



It's Up To Us[®]

to Create a Healthy & Supportive San Diego

A special bulletin covering mental health topics for San Diegans.



Edition Twelve | Summer 2013

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 and providing access to local resources, we aim to inspire wellness, reduce stigma and prevent suicide.

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 supports the County's "Live Well, San Diego!" plan to promote a community that is healthy, safe and thriving.

Up2SD.org[®]
LINK UP FOR INFORMATION AND MENTAL HEALTH RESOURCES

Access & Crisis Line
(888) 724-7240

COMMUNITY RESOURCES
2-1-1

COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY
Funded by the Mental Health Services Act

Read Up: Creating Intergenerational Connections — Good for Our Mental Health and Our Community

What do children and older adults have in common? In San Diego the answer is lots! For the last decade strides have been made in bringing together these two generations to share their talents and resources.

When young and old play together, everyone benefits. According to Generations United, older adults who interact with the younger generation experience less stress, are socially connected, more active, rediscover their capacity for joy and fun, and have better mental and physical health. Benefitting from positive relationships with an adult mentor, children and youth develop a sense of purpose and citizenship, enhance their problem-solving skills, improve in school and are less likely to get in trouble, drink or use drugs. Communities benefit when all ages are engaged and feel included.

In San Diego County, which was recently recognized as one of "America's Best Intergenerational Communities" and awarded the MetLife Foundation award by the national organization Generations United, there are a multitude of programs and activities to choose from.



The annual Intergenerational Games allow children and older adults to participate in competitive physical activities together to build camaraderie and encourage trust through fun.

The San Diego Community Garden Network is a county-wide program that brings community members of all ages together to garden and learn about health and nutrition.

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Did You Know: The stereotypes end when you get to know the person. Open up about mental illness.

Listen Up: Elvira's Story

Struggling with hardships such as abuse, stigma and discrimination, homelessness, or traumatic memories can be difficult. But life can get better. Connecting with the right people, finding inner strength and tapping into local programs can make all the difference. Visit Up2SD.org to view personal story movies created by San Diegans to inspire, offer hope and challenge stereotypes.



I grew up in the Philippines. Later in life we moved to the United States where I worked in a hospital for 25 years. After my parents and husband died, I got sick and went to the hospital myself for the first time in my life. I was finally diagnosed with cirrhosis and thought I was going to stay in the hospital for a long time and never live on my own again. Coping with my loss and my illness, I felt very down and got very depressed. But I remembered: I am the stubborn one! I had to keep going; fight my illness and get help for my depression. The support from my loving family is the best medication I got. Today I live at home by myself, I am happy, and I am able to do everything I want to do!

To view Elvira's personal story video or for mental health information, visit Up2SD.org.

– Elvira

Stand Up: Directing Change – San Diego Teens Promoting Awareness Through Film

As part of the **Directing Change** contest, high school students across California submitted 60-second videos about suicide prevention or eliminating stigma about mental illness. The contest was part of statewide efforts to prevent suicide, reduce stigma and discrimination related to mental illness, and to promote the mental health and wellness of students, funded through the Mental Health Services Act (formerly known as Prop 63).

Six students from two local San Diego high schools won first place on the regional level, and third place on the statewide level: Lindsay Stevens and Megan Drew from Del Norte High School in the Suicide Prevention category for their video "Tell Someone," and Antonio Pernicano, Adrian Ross, Luis Tagudar and Kenneth Rizo from San Diego High School of Business in the Eliminating Stigma category for their video

"Become a Friend." Their schools will receive suicide prevention and mental health school-based programs to further prevention efforts on campus. View their films here: www.directingchange.org.



Adrian, Luis and Kenneth accepting their statewide award at the Directing Change Award Ceremony on May 23, 2013 at the Crest Theater in Sacramento.



Megan and Lindsay holding their trophies at the Directing Change Award Ceremony.

Pain Isn't Always Obvious
KNOW THE SIGNS
Suicide Is Preventable

CaIMHSA
SD

Read Up: Creating Intergenerational Connections – Good for Our Mental Health and Our Community

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St. Paul's Senior Homes & Services Intergenerational Daycare is the first of its kind to provide daily interaction between older adults and young children, offering fun-filled activities such as arts and crafts and story time.



La Mesa resident Ed Clavell has been volunteering with Walk 'n' Roll, an intergenerational initiative where older adults are the “eyes on the street” as children walk or bike to and from school each day. *“As a retired person, it’s too easy to just sit around on the couch all day in front of the TV. Volunteering with La Mesa’s Walk ‘n’ Roll gives me a reason to get up early every morning and stay productive throughout the day.”*

For more information and to get involved please contact:
Ageing & Independence Services at 858-495-5769.



Shine a Light On... Depression



Each year about 18.8 million American adults experience a depressive illness that impacts their body, mood and thoughts. Depression is normally accompanied by a prevailing sense of sadness and/or loss of interest or pleasure

in most activities and often interferes with the ability to work, study, sleep, eat and enjoy once pleasurable activities. People experiencing a depressive illness cannot just “pull themselves together” or “snap out of it” and get better. That’s because depression is a medical condition, and like other medical conditions – whether diabetes, heart disease or cancer – it requires treatment. No one is 100 percent sure what causes depression.

Most experts agree, however, that it’s probably a combination of factors, including:

- **Genetics (depression often runs in families)**
- **An imbalance of certain brain chemicals (called neurotransmitters) which help brain cells communicate with each other**
- **A disorder of the part of the brain that regulates mood, sleep, appetite, behavior and thinking**
- **Major life events, such as the death of a loved one, divorce, financial problems or the birth of a child**
- **The build-up over time of many smaller, negative life events**

Depression is treatable and help is available. There are many different treatment options. For more information about symptoms, treatment options and local resources visit Up2SD.org.

SUICIDE IS PREVENTABLE

Risk Factors

- ▶ Previous suicide attempt
- ▶ Mental illness and/or substance abuse
- ▶ Recent losses (e.g., job or loved one)
- ▶ Access to lethal means
- ▶ Barriers to care

Warning Signs

Call 9-1-1 or seek immediate help from a mental health provider when you hear or see any one of these behaviors:

- ▶ Someone threatening to hurt or kill themselves
 - ▶ Someone looking for ways to kill themselves: seeking access to pills, weapons or other means
- If you are concerned about someone because their behavior has changed and they are exhibiting any of the warning signs of suicide listed below, seek help by calling the Access & Crisis Line at (888) 724-7240.
- ▶ Withdrawing from family and friends
 - ▶ Acting reckless, feeling hopeless, angry or anxious
 - ▶ Increasing their use of alcohol or drugs

What to Do

If someone you know exhibits warning signs of suicide:

- ▶ Do not leave the person alone
- ▶ Remove any firearms, drugs, alcohol or sharp objects that could be used in an attempt
- ▶ For life threatening emergencies or immediate response, call 9-1-1
- ▶ Contact the Access & Crisis Line at (888) 724-7240

Link Up: Each Mind Matters Join California's Mental Health Movement



**EACH
MIND
MATTERS**
California's Mental Health Movement

This website provides resources, information to find a presenter on mental health as well as tools for promoting awareness through social media. Individuals can join California's Mental Health Movement by making a personal pledge to defy stigma or by sharing their own story to break down barriers for others.

Visit www.eachmindmatters.org

Need help immediately? Access & Crisis Line (888) 724-7240

COMMUNITY RESOURCES

2-1-1

