

# The Alliance Advocate

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

Formerly San Diego Alliance for the Mentally Ill

April 2001

Volume V, Issue 4

## RICHARD BIRKEL NAMED NAMI EXECUTIVE DIRECTOR

NAMI E-News March 19, 2001

Arlington, VA-The National Alliance for the Mentally Ill (NAMI) today announced the appointment of Richard Birkel, Ph.D., as executive director of the nation's largest grassroots advocacy organization dedicated to improving the lives of children and adults with mental illnesses. Birkel, currently president and CEO of the Lt. Joseph P. Kennedy Institute (Kennedy Institute) in Washington, D.C., will start on April 23, 2001.

"Rick Birkel brings to NAMI proven skills as a strategic leader of non-profit organizations and a keen perspective as a family member of people who live with severe mental illness," said Jacqueline Shannon, president of NAMI's board of directors. "He has first-hand knowledge of the issues that are critically important to NAMI members."

Prior to his leadership of the Kennedy Institute, Birkel served as vice-president of a management and research firm specializing in urban health issues; a member of the faculty at University College at the University of Maryland; director of the Washington Business Group on Health's national center on work-site health promotion; and a faculty member at the Pennsylvania State University. He received his undergraduate degree from Yale University and his M.A. and Ph.D. in psychology, as well as an M.A. in public administration from the University of Virginia.

*Continued on page 7-- Birkel*

## Education & Advocacy Meeting

Thursday, April 5, 2001

6:30 - 8:30 p.m.

Speakers:

**Elaine Wilson, M.S.**

**Counselor, Disabled Students Programs & Services (DSPS)**

**Christine Althaus, M.S.**

**Assistant Professor/Counselor**

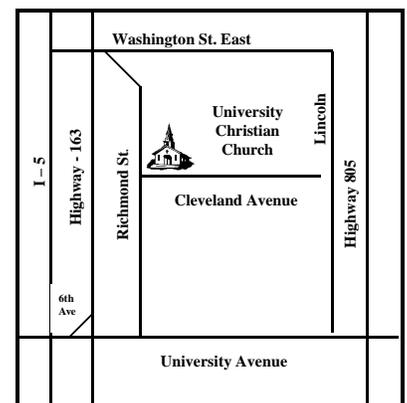
**San Diego Community College District (SDCCD)**

**Topic: Disabled Students Programs & Services**

Elaine Wilson and Christine Althaus are both graduates of the Vocational Rehabilitation Counseling (VRC) Graduate Program at San Diego State University. Elaine Wilson emphasis was in VRC mental health services. She has worked for SDCCD for the past 14 months as an Educational Technician Acquired Brain Injury Program and as a DSPS Counselor. Prior to this she was employed for over 8 years in the social service field providing case management for adults with developmental disabilities living independently. She has also worked in research on a longitudinal study sponsored by Children's Hospital. This five-year study will assess the need for services and current access to mental health services for children in San Diego County.

Christine Althaus has been a DSPS Counselor at Mesa Community College for the past 7 years. Prior to this, she was Project Coordinator for Project Future Quest, a special grant-funded program that worked in conjunction with the San Diego Unified School District and the Interworks Institute - SDSU. Project Future Quest provided outreach services to young children and adolescents that were diagnosed with social and emotional disabilities.

**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 5**

## March-at-a-Glance

Bettie Reinhardt, Executive Director

### You Have Good Ideas

A member of the audience at the March Education & Advocacy meeting wondered if we had ever thought of putting a calendar in the Advocate. It is a great idea and we are trying it this month. Please give us your feedback.

### Board News

The Board heard San Diego Assistant Chief of Police Bill Maheu talk about that department's efforts to respond appropriately when they interact with people with mental illnesses.

### Family-to-Family Education

Don't wait for a set date to sign up. A growing waiting list will speed the scheduling of a new class. A recent study reports that this 12-session course *significantly* increased

- (1) self-perceived knowledge about mental illness,
- (2) empowerment regarding the system, the community and family,
- (3) ability to cope with the mental health system, and
- (4) ability to cope with family member with mental illness.

Subjective burden of mental illness including worry and displeasure with the ill family member also *significantly* declined. Most importantly, post-program gains were sustained after six months. Call the Albright Center for more information and to register. Two classes are now in progress.

### Schizophrenia: Education for Families and Caregivers

One class is now in progress. Another will be scheduled when the waiting list is long enough. Register for this series on understanding and coping with schizophrenia by calling the Albright Center NOW.

### Advocacy Works

We are working on presenting this class again, we hope regularly. We need to know that you are interested in this one-day workshop that provides a tool box of skills families can use in their own advocacy. Please call now.

### Living with Schizophrenia & Other Mental Illnesses

Call Chuck Sosebee at 619.275-7165 to schedule a presentation to your group.

### To Register for Classes

Call the Albright Center at 800.523.5933 or 619.543.1498 to sign up for any class or workshop described above. All of the classes are provided at no charge.

### Staff and Program Changes

We have two new part-time employees and a new service! The new service is the Partial Assistance Rent Subsidy program that provides a rent subsidy to very low income people with a diagnosis of AIDS. Several of our services are funded by a federal block grant through the County Office of AIDS Coordination. Some are specific to people with mental health problems but all help people with mental illnesses since they are significantly more likely than the general population to become HIV+. One of the new employees will work only with the subsidy program. The other new employee, Sylvia Padilla, is our Education and Development Director. She is bilingual and bicultural, has an MBA and is working on her MSW. Please welcome her as a strong asset in meeting our objective this year.

***Our objective this year:  
do more of what NAMI does  
well – better, and in more places.***

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

## 2001 MEMBERSHIP RENEWAL

### A Friendly Reminder!

Your membership is important to us  
and will insure that our important  
projects can continue.



If you have not renewed your  
membership complete the 2001  
membership application on page  
10 and send to NAMI San Diego  
today.

## 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**

### Board of Directors:

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### Executive Director

Bettie Reinhardt  
exudir@namisandiego.org

**The Alliance Advocate is a monthly  
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### The Alliance Advocate Editor:

Emy Alhambra  
E-mail: [emynal@aol.com](mailto:emynal@aol.com)  
Fax: (619)294-9598

**Submission of articles must be received  
by the 15th of the month for consideration for  
publication in the following month's newsletter.**

The opinions expressed in the newsletter  
do not necessarily reflect those of  
NAMI San Diego.

## A Message From NAMI San Diego's President

### Have you been coming to our First Thursday Education and Advocacy meetings lately?

We are having some excellent meetings. I have noticed that more and more consumers are coming. Almost every month we have a few people there for the first time. It is such an honor to visit with some of you before and after our meetings.

One of our goals has been to become more inclusive; to have more members who are consumers, providers, friends and relatives. We want to include people of every race, religion, income, culture, sexual preference, size, and age. We want to serve families of children with mental illnesses and people who have other disabilities in addition to mental illness.

Earlier this year our board, at the recommendation of our membership committee, decided that by removing some barriers we could make it easier to become a member of NAMI San Diego. It was our feeling that:

- ◆ No one who cannot afford to pay regular membership dues should be turned away, but they should pay something for membership.
- ◆ Consumers, whose income is often very low, should be able to join and renew for a small fee.
- ◆ Consumers who are new to NAMI and attend one of our "Living with Schizophrenia" presentations may become members for the first year at no cost.
- ◆ Providers, such as doctors, should have an easy way to refer people to NAMI and distribute information in their offices.
- ◆ Our members should be given the opportunity to pay for the expense of maintaining members who are not paying the whole cost of membership.
- ◆ Members and friends should be given the opportunity to become sustaining donors.

You can see on page 10 of this newsletter that some of the above items have been incorporated into our membership application. Notice too, that the application can be used for sending additional donations anytime during the year.

It costs us about \$30 per member to: pay NAMI National (\$10), NAMI California (\$5), and mail our newsletter (\$15). This leaves us with \$5 per year per fully paid member to run the Albright Center and all of our other programs.

I was thinking that it might work to send your own membership dues one month and then the same amount a different month for another member. I would like you to consider sending a few (or many) dollars to help pay for those members in financial need. Another idea is to give a membership as a gift to a family member, friend, or anyone who may benefit

I know that I do not want anyone who could benefit from NAMI membership to not belong because of the cost of dues!

*Marjorie Joramo*  
*President*

## Exercise as Psychotherapy

A review of studies on the therapeutic effects of exercise concludes that it is a healthful, inexpensive, and insufficiently used treatment for a variety of psychiatric disorders. In patients with mild to moderate depression, 14 control studies have found exercise to be more effective than no treatment or a placebo; it has compared favorably with several kinds of individuals and group psychotherapy as well. As little as five weeks of three times weekly half-hour or one-hour supervised sessions of walking, running, or weight lifting are sometimes helpful, and the gains may be maintained for up to a year, especially if the patient continues to exercise. The program costs four to five times less than standard treatments.

One control study found that for people with panic disorder and agoraphobia, running three times a week for ten weeks was more effective than a sugar pill, although the drug clomipramine (a standard treatment) was even better. In uncontrolled studies, researchers have found an improvement in symptoms of anxiety disorders. Running and other aerobic exercises improved cardiovascular function in people with developmental disabilities (important because many of them are overweight), as well as reducing stereotype behavior for a few hours and improving work performance. But the effects did not continue when the supervised exercise ended.

Other reports (case studies and uncontrolled experiments) suggest that exercise reduces depression, agitation, and hallucinations in schizophrenic patients. One study found that exercise three times a week allowed people with conversion disorder (expressing emotional problems in the form of paralysis and other physical symptoms) to reduce their dependence on a wheelchair. For body dysmorphic disorder

*Continued on page 7 -* **Exercise**

## Legislative Update by Caroline Hamlin

### The Rand Report: What did it say?

The long awaited Rand report entitled, "The Effectiveness of Involuntary Outpatient Treatment" was released in January. This study was prepared for the California Senate Committee on Rules at the request of Senator pro tem Burton. As you recall, last year there was a legislative bill which attempted to reform the Lanterman-Petris-Short Act which law dictates how involuntary commitment can occur in California. The LPS reform bill, AB1800, authored by assemblywomen Helen Thomson, successfully passed the Assembly but came to grinding halt in the Senate when Senator Burton sent it on to the Senate Rules Committee. Senator Burton said that no action would be taken until a Rand Corporation study indicated whether involuntary outpatient treatment was effective or not. Now we have the answer. After a year of study, the Rand Corporation says that it is unpredictable whether involuntary outpatient commitment would work or not. The report does say that there is some evidence that when it is combined with intensive mental health treatment there are improved outcomes for clients. The conclusion of the report also states that attorneys, behavior health officials, and psychiatrists who were interviewed support involuntary treatment as a way to make sure people get needed services, but many felt that services offered in their communities were inadequate for making involuntary commitment work.

On the basis of this report Senator Burton has stated that he would be willing to support a pilot project. We are now awaiting a bill by Assemblywoman Thomas proposing such a project.

### ACTION ALERT

A new parity bill entitled "Mental Health Equitable Treatment Act" (S 543) was introduced at a press conference by U.S. Senators Pete Domenici (R-NM) and Paul Wellstone (D-MN) on March 15. This bill would expand the Mental Health Parity Act of 1996 and provide full parity in insurance coverage for serious brain disorders.

Many states like California already have parity laws, so you may be asking why we need this federal parity law. One reason is that existing federal law has allowed self-insured plans to escape state parity requirements. However, this new bill does exempt small businesses of 25 or fewer employees

This new expanded parity bill prohibits a group health plan from placing treatment limitations or financial requirements on the coverage of mental health benefits that are not the same as for any other physical illness. Parity means equality of insurance benefits for mental illnesses such as schizophrenia, bipolar disorder, major depression, obsessive-compulsive disorder, and severe anxiety disorders. Modeled after mental health benefits provided to federal employees and Congress, this bill will give families equal access to treatment necessary for recovery.

The Mental Health Equitable Treatment Act will end discriminatory treatment limitations on mental illness. Passage of this bill is NAMI National's top priority for 2001.

### Write, Call, or Email California Senators Boxer and Feinstein and ask them to support Senate Bill 543.

**Senator Barbara Boxer**, 600 B St., Suite 2240, San Diego CA 92101  
(619) 239-3884, Fax: (619) 239-5719, e-mail: senator@boxer.senate.gov

**Senator Dianne Feinstein**, 750 B St., Suite 1030, San Diego CA 92101  
(619) 231-9712, Fax: (619) 231-1108; e-mail: senator@feinstein.senate.gov

## Schedule of Meetings

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**NAMI SAN DIEGO**  
University Christian Church  
3900 Cleveland Ave., San Diego  
Call (619) 543-1434 or 1-800-523-5933

**First Thursday, April 5**

6:30 - 8:30

**Speakers:**

**Elaine Wilson, M. S.**

**Christine Althaus, M.S.**

**San Diego Community College  
District**

**Topic: Disabled Students  
Programs and Services**

**Third Thursday, 6:45 p.m.**

**Sharing & Caring**

**Morning Sharing and Caring:**

Third Tuesday, 10:00 - 12:00 a.m.

**NOTE CHANGE OF MEETING PLACE**

University Christian Church  
3900 Cleveland Ave., San Diego

**Sharp Mesa Vista Hospital**

**Sharing and Caring**

Fourth Thursday, 6:30 - 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 Wednesday, 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 Monday, 7:00 - 8:30 p.m.

St. David's Episcopal Church (Library)

5050 Milton St., (619) 276-4567

**La Jolla Sharing & Caring**

First Tuesday, 7:15 - 9:00 p.m.

La Jolla Presbyterian Church Lounge

7715 Draper Avenue, (858) 459-4905

(Entrance on Kline St.)

**El Cajon (East County)**

Second & Fourth Wednesday

6:30-8:00 p.m., 562 E. Main St., El

Cajon,

Call Donna Hawkins: (619) 401-5500

or Forough, Douraghi: (619) 401-5440

**South Bay—Spanish**

Fourth Monday, 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

For information on date and time

call (619) 235-4282

**Alpine Special Treatment Center**

**Sharing & Caring**

Last Wednesday - 6:00 - 7:30 p.m.

Community Room

(619) 445-2644, ext. 20 or

800-427-5817 (voice mail)

**El Centro Sharing and Caring**

Contact Dr. Ng's office for

date/time/location (760) 352-8171

**NAMI NORTH INLAND**

**SAN DIEGO COUNTY**

**P. O. Box 300386**

**Escondido, CA 92030-0386**

**(760) 745-8381**

Third Tuesday, 7:00 p.m.

Education Meeting

Bradley Center (Kinesis North)

474 W. Vermont Ave, Escondido

(760) 745-8381 or 1-800-523-5933

**Third Tuesday, April 17**

**7:00 p.m.**

**Speaker: Dr. Jacqueline Zimmer**

**Clinical Psychologist**

**Topic: Psychotherapy for the  
Mentally Ill**

**Share & Care**

First, Second, Fourth & Fifth Tuesday

4:00 - 5:30 p.m.

210 Park (Senior Center), Escondido

Call (760)745-8381

**NAMI NORTH COASTAL**

**SAN DIEGO COUNTY**

**P. O. Box 2235**

**Carlsbad, CA 92018**

**(760)722-3754**

St. Michael's by the Sea Episcopal

Church Parish Hall, 2775 Carlsbad Blvd.

(760) 722-3754 or (800) 523-5933

**Third Wednesday, 7:00 p.m.**

**Education Meeting followed by**

**Share & Care at 8:40 p.m.**

**Wednesday, April 18**

**7:00 p.m.**

**Speaker: Alan A. Abrams, M.D.,  
J.D., FCLM**

**Topic: Treatment After Trial**

**Share & Care**

Fourth Tuesday - 5:00-6:30 p.m..

North Coastal Mental Health Center

1701 Mission Avenue #A, Oceanside

(760) 967-4475 or (760) 722-3754

**Share and Care**

Second Thursday at 6:00 - 7:00 p.m.

Tri-City Medical Center, Mental Health

Unit, 4002 West Vista Way

Oceanside (760)940-5700

**Pastoral Share & Care**

Fourth 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**

Third Sunday, 11:45 a.m. - 1:15 p.m.

Administrative Meeting Room

3102 East Highland Avenue

Patton, CA (909)425-7392

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**NATIONAL DEPRESSIVE &  
MANIC DEPRESSIVE  
ASSOCIATION**

Call (800) 826-3632

for meeting places and times.

**San Diego-La Jolla Chapter**

**Sponsored by**

**Dr. John Kelsoe, UCSD**

Every Monday at the

VA Hospital La Jolla,

Room 2011 - 6:00 - 8:00 p.m.

(858) 535-4783

Toll Free: 1-800-274-3637

<http://groups.yahoo.com/group/San-Diego-La-Jolla-DMDA>

## Client Corner

### SCHOLARSHIP FUNDS AVAILABLE

Mental health clients may apply to NAMI San Diego 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  
Coordinator of  
Consumer Outreach & Education  
(619) 275-7165  
TTY/TDD (619) 275-7164  
Email: EducNamiSD@cs.com

### 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  
10:00 a.m. - 4:00 p.m.

### Corner Clubhouse

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

### Friend to Friend

1009 "G" Street  
San Diego  
(619) 238-2711  
Open Monday - Saturday  
10:00 a.m. - 6:00 p.m.  
A peer advocate is available  
Thursday, Friday (afternoon) and Saturday

### Mariposa Clubhouse

560 Greenbrier, Suite .102, Oceanside  
(760)439-6006  
Open Monday - Friday  
8:00 a.m. - 4:00 p.m.  
Open Saturday & Sunday  
for special events.

### 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 Monday & Friday  
8:00 a.m. - 4:00 p.m.  
Tuesday & Thursday  
8:00 a.m. - 12:00 noon

Wednesday - 8:00 a.m. - 6:00 p.m.  
Saturday - 10:00 a.m. - 2:00 p.m.

### Visions @ 5<sup>th</sup> and H

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

### 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  
Admin—Call Jane (858) 481-7069  
Art—Call Michelle (619) 589-2434  
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.

### The Access & Crisis Line

1-800-479-3339

24-hours a day 7 days a week

- Professional counselors
- Multi-lingual capability

## What Is the Psychiatric Significance of Loneliness?

*We asked Jacqueline Olds, M.D., and Richard S. Schwartz, M.D., who are, respectively Assistant and Associate Clinical Professor of Psychiatry at Harvard Medical School.*

Loneliness is one of the problems most often encountered by mental health professionals, but they often do not pay enough attention to it and rarely write about it. Our culture encourages autonomy, independence, and individualism, which often make people less connected than is good for them. Furthermore, loneliness is becoming more common because more people are living by themselves or are not part of a community. In 1950, 9%, and in 1992, 25% of households in the United States consisted of a single person; the number of people who admit loneliness in anonymous polls is also rising.

People with good social connections are physically healthier and live longer. Many studies indicate that isolated people die sooner than their more socially involved neighbors -- a difference that cannot be explained by diet, exercise, and other familiar influences on longevity. People with the most limited social networks are about twice as likely to die over a 10-year period as those with the wide networks. Patients who live alone after a first heart attack are twice as likely to suffer a second heart attack or die. According to some studies, women with breast cancer and melanoma patients may live longer if they join support groups. In most countries, the suicide rate rises with rising rates of divorce, unemployment, and illegitimate births.

People in our society are often embarrassed to admit loneliness. In polls, when not granted anonymity, they are more likely to say they prefer being self-sufficient. As patients, they often consider trauma or low self-esteem to be more acceptable subject of discussion. But psychotherapists must not allow problems of loneliness to be ignored for the sake of seemingly

"deeper" issues, or imply that loneliness will take care of itself once patients understand the unconscious roots of their behavior. Therapists can help simply by bringing up the subject and overcoming the general embarrassed silence that leads many people to believe they are the only ones who are lonely. Often the shame and secret misery of patients is relieved when they acknowledge their own loneliness and learn that it is a common problem.

But therapists must do more. Patients do not necessarily make friends simply because they have become less anxious. There are genuine difficulties in building a social network. Patients often need help in connecting with new people or making deeper connections with familiar ones. Because requesting and returning favors is part of the process of deepening a relationship, that may mean helping them overcome the cultural aversion to dependency.

In general, the therapeutic relationship itself should not be regarded as a model, because it is a special bond that can withstand a degree of self-absorption not acceptable in other settings. Some therapists convey to patients that they should not discuss with anyone else what they talk about in therapy. This creates risk that other relationships will become less vital as they save all their most intimate thoughts for therapy. To help patients preserve the relationships they consider most important, they should often be encouraged to discuss their therapeutic discoveries regularly with others.

The best way to combat loneliness is to undertake a task that involves regular contact with others. But if friendships are to gel, this contact must last longer than most of us think. High school, college, the military, medical training, and other institutional settings that throw people together for long periods result in many long-term friendships. After these settings have been left behind, lives must often be

reshaped to provide joint projects. In this respect, although not in others, the therapeutic relationship can serve as a model; it too is a joint project, and when it succeeds, patients often feel less anxious about other shared activities.

*(Source: The Harvard Mental Health Letter, Vol. 16, Number 10, April 2000.)*

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### *Continued from page 4 -* **Exercise**

(a false belief in one's ugliness or physical repulsiveness), there is one study finding that exercise is as effective as cognitive behavioral therapy over a six-week period. Exercise has also been found useful in the behavioral treatment of chronic pain. Results in the treatment of drug abuse, alcoholism, and nicotine addiction are conflicting.

*Tkachuk GA and Martin GL. "Exercise Therapy for Patients with Psychiatric Disorders: Research and Clinical Implications," Professional Psychology: Research and Practice (June 199): Vol. 33, No. 3, pp 275-82. (Source: The Harvard Mental Health Letter, September 2000)*

### **Contributions through United Way**

NAMI's code for United Way/CHAD contributions is **6470**

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### *Continued from page 1 -* **Birkel**

"I look forward to working with NAMI on critical public policy initiatives that directly affect the lives of people with mental illnesses," Birkel said. "They include passage of the federal Mental Health Equitable Treatment Act of 2001 and state legislation to protect access to life-saving medications and treatment. Continuing the fight against stigma and discrimination is a top priority."

## Scholarships to NAMI Annual Convention

A number of full scholarships (which may include conference registration, travel, hotel, and childcare vouchers) are available for first-time convention-goers who are current NAMI members and have a child or adolescent younger than 18 with early onset mental illness.

To request a scholarship application, contact Brenda Souto by email at [brenda@NAMI.org](mailto:brenda@NAMI.org) or by calling 703/524-7600.

With the opening of the new panda exhibit at the National Zoo (just up the street from the convention site), this is an excellent time to visit Washington. Why not make the NAMI Annual Convention part of your family's vacation plans this year?



## UNITED BY HOPE WORKING FOR CHANGE NAMI 2001 ANNUAL CONVENTION



*It's time to start making your plans now to attend NAMI's 2001 Annual Convention, Scheduled for July 11 - 15 at the Washington Hilton and Towers Hotel in Washington DC.*

*Some 2,500 NAMI activists from all over the U.S. will come together with movement leaders from all over the world to discuss strategies, examine what works, and be updated by some of the world's best scientific and strategic thinkers.*

### PRELIMINARY CONVENTION SCHEDULE

<b>Wednesday</b> <b>JULY 11</b>	State and consumer leader meetings Consumer Networking Legislative Briefing	Family-to-Family Institute First Timers Orientation NAMI Policy Team
<b>Thursday</b> <b>JULY 12</b>	Legislative Plenary Plenary State Caucuses	Legislative Coffee Capitol Hill Visits Candidates Speeches
<b>Friday</b> <b>JULY 13</b>	Symposia Workshops Forums	Special Performance Board Election
<b>Saturday</b> <b>JULY 14</b>	Research Plenary Annual Business Meeting	Research Tracks Ask-the-Doctor Sessions Banquet
<b>Sunday</b> <b>JULY 15</b>	Ecumenical Workshop Service	

**IMPORTANT NOTE: This schedule will be updated frequently on the NAMI web site! Go to [www.nami.org](http://www.nami.org) and click on "meetings." You can also register by credit card on-line or you can call NAMI San Diego at 619.294.9941 for an application and information.**

## Open Your Mind

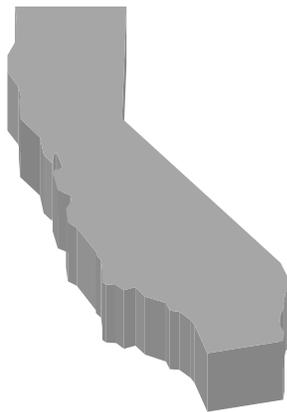


*Mental Illnesses  
are Brain Disorders*



## SAVE THE DATE

**NAMI -- CALIFORNIA  
STATE CONFERENCE  
SEPTEMBER 6 - 7, 2001  
MARRIOTT HOTEL  
TORRANCE, CALIFORNIA**



This conference will feature medical researchers, government leaders and other experts who share the very latest information on such things as the status of new medications.



## SUPPORT THE MEETING PLACE, INC.

**CAR WASH (\$4.00)**

**APRIL 21, 9:00 A.M. - 1:00 P.M.**

Come and support the Meeting Place, inc., 4034 Park Blvd. (one block north of University Avenue) at our monthly car wash.

All proceeds will be used by the members for recreational activities.

The Meeting Place is also looking for a portable sewing machine that could be donated or loaned to us for sewing classes. Anyone that is interested in teaching sewing to our members at The Meeting Place, please contact Jeanette at (619)294-9582.



### 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.

### 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 and friends who  
do not understand.**

### Volunteers Needed. Make a Difference.



**Wanted:  
Individuals who want to  
make a difference.  
Training provided.**

**Call NAMI San Diego at  
(800) 523-5933 for an  
application.**

# The Alliance Advocate

Vol. V, Issue 4, April 2001

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**NAMI San Diego**

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## RETURN SERVICE REQUESTED

*Inside This Issue:*

*March-at-a-Glance*

*Legislative Update*

*What is the Psychiatric Significance  
of Loneliness?*

*Exercise as Psychotherapy*

*Calendar of Events & Meetings*



**NAMI San Diego**

## 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: \_\_\_\_\_ Home Phone # \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Work Phone # \_\_\_\_\_

**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
- \_\_\_\_\_ Open Door Membership \$3.00 (consumer, consumer family & friends in financial need)

### ANNUAL SUSTAINING DONORS

- \_\_\_\_\_ Bronze Donor – up to \$99.00 \_\_\_\_\_ Benefactor – \$500.00 – \$999.00
- \_\_\_\_\_ Silver Donor – \$100.00–\$249.00 \_\_\_\_\_ Patron – \$1,000 +
- \_\_\_\_\_ Gold Donor – \$250.00–\$499.00 \_\_\_\_\_ I prefer my contribution to be anonymous
- \_\_\_\_\_ Donation for Open Door Memberships (\$ \_\_\_\_\_)  
(to help consumer, consumer family & friends in financial need)

### Check relation to client:

- \_\_\_\_\_ Parent of Adult
- \_\_\_\_\_ Parent of child (under 18)
- \_\_\_\_\_ Sibling
- \_\_\_\_\_ Spouse
- \_\_\_\_\_ Professional
- \_\_\_\_\_ Other \_\_\_\_\_
- \_\_\_\_\_ Self

\_\_\_\_\_ Please send me volunteer information and application.

# NAMI San Diego Calendar of Events/Meetings

## April 2001

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 6:00 – 8:00 p.m. Depressive & Manic Depressive Support Group VA Hospital, La Jolla 6:45 – 9:15 p.m. Family – Family Education, Health Services Complex,--Rosecrans	3 7:00 – 9:30 p.m. Family – Family Education Grossmont Hospital 7:15 – 9:00 p.m. La Jolla Sharing & Caring La Jolla Presbyterian Church Lounge	4 8:30 a.m. Walk/Fair Committee Western Div. Police Dept.	5 6:30 – 8:30 p.m. Education & Advocacy Meeting, University Christian Church <b>Topic: Disabled Students Programs &amp; Services</b>	6 1:00 p.m. Consumer Meeting County San Diego Health Services Complex--Rosecrans	7
8	9 10:00 a.m. – 12:00 noon Albright I & R Volunteers 6:45 – 9:15 p.m. Family – Family Education, Health Services Complex--Rosecrans 7:00 – 8:30 p.m.	10 12:30 p.m. Executive Committee NAMI San Diego 7:00 – 9:30 p.m. Family – Family Education Grossmont Hospital	11 8:30 a.m. Walk/Fair Committee Western Div. Police Dept. 7:00 – 9:00 p.m. Sibling & Adult Children's Group, Scripps Well Being Center.	12 1:00 p.m. Employer Breakfast Committee NAMI San Diego	13	14
15	16 6:00 – 8:00 p.m. Spanish Support Group, South Bay 6:30 – 8:00 p.m. El Cajon Support Group	17 10:00 – 12:00 a.m. Morning Sharing & Caring University Christian Church 7:00 – 9:30 p.m. Family – Family Education Grossmont Hospital	18 8:30 a.m. Walk/Fair Committee Western Div. Police Dept. 4:30 NAMI-SD Board Meeting NAMI San Diego	19 6:45 p.m. Sharing & Caring University Christian Church	20	21
22	23 6:00 – 8:00 p.m. Spanish Support Group, South Bay 6:30 – 8:00 p.m. El Cajon Support Group	24 7:00 – 9:30 p.m. Family – Family Education Grossmont Hospital	25 8:30 a.m. Walk/Fair Committee Western Div. Police Dept. 6:00 Mental Health Board Health Services Complex Rosecrans	26 1:00 p.m. Employer Breakfast Committee NAMI San Diego 6:30 p.m. – 8:30 p.m. Sharing & Caring	27	28 Celebrate Mental Health! FUN WALK RESOURCE FAIR
29	30	UPCOMING MAY EVENT May 8: 7:30 -10:00 a.m. 2nd Annual NAMI San Diego Employer Breakfast, The Westin Hotel, Horton Plaza (Attendance by Invitation)				