



## San Diego

San Diego's Voice on Mental Illness

Formerly San Diego Alliance for the Mentally Ill

Vol. IV, Issue 4  
April 2000

### NAMI PRESENTS 10-YEAR FORECAST OF MENTAL HEALTH CARE TRENDS

NAMI E-News — February 23, 2000

Arlington, VA—At a briefing today hosted by the Robert Wood Johnson Foundation at the National Press Club in Washington, D.C., Laurie Flynn, executive director of the National Alliance for the Mentally Ill (NAMI) outlined the most important factors for change in health care for the next decade and discussed key trends in the area of mental health care.

***“No area of health care will see more change in the next decade than mental health,”***

Flynn's remarks accompanied release of a landmark study, Health & Healthcare 2000: The Forecast, The Challenge, prepared by the Institute for the Future. Other presenters included Charles N. (Chip) Kahn III; president of the Health Insurance Association of America (HIAA); Gail Warden, president and CEO of Henry Ford Health System; and Molly Mettler, senior vice-president of Healthwise, Inc.

"No area of health care will see more change in the next decade than mental health," Flynn noted. The "three biggest drivers of change" in health care are science and research; the information revolution; and consumerism. Key trends in mental health care include:

- With sophisticated electronic imaging techniques that allow researchers to see into the living brain, scientists can discern areas of the brain that malfunction during specific illnesses and soon may enable treatments to be targeted more effectively.
- In the near term, we will be able to treat severe depression more effectively and perhaps reduce the rising suicide rate.
- Better targeted treatment and a new generation of anti-psychotic drugs offer major hope for better outcome outcomes for people with schizophrenia, which is the

(Continued on page 3—Forecast)

### EDUCATION & ADVOCACY MEETING

Thursday, April 6, 2000

6:30 p.m.

Speaker: Robert C. Coates

Judge of the Superior Court

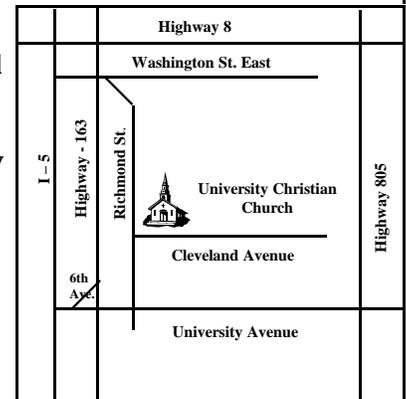
Topic: Homelessness and Those with Mental Illnesses

Judge Coates is founder of the San Diego Mayor's Task Force on the Homeless. He actually lived on the street for a short time to experience the problems encountered by the homeless. Judge Coates has researched this crisis and offers some intelligent and pragmatic solutions.

He will have a few copies of his book, *A Street is Not a Home* at the meeting.

Copies of his book are also available at the Albright I & R Center library.

**The monthly meeting is open to anyone interested in learning about mental illness. The meetings are held on the first Thursday of the month at the University Christian Church, Friendship Hall, 3900 Cleveland Avenue San Diego, California (see map)**



The doors open at 6:30 p.m. with everyone sharing information and welcoming newcomers. At 7:00 p.m. there is a half-hour information session on NAMI San Diego activities, mental health services and related news.

The featured program is from 7:30 to 8:30 p.m.

**Additional AMI meetings in the San Diego County area are listed on Page 10.**

## **MARCH-AT-A-GLANCE**

*Bettie Reinhardt, NAMI San Diego Executive Director*

### **What will NAMI San Diego be Doing Next Year? In Five Years?**

These are issues with which the Board of Directors is grappling. Should we spend money to put NAMI information in waiting rooms? To provide up-to-date resource lists for inpatient facilities? Should we increase payee and other trustee services? How will we raise money? Should we invest in a part-time development and/or promotion person? Do you have suggestions? Now is the time to let us know!

### **Law Enforcement, Use of Deadly Force, and People with Mental Illnesses**

The letter by NAMI's Laurie Flynn in last month's Advocate clearly expressed our zero tolerance for shootings of people with mental illnesses. It is encouraging to learn that Chief David Bejarano and Assistant Chief Bill Maheu of the San Diego Police Department agree with us. They have been actively planning changes in the way things are done and holding meetings with the mental health community to share their plans and hear our concerns. Some of those changes include non-lethal weapons such as bean bag guns in every car, increased canine teams, and two days of communication training for every officer. If you have comments or questions that you would like the Chiefs to respond to – or another law enforcement agency – drop me a note or a fax or an email and I will help you get your response.

### **Living with Schizophrenia and Other Mental Illnesses (LWS&OMI)**

Chuck Sosebee now has a cadre of twelve well-trained, strong presenters to carry LWS&OMI into the community. The presentation usually takes one to two hours. If you know of a group that needs and wants to hear what it is like to live with a major brain disorder and how to reacquire often-lost self-respect and a purposeful life, give Chuck a call at (619)294-9941.

### **Celebrate Mental Health! and Run for Your Mind**

The more we plan the street fair and race, the more exciting it becomes. Be sure to save the date!!!

### **Family and Caregiver Education on Schizophrenia Series**

This lecture series is designed to help families and caregivers make a positive difference in the life of a person with schizophrenia. The curriculum was developed and trainers were trained by Dr. Christopher Amenson, nationally respected authority on schizophrenia and work with families.

- The San Diego area series runs April 5 at 6 p.m. through May 10 at the Health Services Complex on Rosecrans. Call the Albright Center to register.
- The East County series scheduled for March has been rescheduled. The new schedule is June 6 through 27, and July 11 and 18 at Grossmont Hospital. Call the Albright Center to register and for more information.

### **Family to Family**

The first Family to Family series in the San Diego area begins Monday, May 1. The group will meet for twelve Mondays, skipping the Memorial Day and Independence Day Mondays. The participants may shift the time a bit but the meetings are scheduled to begin at 6 p.m. and end at 9 p.m.

This series differs from the Schizophrenia Series in more ways than length: it covers all of the major brain disorders known as serious mental illnesses, it uses a relatively small-group interactive format, and it provides skills practice and local resource information. Call the Albright Center to register.

*(continued from page 2—At-a-Glance)*

*(Continued on page 5--At-a-Glance)*

(Continued from page 1—*Forecast*)

diagnosis in the nation's homeless population.

- The new science will allow policymakers to prioritize between serious brain disorders and more ordinary mental health problems, such as stress. Health insurance parity laws in many states already make this distinction.
- Policymakers will demand greater accountability for hundreds of millions of dollars that now support a fragmented, inadequate and failed public mental health care system. A “new image of mental health” will emerge, focusing on early recognition, effective treatment, rehabilitation and recovery for most patients.
- The Internet is helping to overcome the stigma of mental illness. It preserves anonymity while providing information about treatment options, current research, screening tests, on-line question and answer sessions with practitioners, and virtual support groups.
- New medications are being advertised directly to millions of potential consumers, further changing the balance of power in the physician-patient relationship. Consumer demand will remain a force in a highly competitive market. More and more aggressive advertising of new products can be expected.

### *President's Corner*

One of my goals is for NAMI San Diego to be more inclusive. I'd like us to have more members who are patients with mental illnesses (those in the public mental health system, have private medical care, functioning in the mainstream of society, and children with mental illnesses); friends and families of these people; and many more caregivers and professionals working in this field.

Last fall I attended the San Diego County training class, *Family and Care-giver Education on Schizophrenia Series*, for mental health employees that was conducted by Dr. Christopher S. Amenson, Ph.D. While Dr. Amenson series looks only at schizophrenia I think that much of what we learn from his series is applicable to other major mental illnesses.

One thing that Dr. Amenson said had been on my mind since I attended the series. He said that at his clinic they are really treating two very different populations of people with schizophrenia.

- Patients who have had the disease for some time, who may have a certain amount of brain damage and may or may not be able to move into the mainstream of society soon or sometime in the future.
- Second, there are the newly diagnosed patients who started on one of the new anti-psychotic medications and have received aggressive psychosocial treatment from the beginning. Most of these patient will be contributing members of society who have a long-term disease that may trouble them from time to time.

This news is very hopeful to me for my son who probably falls into the first group mentioned and all of our loved ones who are now or may be diagnosed in the future with one of the major mental illnesses.

What I find troubling is what Dr. Amenson said next. He had been hesitant to refer the families and friend of newly diagnosed patients to NAMI support groups. His clinic was holding support groups for these family members and friends in the clinic. He reasoned that NAMI people who run or attend the support groups may not know about or are not able to deal with the far better prognosis that the newly diagnosed patients have and will continue to have. He thinks that the NAMI groups will be too depressing and not as hopeful or helpful for the newly diagnosed families.

I consider Dr. Amenson to be one of the most knowledgeable and family friendly professional in the mental health field. If he believes that NAMI may not be relevant to newly diagnosed patients and their families and friends, then we need to:

1. Evaluate what we are doing now.
2. Determine if and how we will change or add to our services and support to include persons newly diagnosed and their families and friends.
3. Very aggressively get the word out to professionals working in the field that we are here for both populations.

Our Board of Directors is constantly evaluating what we are doing and determining the ongoing direction of our organization. We invite your questions, comments and suggestions.

Marjie Joramo

## The United States has the Highest Incarceration Rate in the World

Within the United States, California incarcerates the greatest number of prisoners. Additionally, the number of detainees in United States jails is exploding; from 1985 to 1995, the number of individuals in U. S. jails increased by 192 percent. The Los Angeles County jail system is the largest in the nation; approximately 175,000 individuals were processed through the Inmate Reception Center of the Twin Towers Correctional Facility (TTCF) in this past year.

As the number of incarcerated individuals in the United States increases, women are one of the most rapidly growing segments of this population. In Los Angeles County, women account for approximately 12 percent of the incarcerated population. On any given day, there are approximately 2,500 females in custody.

Although women represent a

***“. . .mentally ill females avoid seeking treatment out of fear of losing custody of their children.”***

relatively small percentage of all incarcerated individuals, they are more likely than their male counterparts to have a severe mental illness, particularly a major mood disorder.

Within the jail and prison systems, incarcerated mentally ill women are part of two significant trends. First, they are part of the increasing number of mentally ill individuals who have been arrested at least once and sometimes multiple times. Second, they are part of the growing number of females who have been arrested. Incarcerated mentally ill women escape neither being mentally ill, nor being female inmates.

Many incarcerated mentally ill females avoid seeking treatment out of fear of losing custody of their children if they are labeled as mentally ill.

*(Source: Edited from The Journal of NAMI California, Vol. 10, No. 4, Women and Mental Illness)*

## How Should Suicidal Behavior be Managed?

We asked J. John Mann, M.D., Professor of Psychiatry at Columbia University and Chief of the Department of Neuroscience at NYS Psychiatric Institute.

More than 30,000 Americans commit suicide each year. It is the eighth leading cause of death (in youth, the second leading cause), and for every person who commits suicide, about 10 attempt it. Psychiatric disorders by themselves do not cause suicide, but most people who kill themselves have a psychiatric disorder. Some of these disorders are acute and episodic, like major depression (by far the most common); others are more chronic and fluctuating, like schizophrenia. Drug abuse and alcoholism are especially important acute stressors. By reducing inhibition and anxiety, alcohol and

other drugs may supply the “courage” to commit suicide. Suicide may also result from the ensuing despair when drug- or alcohol-induced euphoria wears off—especially if the drinking or drug-taking is self-medication for depression. Acute stress may also result from a personal crisis, such as the loss of a job or the breakup of a marriage.

Other psychiatric disorders, such as borderline and antisocial personality, heighten a person’s vulnerability to suicide because they are characterized by impulsiveness and its common consequence, aggression. People who act aggressively toward others are also more likely to harm themselves. Suicidal behavior is common in the families of people who attempt or commit suicide. Identical twins have a higher rate of concordance (matching) for suicide and suicide attempts than fraternal twins, and the biological parents of adoptees who commit suicide have a higher suicide rate than the parents of control adoptees. These findings are independent of the family transmission of psychiatric disorder and may imply a distinct genetic tendency to impulsiveness. Childhood sexual or physical abuse also raises the risk of suicide and head injuries can heighten a person’s

vulnerability by altering mood or reducing impulse control.

Suicide and suicide attempt are correlated with low levels of a breakdown product of the neurotransmitter serotonin in the spinal fluid. So is impulsive aggression in general, in both human beings and animals. Nerve receptors for serotonin seem to be abnormal in the brains of suicide victims, especially in the cortical regions that mediate inhibition and restraint.

***Psychiatric disorders by themselves do not cause suicide, but most people who kill themselves have a psychiatric disorder.***

In evaluating potential suicides, it is important to act as soon as possible. The opportunity is usually avail-

able because most people who commit suicide see a doctor in the month before they die. The severity of psychotic symptoms is not reliably correlated with suicidality. Along with the risk factors already discussed, past suicide attempts and past and present suicidal thoughts are important indicators. The existence of a plan is an especially strong danger sign. A person who has been making preparations is more likely to have a serious intention of committing suicide than one who is only voicing suicidal thoughts or expressing suicidal wishes. In many cases of what seems to be an impulsive suicide, what is impulsive is only the choice of a moment for carrying out an action that has been carefully planned. Mental Health professionals must ask specifically and directly about suicidal plans rather than wait for them to be reported spontaneously.

If the risk is high, guns, and other means of suicide should be removed if possible, and hospitalization may be necessary. Psychiatric disorders should of course be treated (according to recent research, only one-sixth of seriously depressed people who commit

*(Continued on page 5—Suicide)*

(Continued from page 4—Suicide)

suicide are taking adequate doses of antidepressants at the time). But some treatments may reduce a person's vulnerability to suicide independently of both psychiatric illness and stressors. Lithium is apparently more effective than anticonvulsants in preventing suicide among manic-depressive patients. The atypical anti-psychotic drug clozapine may be particularly effective in preventing suicide among schizophrenic patients. Dialectical behavior therapy may reduce suicidal behavior in patients with borderline personality even if it does not improve their mood. But there are few controlled studies of this subject, and more research is urgently needed.

(Source: *The Harvard Mental Health Letter*, Vol. 16, Number 9, March 2000.)

### **Directions to the Albright Information and Referral Center**

Have you visited the Albright Center in its new home yet? The address is 1094 Cudahy Place, Suite 120. If you take the Morena Boulevard exit from I-5 or I-8, stay in the left lane, which branches into West Morena Boulevard. Turn left on Buenos Avenue. The three-story building called the Morena Business Center will immediately be on your left. If you come down I-5 from the north, exit at Tecelote Road, turn right on Morena Boulevard and right again at the first traffic light. You will be on Buenos. Cross West Morena Boulevard and the office building will immediately be on your left. After all that, if you know where Toys R Us is, you will find it easier to find by looking just one block south of Toys R Us.

To register your opinion on any of these issues, call Bettie Reinhardt at (619) 294-9941 or write to P.O. Box 710761, San Diego, 92171 or fax to (619) 543-1498 or email at [sdami@adnc.com](mailto:sdami@adnc.com) or contact any of the people mentioned in this article

## **LETTER TO THE EDITOR**

### **Open Letter to California Mental Health Planning Council**

As the planning council considers a position on AB 1800, I hope it will consider what mental illness can do and has done to us as a society as a whole.

I receive calls from other consumers as well as family members who have seen the very fabric of their dreams ripped apart because of people who say that it is an abuse to involuntarily treat people with mental illness, that to do so is an abuse of their civil rights. But, what about my rights? The current system is such that if I became too ill to recognize this medical condition I have, I would be left on the streets until I was willing to "accept" services for a condition I believed I did not have.

I am a consumer, but I am also a man who was raised not to take anything that I wasn't rightfully due. Thus, offering me services for a disorder—if I was absolutely sure I did not have—it would be an anathema to my belief system. I would not accept them because I would not believe I did not need or deserve them! It would be like stealing to "take" something which in my mind I was really not entitled to.

Haven't people with mental illness suffered enough as we go through this hollow guide of protecting their civil rights? Sometimes we need the help of others and involuntary treatment when done correctly can be that help!

Urge the planning council to support AB 1800. I do not want to have to see anymore people I love—or myself—eating garbage because we have wanted to make them receive services voluntarily.

Chuck Sosebee  
Client

## **Legislative Update**

by  
Caroline Hamlin

The California Joint Senate and Assembly Committee on Mental Health is holding hearings in March and April to consider the basic issues in mental health in California today. Their goal is to prepare a comprehensive "big picture" look at where new mental health dollars need to be spent. The first of these hearings was held in Los Angeles on March 23. Prior to the hearing a rally in support of AB 1800 Lanterman-Petris-Short (LPS) reform bill, was held in front of the auditorium where the hearing was held. One of the speakers at the rally was Bernie Zubert, NAMI California Board member and client. The next hearing will be held in Santa Rosa on April 4. The Joint Committee's report on their findings and recommendation is due back to the legislature on May 1st.

AB 1800, likewise, had its first hearing in the Assembly Health Committee, March 14. A vote was postponed, however, to give Assemblywoman, Helen Thomson, author of the bill, a chance to amend the bill, making several changes as requested by the committee. We will keep you informed of the amendments as they occur. Hopefully, the bill will pass the Health Committee and proceed on to the Justice Committee, where again we will need your letters and phone calls to influence committee members to support the bill.

**Understanding  
Social Security &  
SSI Benefits  
Saturday  
April 29, 2000  
9:30 – 11:00 a.m.**

**For further information:**

**Call NAMI San Diego**

**(619) 294-9941**

**Special Needs Trust Seminar  
Saturday  
May 6, 2000  
9:30 a.m. – 12:00 p.m.**

**For further information:**

**Call NAMI San Diego**

**(619) 294-9941**

Yes! Please register me/us for the:

\_\_\_\_\_ Understanding Social Security and SSI Issues, April 29, 2000. Number Attending \_\_\_\_\_

\_\_\_\_\_ Special Needs Trust Seminar, May 6, 2000. Number Attending \_\_\_\_\_

Enclosed is my check/money order for \$ \_\_\_\_\_ (\$5 per person \*\$8 per family per seminar)

\*Please note that seminars are free of charge for persons with disabilities

Make checks payable to the Special Needs Trust Foundation.

**REGISTRATION FORM DUE ONE WEEK PRIOR TO EACH SEMINAR**

Name \_\_\_\_\_ Daytime Phone: ( ) \_\_\_\_\_

Address: \_\_\_\_\_

Street Address/City/State/Zip

**Please mail registration form and payment to:**

Special Needs Trust Foundation

9575 Aero Drive

San Diego CA 92123-1803

## Creating a Safe Haven

We are people engaged in a challenge. We are family members, friends, partners and co-worker who have seen our loved ones stigmatized and marginalized. We know what it feels like to be isolated, ignored, avoided. We are advocates for those who are struggling with mental illness.

We share information with the church community about the realities of living with mental illness. We combat stigma. We support each other. We are seeking to create a welcoming and safe church community for those who live with serious mental illness as well as for their families and friends.

We invite you to join us.

Third Monday of each month  
7:00 p.m.  
First Unitarian Universal Church  
4190 Front Street, San Diego  
(across from UCSD Medical Center)  
Room 114b—Senior High Room

For further information, call:  
Nancy Toti (619) 665-2929

## Liturgy of Rest and Healing

### Welcome

to a Liturgy of Rest and Healing especially for all with mental illnesses, their families and friends.

These services are held on the fourth Sunday of each month at 5:00 p.m.

The address is:  
Gethsemane Lutheran Church  
2696 Melbourne Drive  
San Diego CA 92123  
(619) 277-6572  
(it is just up hill from stadium)

Call Helen Bergen for directions at (619) 222-7346

## Project Heartbeat Information and Referral Line

by  
Jamie Steiger

Project Heartbeat Information and Referral Line has been in operation since January 19, 1999. Since that date, over one year ago, Project Heartbeat Information and Referral Line has taken nearly 2,000 telephone calls. Approximately 60% of all of the callers were family members with a majority being mothers. Therefore, 40% of all of the callers were professionals such as case workers, social workers and counselors.

Overall, individuals were looking for information on topics such as the Individualized Education Program (TEP) process, therapeutic behavioral services and mental health disorders such as ADD/ADID, bipolar disorder and schizophrenia. Additionally, callers were looking for referrals to various support groups such as anger management or social development, counseling, advocacy, and parenting classes. A majority of all individuals contacted the Project Heartbeat Information and Referral Line between the hours of 10:00 – 11:00 a.m. and 2:00 – 4:00 pm.

Within the past couple of months, the Project Heartbeat Information and Referral Specialist have seen an increase in the number of callers who have been looking for information and referrals in regard to medication.

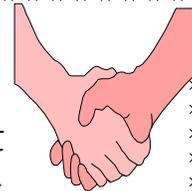
If you are looking for any information or referrals in regards to children's mental health, please feel free to contact the Project Heartbeat Information and Referral Line at:

(619) 615-7676.

You can contact us toll free at  
1-888-843-5800.

A live personal will answer your call  
Monday through Friday  
8:00 a.m. – 6:30 p.m.

## Sibling and Adult Children's Group



Coping with mental illness in our family requires a tremendous amount of resilience. We are simply ordinary people given an extraordinary set of circumstances and doing the best we can.

One way we may remain resilient is through acceptance, which does not mean giving up. Rather, it is the ability to let go yet still feel compassion and love toward our mentally ill family members.

Remember the guiding principle about having the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference. It helps.

If you are a sibling or adult child of a mentally ill loved one and interested in attending one of our meetings, please call:

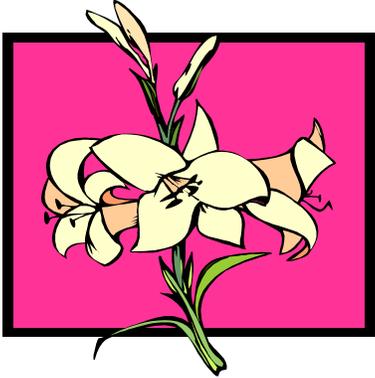
**Monica Astorga at (858) 483-9370 for more information.**

Let us offer you a "helping hand."

We meet the second Wednesday of each month:  
7:00 - 9:00 p.m.

Scripps Well Being Center  
Adjacent to the University Towne Centre Mall

We can all help and support each



## *In Memoriam* *Sascha Garson*

By  
Helen Teisher  
Former NAMI San Diego President

*At first I couldn't believe that Sascha Garson had died. How could this vital, active person be gone? Memories of her activities and passion flooded over me as I remembered what she had contributed to the Alliance in those early days when we clumsily tried to improve the lives and hopes of our mentally ill children. It was Shasha who saw the problems and empowered all of us to solve some of those problems.*

*Sascha was a woman of great intellect and determination. She lived in a home full of art, music, literature, drama and comfort but went out every day of her life into the community to ferret out conditions that needed attention and repair. Sascha liked to "kick the ant hill" and then watch the rest of us worker ants scurry about to effect some of her ideas. She was relentless in her search for solutions to the horrendous conditions in which our mentally ill citizens lived at that time. She abhorred indolence and apathy and spoke loudly against injustice and neglect and cruel stigma.*

*She was greatly talented—an actress, writer, and artist. She wrote her book *Out of Our Minds* (available in the Albright I & R library), wrote, produced and presented her drama "Welcome Home, Maybe," which was aired at the Chicago Conference of NAMI and throughout Arizona and California. One of her essays was published as a full-length featured article in Newsweek. Numerous essays and articles were distributed to various publication in and out of the family movement. She extended our advocacy to Mexico and Israel. Sascha was known throughout the country for her impassioned speeches and never ending attention to the mentally ill citizens of this country. She directed probing questions to every speaker at every conference, seminar or meeting, thereby clarifying the issues and extending understanding (sometimes to the great discomfort of the speaker).*

*You are gone, Sascha, but your spirit lives on in all who knew you. You would be proud of the growth of the Alliance and its position as a respected sector of the mental health community. We hope you had time to sit back and enjoy the satisfaction of knowing that you were an important part of this success.*

### **FAMILY-TO-FAMILY EDUCATION**

The first presentation of Family-to-Family Education at a site in San Diego.

**Mondays**  
**May 1, 8, 15, 22**  
**June 5, 12, 19, 26**  
**July 10, 17, 24, 31**



**Call the Albright Center at (619) 543-1434 to sign up as the class is limited in size.**

The program is comprised of a series of 12 classes for the families of persons with serious and persistent brain disorders (mental illnesses). These classes are small and represent a new concept and curriculum. In this model, the course co-teachers are family members themselves and the course has been designed and written by an experienced family member-mental health professional. The course balances education and skill-training with self care, emotional support and empowerment.

## CLIENT CORNER

### SCHOLARSHIP FUNDS AVAILABLE



Mental health clients may apply to SDAMI 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 \$500.00 will be considered.

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

### Living with Schizophrenia And Other Mental Illnesses

A recovery-education program presented by trained consumer presenters/facilitators to other consumers, families, friends and professionals.

It is for anyone who needs to know how people with schizophrenia and other serious mental illnesses cope with the realities of their disorder while recovering and reclaiming productive lives with meaning and dignity.

If you are interested in training as a presenter or attending a presentation, please call:



**Chuck Sosebee at  
(619) 294-9941**

#### **The Consumer Center for Health Education and Advocacy**

(If you need help getting mental health care services, please call or write us. We are ready to help you.)

1475 Sixth Ave., 4th Floor  
San Diego CA 92101  
1-877-734-3258 Toll Free

#### **The Meeting Place, Inc.**

4034 Park Blvd., San Diego  
(619) 294-9582  
*Open Tuesday - Saturday  
12 Noon - 4 p.m.*

#### **Corner Clubhouse**

2852 University (at Utah)  
San Diego (North Park) #7 Bus Line  
(619) 683-7423  
*Open Monday  
8:00 a.m. - 12:00 p.m.  
Tuesday - Friday  
8:00 a.m. - 4:00 p.m.*

#### **Friend to Friend**

1009 "G" Street  
San Diego  
(619) 238-2711  
*Open Monday - Friday  
12:00 - 6:00 p.m.*

#### **Mariposa Clubhouse**

560 Greenbrier, Suite .102, Oceanside  
(760)439-6006  
*Open Monday - Friday  
8:00 a.m. - 8:30 p.m.  
Saturday & Sunday  
10:00 a.m. - 5:00 p.m.*

#### **Friends**

144 Copper Ave. Vista  
(760) 941-2153  
*Open Saturdays  
1:00-4:00 p.m.*

#### **East Corner Clubhouse**

562 East Main St., El Cajon  
(between Mollison and Avocado)  
(619)401-6902  
Fax: (619)401-1751  
*Open Mon, Tue, Thur & Fri  
8:00 a.m. - 4:00 p.m.  
Wed 8:00 a.m. - 6:00 p.m.  
Sat 10 a.m. - 2 p.m.*

499 "H" Street, Chula Vista  
(619) 420-8603  
*Open Mon., Wed., Fri., Sat. & Sun.  
Noon - 7:00 p.m.  
Closed Tues. & Thurs.*

#### **Employment Services**

1202 Morena Blvd., Suite 201  
San Diego, (619) 276-8071

#### **The Access Center of San Diego**

1295 University Avenue  
San Diego, (619) 293-3500

#### **The Creative Arts Consortium**

P. O. Box 3053  
San Diego, CA 92163-3053  
For General info, call: (619) 692-8417  
Art—call Michelle (619) 260-1288  
Literature—Call Jim (619) 299-1753

#### **Job Options**

2727 Camino del Rio South  
San Diego  
(619) 688-1784 (Valorie)  
*Open Monday - Friday  
8:00 a.m. - 5:00 p.m.*

#### **San Diego Parks and Recreation Disabled Services Program:**

Ask for "The Leisure Seekers" group activities and calendar. No formal registration. Simply call ahead of event and say "I want to sign up for the event"  
(619) 525-8247

#### **Patient Advocacy Program**

5384 Linda Vista Road, Suite 304  
(619) 543-9998 or 1-800-479-2233  
Mon. – Fri.  
8:00 a.m. – 5:00 p.m.

## Schedule of Meetings

### NAMI SAN DIEGO

1st and 3rd Thursday each month  
University Christian Church  
3900 Cleveland Ave., San Diego  
Call (619)543-1434 or 1-800-523-5933

1st Thursday, 6:30 p.m.  
Education and Advocacy

**Thursday, April 6, at 6:30**  
**Speaker: Robert C. Coates**  
**Judge of the Superior Court**  
**Topic: Homelessness & the Mentally Ill**

3rd Thursday, 6:45 p.m.  
Sharing and Caring

#### Morning Sharing and Caring:

Third Tuesdays  
10:00 a.m. to 12:00 a.m.  
Albright I & R Center, 1094 Cudahy Place,  
Suite 120, Morena Office Center  
(West Morena & Buenos Ave.)  
(619)294-9941 or (619) 543-1434

#### Sharp Mesa Vista Hospital Sharing and Caring

Fourth Thursdays, 6:30 p.m. – 8:30 p.m.  
Executive Conference Room  
Sharp Mesa Vista Hospital  
7850 Vista Hill Avenue  
(858) 278-4110

#### Sibling and Adult Children's Group

Second Wednesdays  
7:00-9:00 p.m.  
Scripps Well Being Center  
Adjacent to the UTC Mall  
Call Monica Astorga at (858)483-9370

#### Clairemont Area Sharing and Caring

Second Mondays beginning May 8th  
7:00-8:30 p.m.  
St. David's Episcopal Church (Library)  
5050 Milton St.  
Margaret England (619) 276-6123  
Joan Williams (858) 273-1480

#### La Jolla Sharing & Caring

1st Tuesday each month, 7:15-9:00 p.m.  
La Jolla Presbyterian Church Lounge  
7715 Draper Avenue, (858)459-4905  
(Entrance on Kline St.)

2nd & 4th Wednesday each month  
6:30 p.m., 562 E. Main St., El Cajon,  
Call Donna Hawkins: (619) 401-5500  
or Forough, Douraghi: (619)401-5440

#### South Bay—Spanish

4th Monday each month 6:00-8:00 p.m.  
Call Luz Fernandez (East County clinic)  
for location (619)401-5500

#### Filipino Family Support Group

UPAC  
1031 25th St., Broadway & 25th  
2nd & 4th Thursdays 2:30 - 3:30 p.m.  
Call Maria Lopez (619)235-4282

#### Alpine Special Treatment Center Sharing & Caring

For information on date/time/place  
call (619) 445-2644, ext. 20

#### El Centro Sharing and Caring

2nd and 4th Wednesdays at 6:30 p.m.  
St. Peter & Paul Episcopal Church  
5th & Orange, El Centro  
(parking by Holt Street)  
Contact: Vicki (760) 359-3323

#### NAMI ESCONDIDO/NORTH INLAND

P. O. Box 300386  
Escondido, CA 92030-0386  
(760)745-8381

1st, 2nd, 4th & 5th Tuesday  
4:00-5:30 p.m., Share & Care  
210 Park (Senior Center), Escondido  
Call (760)745-8381

3rd Tuesday, 7:00 p.m.  
Education Meeting  
Bradley Center (Kinesis North)  
474 W. Vermont Ave, Escondido  
(760)745-8381 or 1-800-523-5933

#### Tuesday, April 18 at 7:00 p.m.

**Speaker: Judge David Ryan**  
**Vista Court**

**Topic: On the Poet Project**  
**How can the courts help with issues of  
families and the mentally ill.**

All meetings are followed by refreshments and  
Share & Care for family members

Carlsbad, CA 92018  
(760)722-3754

St. Michael's by the Sea Episcopal Church  
Parish Hall  
2775 Carlsbad Blvd., Carlsbad  
(760) 722-3754 or (800) 523-5933

3rd Wednesday at 7:00 p.m.  
Education Meeting  
followed by Share & Care at 8:40 p.m.

#### Wednesday, April 19 at 7:00 p.m.

**Speaker: Anna Palid**  
**Program Manager**  
**CMH Case Management**  
**Services for Adults**  
**Topic: LPS Conservatorship and**  
**Case Management for Adult Services**

4th Tuesday - 5:00-6:30 p.m..  
Share & Care  
North Coastal Mental Health Center  
1701 Mission Avenue #A, Oceanside  
(760)967-4475 or (760)722-3754

2nd Thursday at 6:00 - 7:00 p.m.  
Share and Care  
Tri-City Medical Center, Mental Health  
Unit  
(760)722-3754

#### Pastoral Share & Care

4th Thursday - 7:30 p.m.  
2807 Ocean St., Apt. 301, Carlsbad  
Jane or Tim Hird, (760)435-2536  
Call first for security reasons.

#### PATTON AMI

c/o Patton State Hospital  
3102 E. Highland Avenue  
Patton, CA 92369  
Fax: (714) 963-9961

3rd Sunday of each month  
Administrative Meeting Room  
11:45 a.m. -1:15 p.m.  
3102 East Highland Avenue  
Patton, CA (909)425-7392

#### NAMI NORTH COASTAL SAN DIEGO COUNTY

P. O. Box 2235

El Cajon (East County)



**NAMI San Diego**

**2000 MEMBERSHIP APPLICATION**

Make check payable to SDAMI and mail to: P. O. Box 710761, San Diego, CA 92171-0761  
Check one: ( ) Individual or Family \$35.00 ( ) Client \$10.00 ( ) Newsletter Only \$15.00

Check Relation to Client: Parent of Adult \_\_\_ Parent of Child (under 18) \_\_\_ Sibling \_\_\_  
Spouse \_\_\_ Professional \_\_\_ Other \_\_\_\_\_

Check one: ( ) New Member ( ) Renewal Contribution: \$ \_\_\_\_\_

Name \_\_\_\_\_ Phone (home) \_\_\_\_\_

Street \_\_\_\_\_ Phone (work) \_\_\_\_\_

City, State, Zip \_\_\_\_\_

**VOLUNTEERS:**

We are always in need of volunteers. Please take a moment and mark the activities that interest you:  
( ) Phone Volunteer ( ) Legislation ( ) Fund Raising ( ) Office Work

**The Access & Crisis Line**

**1-800-479-3339**

**24-hours a day  
7 days a week**

- **Professional counselors**
- **Multi-lingual capability**
- **Spanish speaking counselors**

The Access and Crisis Line is a service of United Behavioral Health, the Administrative Service Organization for the County of San Diego Mental Health system of care for adults and older adults.

**NATIONAL  
DEPRESSIVE &  
MANIC DEPRESSIVE  
ASSOCIATION**

Call (800)826-3632  
for meeting places and times.

**Depressive and  
Manic Depressive  
Support Group**

Every Monday at the  
VA Hospital La Jolla,  
Room 2011  
6:00 – 8:00 p.m.

Sponsored by:  
Dr. John R. Kelsoe, M.D.  
UCSD Dept. of Psychiatry

For information, contact:  
Janet Kaul (858) 535-4783  
or  
Toll Free: 1-800-274-3637



**New  
Sharing and Caring Group**

**Clairemont Area**

Second Monday of each Month  
Beginning Monday, May 8th  
7:00 – 8:30 p.m.  
St. David's Episcopal Church  
(Library)  
5050 Milton Street

For more information, call:

Margaret England  
St. David's Episcopal Church  
(619) 276-6123  
or  
Joan Williams  
St. Mark's United Methodist  
Church  
(858) 273-1480

San Diego Alliance for the Mentally Ill  
1094 Cudahy Place, Suite 120  
San Diego, CA 92110-3932

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**NAMI CONFERENCE IN SAN DIEGO  
JUNE 14 – 18, 2000  
VOLUNTEER AT THE CONFERENCE AND EARN  
A "FREE DAY" FOR EACH 4-HOUR SHIFT  
Call NAMI San Diego for  
Volunteer Application  
(619) 294-9941**

***Inside This Issue:***

*NAMI Presents 10-Year Forecast of  
Mental Health Care Trends*

*How Should Suicidal Behavior Be Managed*

*March-At-A-Glance  
(Update on NAMI San Diego Programs)*

*Legislative Update*

Address label

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*The opinions expressed in the newsletter do  
not necessarily reflect those of SDAMI.*

**ALBRIGHT INFORMATION  
& REFERRAL CENTER**

1094 Cudahy Place, Suite 120  
San Diego, CA 92110-3932

Do you need information about  
mental illness?

Talk to someone who understands  
Call the Albright I & R Center  
(619)543-1434 or  
1-800-523-5933  
7 Days a Week  
24 Hours a Day

We have a library of books and tapes  
available for you.

**Attend NAMI San Diego meetings  
listed in this issue "Schedule of  
Meetings" and receive educational  
materials to send to your far away  
family members who do not  
understand.**

*The San Diego Alliance for the Mentally  
Ill is a tax-exempt, non-profit  
organization.*

*A self-help advocacy and support group  
of families, friends, consumers and  
professionals, dedicated to the care,  
treatment, rehabilitation and cure of  
persons with mental illness.*

*NAMI San Diego is an affiliate of  
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NAMI California*

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