

The Alliance Advocate

NAMI San Diego--San Diego's Voice on Mental Illness

Formerly San Diego Alliance for the Mentally Ill

October 2000

Annual Report Edition

Volume IV, Issue 10



The Albright Center

Every once in awhile some special people come together at the right time and the right place and what they accomplish has lasting extraordinary benefits. The founders of our country comprise such a group and so do the founders of the Albright Information and Referral Center. Robert Moore, M.D. of Vista Hill Foundation, Jim Albright, Helen Teisher, Mayme Locklin, Tim Hird and his wife Jane, Thelma Hayes, Jeannette Keil and Elizabeth Hersch are must-mention names but represent an even larger group.

To make a lot of hard work sound simple, the founding of the Albright Center went something like this. Jim Albright, who has always been active in the consumer community, approached Dr. Moore about the need for information about mental illness and mental health services. With local Alliance for the Mentally Ill members, they put on a successful day and a half conference that seemed to whet people's appetites for more information. At the same time, the Board members of the relatively new San Diego Alliance for the Mentally Ill were finding their home telephone lines swamped with calls from people seeking information and support. It was not difficult for the folks to come to agreement that a center was needed that could be staffed by volunteers and would provide information and referral services as well as education and other outreach. Vista Hill

(Continued on page 8)

This Special Annual Report Edition contains stories about our programs, events from the last year, and financial information.

NAMI San Diego: Yesterday & Today

What was a "mom's group" called Parents of Adult Schizophrenics (PAS) grew into a diverse organization called NAMI San Diego. From just a handful of parents willing to brave society's prejudice to over 400 proud client, family, and friend members, the San Diego affiliate of NAMI (National Alliance for the Mentally Ill) and NAMI California has come a long way. As one of this country's truly grass roots organizations, NAMI began in kitchens and living rooms and has pushed itself outward and upward to form state and national organizations.

PAS incorporated as San Diego Alliance for the Mentally Ill in 1978, the same year that the California Alliance for the Mentally Ill was formed. It was an active group of people, constantly writing letters to officials and decision makers at all levels, inviting speakers to provide education for themselves and the community, providing self-help support for each other, and providing the drive and know-how to develop the state and national alliances.

Founder and former President, Helen Teisher, commented, "We were a group of

31 parents and friends of people experiencing mental illness. We were a small group of strangers bonded only by an urgent need to ease the sorrow and turmoil in our families caused by mental illness. Our even more fervent desire was to improve the quality of life for our mentally ill loved ones."

"With experience we became brave enough to act and learned to act in a temperate and responsible way. We dared to step into the community seeking understanding about mental illness and justice and competence in caring for people with mental illness. As time passed and our understanding grew we became more and more political. We sought to form every coalition, friendship, partnership and association to further our quest for understanding and fairness for our families."

Something similar was happening in Madison, Wisconsin in September 1979 when 254 persons met to consider how to help themselves and their mentally ill relatives. There were a number of concerned and caring professionals in

(Continued on page 8)

Celebrate Mental Health!

“Inspiring.” “Discussed the continuum of getting employment for people with mental illnesses and how to accommodate those that you employ.”

“It helped clue me in to resources as an employer and a provider of services for persons with mental illnesses.” “Very well presented.” “Would like to attend events like this more often.”

Just some of the comments, all positive, following the NAMI San Diego Employers' Breakfast on May 18, 2000.

May is Mental Health Month and, for the second year, NAMI San Diego sponsored at least one event to celebrate the greater opportunities for improved mental health that we all now enjoy and to educate the public about those advances. The mental health community pulled together to plan, underwrite, and execute the actual events. The County of San Diego Health & Human Services Agency, Mental Health Services was a special partner but other organizations played major roles by providing underwriting, in-kind services, and much time and energy. They include Bayview Hospital/Mental Health Systems, Blue Cross of California, Community Health Group, Community Research Foundation, Goodwill Industries, KJOY, KPMP, KUSI News Television, The Meeting Place, The Mental Health Association in San Diego County, Mental Health Systems, Inc., The Mix 95.7, PERT, Inc., UCSD Outpatient Psychiatry, San Diego County Psychiatric Hospital Auxiliary, San Diego Police Department, Sharp Behavioral Health, Telecare Corporation, United Behavioral Health, and Vista Hill.

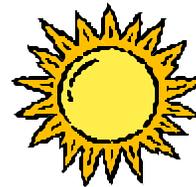
The Employers' Breakfast focused on educating employers who had indicated some interest in hiring people with mental illnesses about the 'whys' and 'hows' – why it benefits their businesses, how to locate clients to consider for employment, and how and when to make appropriate accommodations. Panelists included Sea World, winner of the 1999 *Open Your Mind Award*, and Walmart #2479, winner of the 2000 *Open Your Mind Award*, successfully employed clients, job coaches, California Department of Rehabilitation, Social Security Administration, and an attorney specializing in Americans with Disabilities Act (ADA) issues.

The *Open Your Mind Award* is presented annually to the most enlightened, mental health conscious employer in San Diego County.

The second event was a Fun Walk/Run and Resource Fair in Ocean Beach on Saturday, May 20. Ninety-five people gathered in the gray early morning to walk or run over the 5K beach and pier course. Coffee and breakfast burritos awaited their finish in Veterans Memorial Plaza near the foot of Newport Avenue. Also waiting were organizational displays and the text/art show 'Nothing to Hide' that carried through the theme of celebrating mental health and drawings for neat prizes.

“The stigma of mental illness is worldwide and stifling,” says Bettie Reinhardt, NAMI San Diego executive director. “It prevents the sick from seeking help and those in recovery from enjoying the benefits of their community. Celebrate Mental Health! works to bust that stigma.”

NAMI 2000 National Conference held in San Diego



What an opportunity—the NAMI national conference right here at the Town & Country Hotel/Conference Center in June 2000. Three days of inspiring plenary sessions, informative workshops, and fun! NAMI San Diego took on the responsibility, chaired ably by Emy Alhambra, of finding a cadre of volunteers to register, inform, and direct attendees from all over the country – and the world. In addition, Chuck Sosebee coordinated the staffing of the consumer retreat area. The Living with Schizophrenia & Other Mental Illnesses program was a featured workshop since San Diego is the first affiliate in California to make it available and one of the first in the country.

NAMI San Diego drew a table location in the very highest traffic area of the conference center. Members staffing that table had a great time telling other NAMI members about the San Diego affiliate, accepting donations for gorgeous Open Your Mind paperweights, and greeting old friends. It was gratifying to see many of our own members in attendance but also to see other provider and client members of the local mental health community. NAMI San Diego made it possible for 11 clients to attend. NAMI national provided access for clients from local clubhouses and day programs.

NAMI's code for United Way/CHAD contributions is

Help support research by supporting NARSAD Artworks.

NARSAD Artworks is a nonprofit organization created under the auspices of the National Alliance for Research on Schizophrenia and Depression (**NARSAD**) whose sole mission is to raise and distribute money to fund research into the severe mental illnesses. Net proceeds from sale of products – holiday and note cards, posters, and other gift items— flow to **NARSAD** and the local mental illness related groups selling the products.

THE ALLIANCE ADVOCATE

NAMI San Diego is a nonprofit organization that provides self-help advocacy, education services, and support for consumers, families, and friends of people with severe mental illnesses and is dedicated to eradication of those mental illnesses and to improvement of quality of life of those affected by these diseases.

NAMI San Diego is an affiliate of NAMI and NAMI California.

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EXECUTIVE DIRECTOR

Bettie Reinhardt
exudir@namisandiego.org

The Alliance Advocate is a monthly publication of NAMI San Diego, 1094 Cudahy Place, Suite 120, San Diego, CA 92110-3932

Mailing Address:

P.O. Box 710761
San Diego, CA 92171-0761

Phone: 619/295-9941 or
800/523-5933

Fax: 619/294-9598 or
619/543-1498

E-mail: sdami@adnc.com

Website: www.namisandiego.org

The Alliance Advocate Editor:

Emy Alhambra
E-mail: emynal@aol.com
Fax: 619.294.9598

NAMI San Diego Year in Review



JULY

- Moved to new home
- Completed providing first Schizophrenia: Education series
- Presented LPS Reform opposition view at Education meeting

AUGUST

- Attended the last CAMI conference (it became NAMI California at the end of the conference) *en masse*
- Heard Dr. Hobie Hawthorne talk about role and effectiveness of crisis houses

SEPTEMBER

- Helped Ashley Trace of Oregon begin his Pacific to Atlantic bicycle Ride for Mental Illness Awareness
- Held 1st Living with Schizophrenia & Other Mental Illnesses program in San Diego
- Provided training series for Albright Center telephone volunteers
- Began process of changing name to NAMI San Diego

OCTOBER

- Held an Open House to join Helen Teisher in celebrating NAMI's 20th birthday and to honor the folks who founded SDAMI
- Presented information about three NAMI ways of developing a special needs trust
- Helped provide the second annual Meeting of the Minds

NOVEMBER

- Recognized and thanked the wonderful volunteers who keep NAMI running and some of the community organizations that make life better for people with mental illnesses
- Began second Schizophrenia: Education series

DECEMBER

- Members approved name change
- Heard Rev. Margaret England talk about Spirituality and Mental Illness
- Participated in and publicized the LPS Act and Involuntary Treatment Dialogue Project
- Enjoyed a warm and cheery holiday season pot luck supper
- Obtained consulting services from audit/systems graduate students

JANUARY

- Learned about Parents for Addiction Treatment & Health (PATH)
- Board voted to support LPS Reform

FEBRUARY

- Hired a Consumer Education/Outreach Coordinator for the LWS&OMI program
- Heard Dorothy Gordon talk about Successes in Independent Living
- Continued to participate in focus groups and other forums to develop psychosocial rehabilitation and a recovery model of services in this County

MARCH

- Trained twelve consumers to present the LWS&OMI program
- Learned about Tourette Syndrome from Dr. Neal Swerdlow

APRIL

- Began third Schizophrenia: Education series
- Sent three members to Los Angeles to be trained as Family to Family teachers
- Heard Judge Robert Coates talk about Homelessness and Mental Illness
- Helped present Understanding Social Security & SSI Benefits seminar
- Members helped take "Wonderland" off the air

MAY

- Learned about Dealing with Mental Illness with a Dog Companion
- Began participating in San Diego Police Department Use of Deadly Force task force
- Began 12-week Family to Family course
- Sponsored two Mental Health Month events: an Employers' Breakfast and a Walk/Run/Resource Fair

JUNE

**Statement of Activities and Change in Net Assets
Year Ended June 30, 2000**

	Unrestricted	Restricted
Revenues & Other Support		
Contract Grants from Government	191,436	
Non-Contract Support		
Donations	29,369	26,461 **
Contribution in Kind (Labor)	30,013	
Membership Dues	13,442	
Investment Income	14,029	
Other Income	14,480	
Released from Restriction	<u>10,555</u>	<u>(10,555)</u>
TOTAL REVENUES & SUPPORT	<u>303,324</u>	<u>15,906</u>
Expenses		
Contract Expenses	193,189	
Program Expenses		
Education, Advocacy and Referral	52,873	
Mental Health Month	9,073	
Newsletter	7,335	
Dues to National Organization	2,387	
Scholarships	1,401	
Supporting Services		
General & Administrative	24,340	
Fund Raising	<u>3,461</u>	
TOTAL EXPENSES	<u>294,059</u>	
CHANGE IN NET ASSETS	9,265	15,906
NET ASSETS, BEGINNING OF YEAR	<u>163,061</u>	<u>35,280</u>
NET ASSETS, END OF YEAR	<u>172,326</u>	<u>51,186</u>

** Restricted funds represent monies that can only be used for donor restricted purposes and are not funds that are available for use in the general operation of NAMI.

This statement has not been audited, however the presented figures have been compiled from the audited financial statements.

A Letter From Our Treasurer

September 24, 2000

Dear Members and Friends of NAMI San Diego:

As Treasurer, I am proud to report on the operations of NAMI San Diego over the past year. We have used our resources conscientiously to provide Programs that support a wide variety of activities.

The \$ 193,189 expense supported by contract revenues sustains our Project Payee and HIV Population Emergency Support Programs. These programs funded by Federal, State and County contracts allow us to reach out to serve those in the community who need various types of financial services. Further descriptions of these programs are provided on other pages in this Annual Report.

The \$ 52,873 used to finance our education, outreach and referral programs reaches out to a multitude of people through activities such as the Albright Center, Mental Health Month, Family to Family, Living with Schizophrenia Series, Meeting of the Minds and various other education and support activities.

At the end of the year, our net assets of \$223,511 included \$30,642 in permanently restricted funds, an \$80,000 board designated endowment fund, \$20,544 in temporarily restricted funds, and \$92,326 in unrestricted funds.

We rely heavily on donations to finance our education, outreach and referral services. Your continuing support to our programs allows us to maintain, improve and enhance our ability to meet the needs of individuals affected by mental illness.

Sincerely,

A Message From NAMI San Diego's President

Planning for our future:

I have always been interested in financial planning, an activity that I prefer to think of as "life planning." Only about 12 percent of Americans actually like to do this kind of planning. If you are among the other 88 percent, please keep reading anyway.

Plans for a nonprofit organization are much like those for a family with the added wrinkles of diverse membership and fiduciary responsibility for other people's money. If you have a good plan in place with short and long term goals, your chances of success are far better than if you are living from paycheck to paycheck. A healthy family or organization must be ready and able to make changes based on new developments, information, and opportunities. The more options and underlying resources a family or organization has, the better it will deal with the good and the bad surprises that come its way.

NAMI San Diego plans to be here for many years to come, providing our core program of education and support, advocacy, and referral and providing services such as payee services for clients and trust services for families. We are San Diego's voice on serious mental illnesses and we plan to make that voice heard throughout the community. To assure the staying power that such plans require, we must deepen our reserves and broaden our base of support.

In the fiscal year beginning July 1, 2000, NAMI San Diego plans to continue and expand its current educational programs: Family to Family, Living with Schizophrenia and Other Mental Illnesses, Schizophrenia: Education for Families and Caregivers,

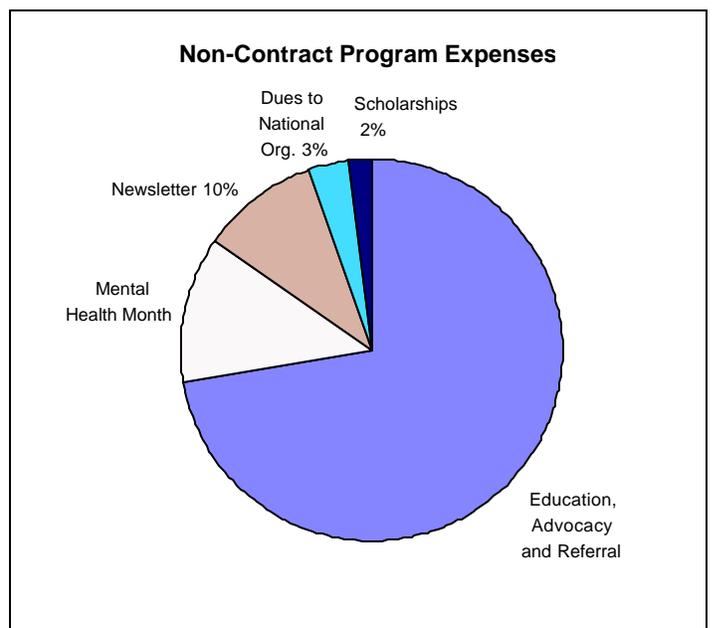
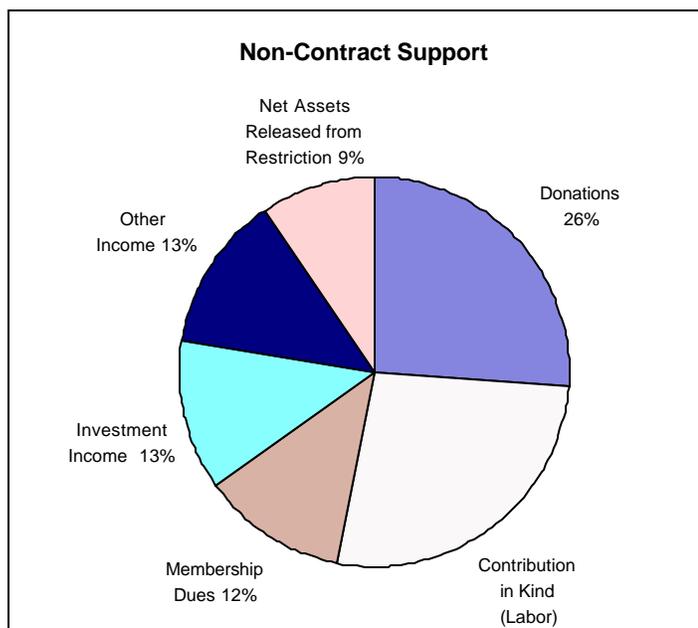
Celebrate Mental Health! and to add new programs. One new program, Special Populations Action Team training, will help HIV workers effectively provide prevention and treatment services to people with mental illnesses. Visions for Tomorrow will provide a Family to Family style training for families and caregivers of children and youth with serious brain or mental disorders. Peer to Peer will help clients provide education to other mental health clients. FaithNet will provide hope and help to those with mental illness through education, encouragement and enablement of the faith community. Advocacy Works will teach successful techniques for dealing with serious mental illnesses. Provider outreach will help us provide education to 'new' and 'old' families and clients alike.

While NAMI San Diego is looking outward to increase its service to the community it is also looking inward to strengthen its infrastructure. The Board has approved use of some reserve funds, if necessary, to hire an Education and Development Director who will help develop long term fundraising and an Administrative Coordinator – both part-time positions.

Our 'life planning' is done with the goal in mind of improving the quality of life of all those affected by the serious mental illnesses.

Marjorie Joramo
President

September 24, 2000



NAMI San Diego's Services and Programs

Family to Family

The NAMI Family-to-Family Education Program is a 12-week course for families of individuals with severe brain disorders (mental illnesses). The course is taught by trained family members. All course materials are furnished at no cost to the participants.

The first class said, "Tremendous education on all aspects of mental illness. (It) really educates family members about mental illness and how to cope with the myriad of problems that exist. I have learned so much and hope I can put into practice at least a large portion of this material. It's good to see the hope all displayed concerning the recovery of their loved one(s)."

The Family-to-Family course topics include:

- Learning about feelings, learning about facts,
- Schizophrenia, major depression and mania
- Subtypes of depression and bipolar disorder, panic disorder and OCD
- The biology of the brain/new research
- Problem solving workshop
- Medication review
- Empathy workshop – what its like to have a brain disorder
- Communication skills workshop
- Self-care and relative groups
- Rehabilitation, services available
- Advocacy: fighting stigma

The goal is to train enough teachers that NAMI San Diego can always have a class going somewhere in the San Diego area.

CARE Act Services

One way of finding the resources to serve more clients with mental health needs is to look outside of the never-enough-cash mental health system for funding. NAMI San Diego did just that to provide representative payee services to people who are HIV+ and need a representative payee for mental health reasons and to provide emergency financial assistance and emergency housing assistance to people who are HIV+, many of whom have mental health problems.

The representative payee program works with case managers from ten different HIV programs who provide the written direction for paying client bills. It has served 210 clients since its beginning in 1994.

The emergency financial assistance and emergency housing assistance programs are actually pools of monies accessible by people who meet the program criteria. Most requests are written

Project Payee

Managing your money is hard. Managing your money when you need to pay rent, food, and other necessities out of \$700 a month is really, really hard. Managing your money when your income comes from disability benefits can be impossible. Project Payee helps people who receive disability benefits because of a serious mental illness, have treatment services in place and do not need case management, and desire and need the service.

Project Payee case workers, called payee representatives, help their clients develop budgets, communicate with the Social Security Administration and other agencies, and find social and treatment services when they are needed. The organization is the official representative payee but the workers are the faces and the voices that matter to the clients.

The program has served 215 clients, at no cost to the clients, since it began in 1993. Principal funding has come from Substance Abuse and Mental Health Services Administration (SAMHSA) federal block grant monies through San Diego County Mental Health Services (MHS). The Fiscal Year 99/00 contract with MHS required maintaining a census of at least 100 clients. The average census for the year was 108. Unfortunately, the program has a waiting list more often than not.

This contracted program is one way that NAMI San Diego helps improve the quality of life of those affected by the serious mental illnesses.

by HIV program case managers but clients who do not have case managers may walk into the program office at Christie's Place and make their requests in person. These programs each serve about 75 new clients, about 150 altogether, every month.

The programs are funded entirely by a Ryan White CARE Act federal block grant through the Office of AIDS Coordination, Health & Human Services Agency, San Diego County. They share bookkeeping and management personnel with Project Payee reducing the cost per unit for each program.

**Volunteers Needed.
Make a Difference.**

Wanted: Individuals who want to make a difference. Training provided. Call NAMI San

NAMI San Diego's Services and Programs (cont.)

Living with Schizophrenia & Other Mental Illnesses

“There aren't that many topics that expose such an inner part of a person than talking about the experiences of mental illness. Both presenters were very genuine and informative with us. It takes a large amount of courage and an ability to talk ‘from the heart’ to do such a good job while spontaneously answering difficult questions from our team. Thank you for a job well done,” wrote a program director after a one and a half hour presentation by the consumer outreach program, Living with Schizophrenia & Other Mental Illnesses (LWS&OMI).

Recovery is the message of this program by and for consumers – although families, friends, providers, and policy-makers are certainly invited to learn. LWS&OMI is so very successful whenever it ‘plays’ because it is presented by men and women who not only honestly and convincingly describe for their audience what it takes to deal with a serious mental illness, they *embody* their message, they live it.

One presenter admits she was reluctant to sign up for the program. She knew she would have to stand up in front of curious groups of people and tell her personal story. She wasn't sure she could explain, in a way that would help others, how she coped with the symptoms, treatment, stigma, failures and successes, and the up-and-down recovery experiences she had had.

But she gained confidence. Her audiences learned. She learned, too, that success breeds success. Chuck Sosebee, NAMI San Diego Consumer Education and Outreach Coordinator says, “We have presented to approximately 400 people since we finished our training in March. This young woman has spoken to many of those people.” The stipends that the presenters receive reinforce the value of their work and facilitate their reintegration into the community.

LWS&OMI is a recovery-education program presented by trained consumer presenters who talk about their experiences with six issues critical to dealing with severe mental illness: Dark Days, Acceptance, Medications, Coping, Success, and Hopes and Dreams.

Check out our website.

Browse newsletters, events, links, and much more.



Schizophrenia: Education for Families and Caregivers

Two people saw this curriculum presented -- independent of each other. And, independent of each other, they said our community needs this education. Fortunately, Deborah Malcarne, then with County Mental Health Case Management, contacted Bettie Reinhardt and they began planning and plotting. The result is that the six-week course has been offered four times in this area, Dr. Amenson has trained two dozen clinicians and family members to teach the class, County of San Diego Mental Health Services has committed to making it available in all regions of the county in partnership with NAMI, and the next classes will encourage Board & Care operator attendance by offering education credits.

The curriculum and teaching package was developed by Christopher Amenson, Ph.D. whose special interest and talent lies in working with people with schizophrenia and their families. The structured lecture and slide show covers schizophrenia as a brain disease, the cause, course, and prognosis of the disorder, treatment and recovery, antipsychotic medication, psychosocial rehabilitation, and family factors in recovery.

Why does our community need this training? **Because family and caregiver skills training reduces the rate of relapse more than any other factor except medication.** This course complements the Family to Family series for many families but is also open to other caregivers and to clients.



SCHOLARSHIP FUNDS ARE AVAILABLE!

Mental health clients may apply to NAMI for scholarship funds for course-related expenses such as tuition, fees, books, and supplies. To apply, call the Albright Center at (619) 543-1434 and request an application.

Applications up to \$500 will be considered.

The scholarships are made possible by a donation made fifteen years ago and are limited to income from the scholarship fund.

Continued from page 1)

NAMI San Diego

attendance, and these founders were determined to make NAMI an organization governed for and by families and consumers. (The term ‘consumer’ is here used to describe those who suffer from mental illness; it is used because, as ‘consumers’ of various health and support services they must be involved in the development and management of those services.)

By 1980, this organization had become the national Alliance, NAMI. Its early efforts centered on making connections with small family support groups across the nation. From the beginning, NAMI was focused on the unmet needs of people suffering from the most severe and disabling forms of mental illness--schizophrenia and manic-depressive illness and severe depression. NAMI opened its first office in Washington DC in 1982 and began the work of influencing Congress, the Administration, and key decision-makers.

Thousands of families have come “out of the closet” to join NAMI and embrace our mental illness agenda. Today we number over 220,000 members and more than 1,200 affiliates in all 50 states.

The local, state, and national branches of NAMI share common goals but somewhat different priorities. National’s priorities are advocacy and research followed by education and then support. NAMI California’s priorities are advocacy and education followed by research and support. At the local level, we focus first on support and education followed by advocacy and finally research.

In 1999, San Diego members joined other affiliate members in voting to begin our name with the acronym NAMI. Today, we are NAMI San Diego.

Albright Center Calls Facts & Info

Last year, over 3,000 calls were received from unduplicated callers!

- ⇒ 60% on our toll free number
- ⇒ 54% were referred
- ⇒ 34% were seeking support
- ⇒ 86% were from family members and friends of people with mental illnesses



DON'T WAIT **TALK TO SOMEONE WHO UNDERSTANDS**

CALL ALBRIGHT CENTER

(Continued from page 1)

The Albright Center

Foundation contributed start-up funds that helped draw down a demonstration project grant from what is now Substance Abuse and Mental Health Services Administration. Other community funds were obtained and the Center opened in September 1985. Vista Hill also contributed administrative services.

The first executive director, Elizabeth Hersch, had the monumental task of gathering the educational materials and community mental health information, developing outreach services, and training and supporting volunteers. Ms. Hersch’s announcement of the Center read, “The San Diego Alliances for the Mentally Ill (because it included Schizophrenics in Transition AMI and the Escondido AMI) are pleased to announce the availability of a unique, 24 hour telephone service. The workers at this toll-free, county-wide service can guide you and the people you work with through the often conflicting information available about mental illness and the resources to treat it. We can provide verbal and written information, referrals, and most of all, understanding about the stress present when a loved one struggles with this often disruptive and chronic illness.” Fifteen years later, the Center still follows the original format and provides the same specialized service to the community.

The volunteers *are* the Albright Center. They bring their experiences as family members and mental health clients in recovery to every telephone call or visitor contact they have. They understand. They help family member and client consumers realize that they are not alone. Callers say that they are much more able to accept suggestions from people who have lived through what they are experiencing than from professionals.

Volunteers, who usually work four to eight hours a week in the Center, say their work is rewarding. That must be true since most measure their tenure in years. A few wonderful people have been with the Center since its beginning. More than one volunteer has said, “I can’t always help my son (or my daughter) as much as I would like to. But I can help someone else’s sons and daughters.”

Most of the \$30,013 Contribution in Kind in the financial report is provided by these telephone volunteers. That means that, without them, NAMI San Diego would have to pay \$30K for supposedly comparable services. Three cheers and our hats off to the volunteers!!! Today, the Albright Center is staffed by volunteers from 9 a.m. to 5 p.m. A volunteer also carries a pager during weekend and evening hours because the need for help doesn’t punch a time clock. The majority, 60%, of the calls come in on the county-wide toll free number **(800) 523-5933**. Visitors to the Center are welcome. A lending library of current books, videos, and journals as well as shelves of brochures and articles make the trip well worthwhile. What is new about the Center is the information that the volunteers can share in the wake of improved treatment services and the Decade of the Brain. What does not change is the understanding and the caring provided.

Scholarships for Clients

To use the auditor's language, "NAMI San Diego holds \$30,000 in permanently restricted assets held in an endowment fund set up to provide scholarships to clients. The earnings of the Scholarship Endowment Fund are restricted for scholarship."

K. is working toward her AA degree at Miramar College and plans to enter UCSD for her BA and MA degrees. She received funds to help buy books and supplies.

E. is studying electronics at a Technical Institute. He received funds towards his tuition and books.

R. and **K.** plan careers as counselors and received funds for course supplies at City College.

G. is taking courses at Palomar College so he can start his own craftsman business.

B. successfully took enough courses at Cuyamaca College and put in enough specialized volunteer hours to be accepted in the program of his choice at Humboldt State University.

F. is beginning her studies at City College and received funds for study aids.

These wonderful, adult students received \$1,992 in scholarship monies. (Note that two applications during the reporting year were not funded before June 30 causing this number to not equal the number in the Statement of Activities.)



NAMI San Diego Employees

Nobody has asked but someone must have wondered, "Why does NAMI San Diego need volunteers when they have employees?" The answer is an easy one. Of NAMI San Diego's eight employees, six are paid entirely out of contract funds to keep Project Payee and the CARE Act programs running. That leaves two employees, the Executive Director and the Consumer Education and Outreach Coordinator. The ED is also the program manager of each of the contract programs, the payroll and payables clerk, HR administrator, cook – oops!, hyperbole slipped in. Employees are also known to volunteer time outside of their work hours and job descriptions.

Emy Alhambra says she is too busy volunteering to keep track of how many hours she puts in. Administrative assistant for the CARE Act programs, she also edits the newsletter, keeps track of membership dues and donations, chairs the membership committee, takes notes during Board meetings, keeps the library straight, works on the Employers' Breakfast committee, chaired the volunteer recruitment for the NAMI National Conference, trained to teach both Family-to-Family classes and Schizophrenia: Education for Families and Caregivers classes, and is the person most likely to clean out the refrigerator. Emy says she is "just giving back and trying to help others."

Visit NAMI San Diego Offices

1094 Cudahy Place, Suite 120, San Diego, CA 92110

Directions to the office and the Albright Information and Referral Center:

- 1 Going north on I-5 toward I-8, take the Morena Boulevard exit from the east bound I-8 ramp.
- 2 Going west on I-8 toward I-5, take the Morena Boulevard exit just before the I-5 exit.
- 3 Stay in the left lane of Morena Boulevard, which becomes West Morena Boulevard.
- 4 Turn left on Buenos Avenue. The three-story building called the Morena Office Center 1094 will immediately be on your left.
- 5 Going south on I-5 toward I-8, exit at Tecolote Road/Sea World. Go left on Tecolote Road and right on Morena Boulevard and right again at the first traffic light (Buenos Avenue). Cross West Morena Boulevard and the office building will immediately be on your left.

Open House, 1999

We celebrated birthdays – San Diego Alliance for the Mentally Ill's 21st birthday, NAMI's 20th birthday, and Helen Teisher's (we think she said 29th birthday) coming up in December – and we celebrated the people who founded the Alliance and the people who supported them. The date was October 13, 1999. The place was the courtyard of our new office building. The weather was balmy. The potluck food was scrumptious. And the company could not have been better.

It was a wonderful opportunity to hear the history of NAMI's founding and relive with Helen and other friends the burning need to form this marvelous organization.



The Alliance Advocate

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NAMI gratefully acknowledges the assistance of San Diego State University School of Accountancy graduate students in preparing this annual report: Akore Berliner, Cathlyn Coons, Gabor Farkas, John Fitzpatrick,



2001 MEMBERSHIP APPLICATION

NAMI San Diego relies on its membership and your generous contribution to continue providing support and services to people with mental illness and their families. To join NAMI San Diego, renew your membership or make a contribution, complete the information below and enclose your check payable to NAMI San Diego and mail to: P. O. Box 710761, San Diego CA 92171-0761.

Name: _____

Street: _____

City, State, Zip: _____

Dues are from January 1 to December 31 of each year and include membership and newsletter subscription to NAMI and NAMI California.

I would like to join NAMI San Diego at the following level:

_____ Regular Membership – \$35.00 Check one: () New Member () Renewal

_____ Professional Membership – \$75.00 (includes office display of NAMI brochures)

_____ Consumer Membership – \$10.00 _____ Newsletter Subscription Only – \$15.00

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_____ Bronze Donor – up to \$99.00

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_____ Silver Donor – \$100.00 – \$249.00

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Check relation to client:

- _____ Parent of Adult
- _____ Parent of child (under 18)
- _____ Sibling
- _____ Spouse
- _____ Professional
- _____ Other _____

_____ Please send me volunteer