



# County of San Diego Peers Linking Peers

The Network of Care is a valuable site for behavioral health resources

<http://sandiego.networkofcare.org/mh/>

## “Take a minute, change a life” observed in September

By Daphne Galang, MHA

September is National Suicide Prevention Month. National Suicide Prevention Week is scheduled for September 10-16, 2017.

At the international level, World Suicide Prevention Day is on September 10, 2017 and the theme is “Take a minute, change a life”. World Suicide Prevention Day is organized by the International Association for Suicide Prevention and the purpose of this day is to raise awareness around the globe that suicide can be prevented. One way people can observe this day is by lighting a candle near a window at 8:00 PM to show your support for suicide prevention, to remember a lost loved one, and for the survivors of suicide.

At the local level, It’s Up to Us San Diego was established “through the County of San Diego Health and Human Services Agency, and supports the County’s Live Well San Diego vision to promote a community that is healthy, safe and thriving”. Along with raising awareness of mental illness and providing resources, this campaign also focuses on suicide prevention.

For more information, visit [www.Up2SD.org](http://www.Up2SD.org).

The San Diego County Suicide Prevention Council (SPC) has a mission “to prevent suicide and its devastating consequences in San Diego County” while their vision is “zero suicides in San Diego County”. Meetings are held on the fourth Tuesday of every month from 10:00am -11:30am at various locations around the County.

The American Foundation for Suicide Prevention (AFSP) local San Diego chapter offers suicide prevention and support. A main event sponsored by AFSP is the San Diego Out of the Darkness Community Walk which will be held Saturday, October 28, 2017 at NTC Park in Liberty Station, Point Loma.

If you need help and resources for suicide now, contact the San Diego Access and Crisis Line at 1-888-724-7240, the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).



**\*Free Lunch\***

# Countywide Meeting

**\*Free Lunch\***

**When: Tuesday, September 26, 2017, 1 pm to 3 pm**

**Topic:**

**Suicide Prevention  
What’s Working!**

**\*\*Note Location**

**Where: Mission Valley Library  
2123 Fenton Pkwy, San Diego, CA 92108**

# Speaker Presents Budgeting & Money-Saving Tips

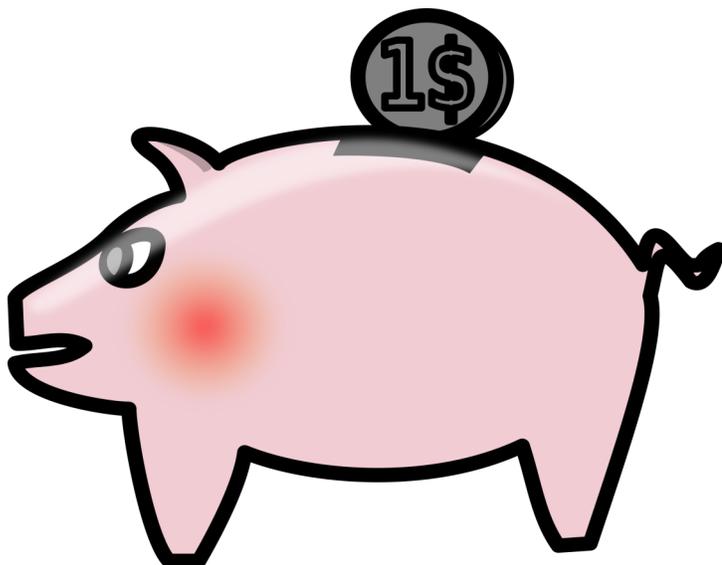
By Mercedes Webber

The program presentation was done by Rachele DeMeo, M.A., M.Ed. from the Speakers Bureau of MiraCosta College at our County-wide meeting on July 25, 2017 at Mission Valley Library. According to Rachele, having a budget and sticking to it is to your advantage; do not feel pressured when something with a large expenditure presents itself in your life.

Money saving tips include: asking your bank how to arrange free checking; asking if there is a way to reduce what you pay for Insurance, Healthcare, Utilities, Groceries, Transportation and/or Living arrangements (it does not hurt to ask); use Auto Pay for your bills; and use generic medications.

Shopping tips include: using discount retail stores, shopping during sales, and trying to buy gifts for the holidays when they are on sale.

A additional budget tip includes having different bank accounts for your credit cards, car payment and other big purchases.



# Interesting Happenings Near the End of Summer

By Jeffrey Najarian CMT

**Saturday, September 2, 2017:**

## KGB Sky Show

The 42nd annual KGB Sky Show will follow San Diego State University's 2017 season-opening game against UC Davis at Qualcomm Stadium. Paid tickets available.

<http://www.goaztecs.com/sports/m-footbl/spec-rel/041317aaa.html>



**Friday, September 15—**

**Sunday, September 17, 2017:**

## San Diego Bayfair's World Series of Powerboat Racing

This event is held at Mission Bay. Paid parking and tickets for the event are available at

<https://www.sandiego.org/explore/events/sports/san-diego-bayfair.aspx>



**Friday, September 22—**

**Sunday, September 24, 2017:**

## MCAS Miramar Air Show

General Admittance - Free. Also preferred paid seating.

The theme of this year's air show is "A Salute to Vietnam Veterans."

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



**September 16th 2017, 10am-1pm**

## Recovery Happens

Liberty Station NTC Park

2455 Cushing Road, San Diego



# The 4<sup>th</sup> Annual Expressive Arts in Recovery Performance and Art Exhibit

Wednesday, September 13, 2017

1:00 PM – 2:30 PM

Vista Library, 700 Eucalyptus Ave.,  
Vista, CA 92084



## Peers Learn to Prevent Scams and Fraud

By Sandy Opsal, BA

At the county wide “Speak Out and Learn” event on July 25, 2017 Hazel Quinones from County of San Diego Aging and Independence Services (AIS) gave a very informative talk on scams and frauds perpetrated on Older Adults. According to the presentation, scammers may target Older Adults for the following reasons: cognitive decline, loneliness, vulnerability, too trusting, dependence on others, physical weakness, isolation and fears. The presentation highlighted the following facts related to Older Adults’ vulnerability to scams:

1. 1 in 5 individuals in the US is 60 and over.
2. 1 in 13 older persons will be abused, neglected, and/or financially exploited.
3. Only 1 in 44 elder financial abuse cases are reported to police.
4. 9% of financial abuse victims must turn to Medi-Cal when their own funds are stolen.

Seniors may be victimized by strangers, caregivers, or family members. Signs that an Older Adult might be in trouble can include: recent changes to a bank account (unusual withdrawals, new person added to account, or frequent charges to credit cards and ATM cards); a large check written to someone you don’t know; a change in power of attorney and beneficiaries; unnecessary purchases like golf clubs or jewelry; unnecessary home repairs; bills left unpaid; a new younger friend; a caregiver that will not allow access to the senior; and any signs that reflect a change in attitude and actions.

AIS created an informational booklet called “Don’t Get Hooked” to help Older Adults protect themselves from the many scams out there. The booklet provides specific information on scam facts, scam types and resources. Their advice for dealing with all scams is to “Keep Calm—there is help that is easy to access.”

To obtain a copy of the “Don’t Get Hooked” booklet, you can contact AIS at 1-800-510-2020.

AIS is a part of the County of San Diego Health and Human Services Agency (HHSA) and their Live Well San Diego program. For more information about AIS you can contact them by phone 1-800-510-2020 or send them a message at [http://www.sandiegocounty.gov/content/sdc/hhsa/email.html?sendto=AIS\\_SI\\_ALL](http://www.sandiegocounty.gov/content/sdc/hhsa/email.html?sendto=AIS_SI_ALL)





**Mary Benson**  
**Peer Liaison Team Lead**  
[mary.benson@riinternational.com](mailto:mary.benson@riinternational.com)

Cell: 619-952-2155

3838 Camino Del Rio North  
 Suite 380  
 San Diego, CA 92108  
 T: 858-274-4650

## Peer Liaison Team Contacts

**Editor and Team Lead, Mary Benson**

[mary.benson@riinternational.com](mailto:mary.benson@riinternational.com)

**Daphne Galang, MHA**

[daphne.galang@riinternational.com](mailto:daphne.galang@riinternational.com)

**Wayne Harris**

[wayne.Harris@riinternational.com](mailto:wayne.Harris@riinternational.com)

**Robert Labelle**

[robert.labelle@riinternational.com](mailto:robert.labelle@riinternational.com)

**Jeffrey Najarian, CMT**

[jeffrey.najarian@riinternational.com](mailto:jeffrey.najarian@riinternational.com)

**Sandy Opsal, BA**

[sandra.opsal@riinternational.com](mailto:sandra.opsal@riinternational.com)

**Ivan Rios**

[ivan.rios@riinternational.com](mailto:ivan.rios@riinternational.com)

**Dalila Valencia**

[dalila.valencia@riinternational.com](mailto:dalila.valencia@riinternational.com)

**Mercedes Webber, BA, BS**

[mercedes.webber@riinternational.com](mailto:mercedes.webber@riinternational.com)

Peer Liaisons assist people in advocating for their needs and rights. We act as a two-way conduit to gather and disseminate information between San Diego County Behavioral Health Services Administrators and people receiving services and their families. We provide hope, encouragement, and connection to the community through county-wide forums, focus groups, county meeting attendance, resources and our monthly newsletter.

**Liaison:** (noun) communication or cooperation that facilitates a close working relationship between people or organizations. Originally from the Old French word for *binding*.

## Feedback Concerns by % of 213 Forms Received by Peer Liaisons July 2017

