



May 1, 2014

MEDIA ALERT

**The Behavioral Health Committee of Jewish Family Service of San Diego Presents
Annual Luncheon in Support of Mental Health Awareness**

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WHO: The Behavioral Health Committee of Jewish Family Service of San Diego is hosting an annual luncheon in support of National Mental Health Awareness Month. Cinda and Linea Johnson will be the speakers at the event focusing on bipolar disorder.

WHEN: Tuesday, May 13, 2014, 11:30am-1:30pm

WHERE: Hyatt Regency La Jolla, 3777 La Jolla Village Dr., La Jolla 92122

WHAT: This annual luncheon supports mental health awareness and features Cinda and Linea Johnson, mother-daughter and authors of *Perfect Chaos: A Daughter's Journey to Survive Bipolar, A Mother's Struggle to Save Her*.

Linea Johnson's sudden shifts from a happy, well-adjusted teenage daughter to a depressed and hopeless college student became a roller coaster ride for her and her family. Facing her worst fears for her child and nagging doubts about her own decisions, Cinda vigilantly guarded over her daughter. Through electroshock therapy, depression, mania, cutting, bulimia, drug and alcohol use, and endless struggles with the wrong medications, it was ultimately their trust and shared truths that helped Linea get her life back.

Cinda and Linea's inspiring journey breaks through the stigma of what it means to have bipolar disorder, and, more importantly, what it takes to live with it. Their story reaches beyond the personal to the universal state of mental health today and gives us insight into how our society can be more successful in the delivery of mental health services.

Event registration begins at 11:30am and tickets are \$55 (includes lunch). To purchase tickets please visit www.jfssd.org or call Jenny Daniel at (858) 637-3268.

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ABOUT JEWISH FAMILY SERVICE

Since 1918, Jewish Family Service of San Diego has been a trusted community resource for people in times of need. Our 50+ programs offer a wide range of help and care to Empower Families, Respond to Crisis, and Care for Seniors throughout San Diego County and the Coachella Valley. Many people turn to Jewish Family Service with a specific need, such as hunger. But what begins with one JFS program often leads to providing a much larger scope of assistance, including counseling, education, job coaching, transportation, and more. Our message to the more than 35,000 individuals and families in our community who we help each year is: WE'RE WITH YOU. To learn why JFS is *One Source for a Lifetime of Help*, visit www.jfssd.org.

ABOUT THE BEHAVIORAL HEALTH COMMITTEE OF JEWISH FAMILY SERVICE

Founded by Linda Janon, the Behavioral Health Committee (BHC) provides resources and services for coping and living with mental illness and seeks to eliminate the stigma by increasing community awareness. Each spring, the BHC holds an annual Behavioral Health Luncheon in support of mental health awareness. The committee is also responsible for other educational events throughout the year. The BHC's vision ultimately led to the creation of our [Intensive Psychiatric Case Management Program](#), which maximizes the ability of chronically mentally ill individuals to live independent lives.