic-25jul10.pdf>

**Aug** - <http://dbsasandiego.org/resources/summer-picnic-21aug10.pdf>

**Date:** July 25, 2010 &  
Aug 21, 2010  
**Time:** Party 1-5pm  
BBQ from 2-4pm  
**Place:** Crown Pointe  
(see map on flyer)  
**Cost:** FREE

## Resource CD

Providers always ask when we do resource fairs if we have the resources on our table in pdf. Now we do! I have put together what we give out at walks and would be happy to send you a resource cd if you'd like one. Email [michelle@dbsasandiego.org](mailto:michelle@dbsasandiego.org).

There are many other resources available on the resource page of our website

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



## The Treasure Box

Eating healthy, or just eating enough, can be difficult on a limited income. I came across a great resource last month—The Treasure Box. There are no income qualifications. The representative I met said, “If you eat, you qualify.”

Their website says:

The Treasure Box provides families and individuals with a substantial box of grocery store quality food retailing between \$65-100 for just \$30 each. Each Treasure Box contains between 21-25 pounds of high quality, frozen

foods, including chicken, pork, beef, or seafood, as well as vegetables, fruit, a side dish and a dessert. One Treasure Box is enough food to nutritiously feed a family of four lunch and dinner for almost a week or a senior citizen for nearly a month.

They also have specialty boxes—protein only, quick & healthy premade meals, and a kids box. You have to pre-order your box and the deadline this month is July 18th. Enter your zip code at <https://www.thetreasurebox.org/order/> to find a site near you. There are 35 sites in San Diego County.

DBSA San Diego is not affiliated with The Treasure Box but we try to promote any resources that may benefit our community.



I took this picture of a sample Treasure Box. The monthly menu is available at [www.thetreasurebox.org](http://www.thetreasurebox.org)

## Did You Know?

Did you know DBSA San Diego has a **library**? We do!

It's located in our closet (cozy home of all our

belongings) in room 2113 at the VA Hospital and can be accessed during the break and before or after any group on a Monday or Thursday night. If it's not open just ask the group leader. We have **books, DVDs and VHS tapes** available for members to check out (and return!) If you have any mental health related materials you'd like to donate, please let us know. Email [michelle@dbساسandiego.org](mailto:michelle@dbساسandiego.org).



# Courage to Call—New Helpline for Veterans

**Courage to Call** is a new Prevention and Early Intervention (PEI) program in San Diego County providing services to those who have served in any Military or Guard (both active & former), and their Families & loved ones.

The **24/7 Helpline** is entirely staffed by veterans who have recently served in the military who:

- Have a first hand understanding of the current rigors of the military & military family life, and transitioning off active duty.
- Help individuals find mental health information, support, access, and/or referrals throughout the County of San Diego.
- Link individuals and families to prevention-oriented services and other mental health resources to help minimize further challenges



Their Peer Outreach & Family Support Staff are veterans and military family members who:

- provide outreach services to Veterans, Active Duty Military, Military Reservists, National Guards, Coast Guards, and their Families.
- help participants access appropriate mental health services that offer preventive mental health interventions, and refer them as needed.
- train community providers & organizations to help them understand the military & military family culture, and their unique mental health issues and needs.
- liaison with the San Diego County Vet-Fam Forum, community leaders & organizations to build and maintain linkages to needed resources and services.

For helpline information & support, call **(877) MyUsVet, (877) 698-7838** or visit them online at <http://www.vvsd.net/courage.htm>

For information about Courage to Call or to arrange for their outreach team to meet with your organization, members, or clientele, call 619.209.4682.

<Thank you to Ron Stark for this information>

## Cognitive Therapy Lecture Series



Many of you know about and attend the DBSA San Diego lecture series, but did you know that Cog-IOP at **Sharp Mesa Vista** has one too? Several DBSA members, including myself, really enjoy it. It's 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, Aug 3rd, is called "Ouch! That Hurts: The Relationship Between Pain and Depression." For more info call **858-836-8459**. The flyer will soon be on the DBSA website on the Resources page under Announcements.

# Outreach Team

Since the last newsletter, the DBSA Outreach Team has participated in two events. In April we did the **Mid-City Resource Fair**, an event for 150 of the county's social workers.

We were privileged in June to be invited to our first **PERT Academy** resource fair. It was interesting talking to officers and the other people there. They are a very different crowd than the people we get at walks. Kept us on our toes.

If you'd like us to have a table at your event or for someone to meet with you or your staff about our services, please email Michelle at [michelle@dbsasandiego.org](mailto:michelle@dbsasandiego.org).



# Stay Connected!

Yes, this was here last time but it's important! 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.



**The Mid-City Resource Fair  
April 28, 2010**



**Michelle & Margaret sharing  
info at the PERT Academy  
June 24, 2010**

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

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## Wish List!

DBSA San Diego is funded through donations and grants. But if you don't want to give us money you can **donate items** instead. We made a **Wish List** recently of things we use often and need. Examples are:

- Ink cartridges and paper
- Staples gift cards for resource printing
- Prepaid phone minutes
- Blank business cards
- Name badges
- Quik Shade Instant Canopy— for picnics and walks

For the complete list email [michelle@dbsasandiego.org](mailto:michelle@dbsasandiego.org).

## 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 private 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 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 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)**