

## Gateway to Wellness

NAMI San Diego would like to extend heartfelt thank yous to our donors. With the help of the following people, NAMI is able to stay on its mission.

### Thanks to...

Jerome and Julia Butsko  
Terry and Susan Carlson  
Patricia Helsing  
Verna Price  
John and Margaret  
Sottosanti  
Kathleen Spittel  
Hank and Helen Teisher  
Joan Williams

## First Thursday

Decreasing Suicidality in  
Schizophrenia: Examining the  
Effectiveness of Clozaril

Speaker:

Jana Hart, RN, BSN  
Educator

Thursday, April 3, 2003  
Social & Visitors - 6:30 pm  
Business & Advocacy - 7:00 pm  
Program - 7:30 pm

For more information, please see  
page 5.

## Education Programs Filled with Heroes

By Mary Lou Erwin

As the new Education Director for NAMI San Diego, I am now overseeing, NAMI C.A.R.E., In Our Own Voice, Peer-to-Peer, Family-to-Family, Share and Care, and the Schizophrenia: Education Class.

The volunteers I work with I regard as my heroes. My heroes continuously display the noble qualities of compassion, courage, support, strength, dedication and acceptance that put me in a state of continuous awe.

Support was very evident at a three-day NAMI C.A.R.E. teacher training class held a couple of weeks ago.

Some of the consumers in the training were attending from the north county area. A consumer from that area offered daily rides from and to the north county area to consumers that couldn't drive. This saved numerous hours of travel time on a bus for these three individuals. I was so impressed that these three people from the North County area were willing to take that long bus ride before the opportunity of a ride was offered. My heroes wanted to become volunteer facilitators so they could give support to other consumers. No matter what they had to do to get to the training, they were willing to do it. Each and every one of them accepted their personal limitations and the limitations of others with a compassion that was beyond words.

Courage and dedication are other adjectives that describe my heroes. At the last Peer-to-Peer teacher training

class, participants came to the trainings in spite of the severe rainstorm we were having. It was downright scary when the wind was howling and the thunder and lightening was continuously riveting our training class. However, the teachers in training continued like troopers. These teachers in training were motivated by the fact that they

would be able to provide skills and support to other consumers who were ready to learn more about their mental illness. The support offered by the coordinator of this program went far beyond the call

of duty. She was able to make each one of the participants in the training class feel safe, welcomed, and special.

Heroes abound in the NAMI family. Volunteer family members that commit to teaching a class once a week for 12-weeks in the Family-to-Family Education Class are so strong. Even in the midst of their own family crises, they continue to show up to teach their classes. This commitment is given with love and compassion to other families needing education and support. Some professionals in our community also commit to working after hours in providing education to caregivers of individuals with schizophrenia. These professionals are the heroes that sometimes go unnoticed in their dedication to supporting families.

My goal in writing this article was to share with you my admiration for the many volunteers I work with and why I

*"My heroes display...compassion, courage, support, strength, dedication and acceptance that put me in a state of*

By Bettie Reinhardt, Executive Director

## NAMI SD Celebrates Anniversaries!

On March 18, 2002, NAMI San Diego began operations at 4480 30<sup>th</sup> Street. Some of you remember loading and unloading vans, trucks, cars, and carts on Saturday before the 18<sup>th</sup> as we moved our 'earthly possessions' from the rented office on Cudahy Place to our new permanent home. We remember and, again, we thank you!

It has been a wonderful, productive year. We see more of you on a regular basis as you provide the hours and know-how and heart to help meet our mission. We also see more visitors who come to check out a book or a pamphlet or join a support group. The activity keeps our little parking lot full and we love it.

*[NAMI] hooked me by providing the support...I need to help."*

ing! The first year was spent getting the Project Payee and Crisis Line programs up and running. (For newcomers, NAMI operated the County crisis line from 1993 to 1997. It is now part of the Access and Crisis Line operated for County Mental Health by United Behavioral Health.) I freely admit that I never intended

to stay after meeting the challenge of program development but this organization hooked me by providing the support, information, and opportunity for service that I need to help both my family and myself.

## 10 Years for Project Payee

The Project Payee program began ten years ago. During that time, it has provided free representative payee services to 236 people who have serious mental illnesses and need a payee for their benefits for that reason but do not need case management services. Funded by a Substance Abuse and Mental Health Services Administration (SAMHSA) federal grant through County Mental Health, it – in some previous years - also received community funding from Serving Hands International, Alliance Healthcare Foundation, and Parker Foundation for enhanced services or to serve additional clients.

I have been a member of the NAMI staff for ten years – talk about time fly-

## 25 Year Anniversary

NAMI San Diego was incorporated in 1978, 25 years ago. We will definitely celebrate our birthday later this year! Watch this newsletter and/or our website for more information. Better yet, get involved and help plan the party. What could be more fun than planning a bash?!

## Geek Alert!

Where can we purchase good **inkjet cartridges** at a deep discount? Our increased activity is wonderful but it comes at a price.

The "every day" items **we need** are **covered garbage or trash containers** suitable for our lunch room and rest rooms.

## Knowledge Is Empowerment

"Knowledge is Empowerment" is an exciting client/consumer conference coming up on May 19, 2003 from 7:00 a.m. to 7:00 p.m. The theme for the conference is "Embracing Cultural Diversity," and it is being held at the Town and Country Convention Center in Mission Valley. The conference is FREE to consumers. Call NAMI San Diego for registration materials. **Note that the registration deadline is April 15.**

## Volunteers to Break Bread

The 17<sup>th</sup> Annual "Mental Health Recognition Dinner" will be held Friday, June 6, 2003 at the Doubletree Hotel in Mission Valley. This event celebrates the dedication and effort of people working on behalf of individuals with mental illness in our community. NAMI San Diego is one of the sponsors and our own honoree will be one of those recognized. If you would like to attend and sit with other NAMI members, contact me immediately – seating IS limited.

## Bettie's Buddies

First of all, **thank you to Jim Zoll** for donating the needed 13" TV/VCR (and to **Sally Zoll** for reading the newsletter and seeing our plea) and to **Louis** for volunteering to maintain our landscaping. While we are at it, thank Heaven for retirement programs that allow people to retire so they can volunteer their time for NAMI!

# The Advocate

NAMI San Diego, a non-profit organization, provides education, support services, and advocacy to improve the quality of life of everyone affected by mental illness.

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 NAMI San Diego Advocate is a monthly publication of

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San Diego, CA 92116  
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Web Site: [www.namisandiego.org](http://www.namisandiego.org)

The NAMI San Diego Advocate Editor:  
Wendy McNeill

E-mail: [whirlofswing@hotmail.com](mailto:whirlofswing@hotmail.com)  
Fax: (619) 584-5569

Articles received by the 15th will be considered for publication in the following month's newsletter.

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

*To register your opinion, call Bettie Reinhardt at 619 584-5564 or write to P.O. Box 710761, San Diego, 92171 or fax to (619)584-5569 or email at [exudir@namisandiego.org](mailto:exudir@namisandiego.org) or contact any of the people mentioned in the articles.*

# Community News

## STRIDES Walk Thanks Sponsors & Donors

### Community Partners:

Eli Lilly

San Diego County Mental Health Services

### Platinum Partners:

Blue Cross of California  
UCSD Healthcare

United Behavioral Health

### Gold Partners:

Adventist Health

Bayview Behavioral Health Campus

Paradise Valley Hospital

Dr. Michael & Laura Lardon

(In memory of Stefan Eric Wahrenbrock)

### Silver Partners:

City of San Diego, Disabled Services

Claire de Lune

Community Research Foundation

Mental Health Systems

ROK

Sharp Behavioral Health

### Bronze Partners:

Advantage Printing

Psychiatric Centers at San Diego

Scripps Mercy Behavioral Health

University Community Medical Center

Thanks to prize donors for their support!

Fairouz Restaurant & Art Gallery

Globe Theatres

Handlerly Hotel & Resort

Hornblower Cruises & Events

Hotel Del Coronado

Landmark Theatres

Legoland California

San Diego Gulls

San Diego Zoological Society

Sea World of San Diego

Tom Ham's Lighthouse

Viejas Enterprises

Judy & Walt Wasik

May is "Mental Health Month," kicked off by our "Strides for Mental Health: Celebrating Healthy Minds & Bodies" Fun Walk/Resource Fair.

Saturday, April 26, 2003

8:00 a.m.—12:30 p.m.

Balboa Park  
(6th & Laurel)

## STRIDES Fun Walk



Free to Participate!

2K

The Fun Walk is 2K, so just come for the fun and support NAMI!

## Music

Music will be performed by the Blue Orange Band & Cheap Date from 9:00 a.m. - 12:30 p.m.

## Volunteers Welcome

Volunteers will receive free T-shirts - call NAMI San Diego (619 584-5564) and leave a message for Diana Waugh (Walk Team Leader) that you would like to volunteer. You can also e-mail her at [dianawaugh\\_namisd@yahoo.com](mailto:dianawaugh_namisd@yahoo.com).

# NAMI San Diego Meeting Schedule

## NAMI San Diego

4480 30th Street  
San Diego, CA 92116  
(619) 584-5564

**NAMI-SD's Education and Advocacy**  
meeting takes place the First Thursday  
of each month at University Christian  
Church, 3900 Cleveland Ave.,  
San Diego. (Additional info, pg. 5.)

**Evening NAMI-SD Support Group**  
Third Thursday, 6:45 p.m.  
Note New site, 4480 30th Street

**Morning NAMI-SD Support Group**  
Third Tuesday, 10:00 - 12:00 a.m.  
Note New site, 4480 30th Street

**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 NAMI Support Group**  
Second Monday, 7:00 - 8:30 p.m.  
St. David's Episcopal Church (Library)  
5050 Milton St., (619) 276-4567

**La Jolla NAMI Support Group**  
First Tuesday, 7:15 - 9:00 p.m.  
La Jolla Presbyterian Church Lounge  
7715 Draper Avenue, (858) 457-5057  
(Entrance on Kline St.)

**El Cajon (East County)**  
Second Wednesday, 6:30–8:00 p.m.  
Heartland Center, 1060 Estes Street  
(off Chase)  
Dale or Judi at (619) 401-5500

**South Bay Spanish**  
Fourth Monday, 6:00 - 8:00 p.m.  
Call Luz Fernandez (East County clinic)  
for location (619) 401-5500

**La Mesa**  
Second Tuesday, 6:30—8:00 pm  
San Carlos Library, 7265 Jackson Drive  
7265 Jackson Drive  
Contact Karen Robinson, (619) 698-4711  
E-mail: krsd@cox.net

**NAMI Patton**  
c/o Patton State Hospital  
3101 E. Highland Avenue  
Patton, CA 92639  
Fax:(714) 963-9961 Tel: (909) 425-7000  
Third Sunday, 11:45 a.m. - 1:15 p.m.  
Administrative Meeting Room

## NAMI-SIT

### Schizophrenics in Transition

Board Meeting  
3rd Wednesday at Noon  
144 Copper Avenue, Vista 92083  
(760) 941-2153

NAMI-SIT includes the following :

- Copper Hill Living & Learning Center
- Creative Arts Consortium
- Friends
- Advocacy Works
- MIXTECO Community Garden

## NAMI North Inland

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

**Second Tuesday**  
7:00 pm. Education Meeting  
Speaker: Karen Black, Attorney  
Topic: "Special Needs Trusts"  
Bradley Center (Kinesis North)  
474 W. Vermont Ave, Escondido  
(760) 745-8381 or 1-800-523-5933

**Tuesday Share & Care Meeting**  
Every Tuesday Except the 2nd Tuesday  
of each month.. 4:00 - 5:30 pm.  
at Joslyn Senior Center  
210 East Park Ave, Escondido  
(760)745-8381

**Wednesday Share and Care**  
Weekly Meeting, Wednesday morning  
at 10:30 a.m.  
Palomar Family Counseling Building,  
120 West Hawthorne Street

**Wednesday Weekly in Fallbrook**  
Wednesday, 5:00—6:30 p.m.  
Fallbrook  
Call for address (760) 745-8381

## NAMI North Coastal

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 THURSDAY, 7:00 p.m.  
"Traumatic Psychiatry: Traumatic  
Stress and Loss—When It's All Too  
Much To Bear."  
Speaker: Neal A. Kline, M.D.  
Education Meeting followed by  
Share & Care at 8:40 p.m.

**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.

**TARA Borderline Personality Disorder  
Support Group**  
1<sup>st</sup> Tuesday monthly—6:30 p.m.  
Carlsbad Community Church  
3175 Harding Street, Carlsbad CA 92008  
(760) 729-2331

## Heartbeat Family Partnership

The HFP monthly education presentations are free of charge and open to the public.

### Raising Children with Challenging Behavior

Speaker: Maxine Willey  
Behavioral Health Specialist  
YMCA Childcare Resource  
Service Healthline

Date: Thursday, April 24, 2003  
Time: 6:00 pm to 8:00 pm  
Location: Springfield College  
5348 University Avenue  
San Diego, CA 92105

This talk is recommended for parents, caregivers, and professionals who are raising or working with children who engage in challenging behaviors.

### Parenting Children with Mental Health Diagnoses

Speaker: David Najera  
Logan Heights Family  
Counseling Center

Date: Thursday, May 22, 2003  
Time: 6:00 pm to 8:00 pm  
Location: Springfield College  
5348 University Avenue  
San Diego, CA 92105

This program is for parents, caregivers and professionals who are raising or working with children who have been diagnosed with mental health disorders such as oppositional defiant disorder, ADHD, and depression.

### DBSA Support Groups Depressive Bipolar Support Alliance Support Groups

Meetings in La Jolla, El Cajon, La Mesa, and Rancho Bernardo  
For more information, call  
(800) 826-3632 or  
See [www.dbsalliance.org](http://www.dbsalliance.org)

# First Thursday

## Education & Advocacy Meeting:

### Decreasing Suicidality in Schizophrenia: Examining the Effectiveness of Clozaril

The FDA has approved an indication for decreasing suicidality with the use of clozaril. Speaker Jana Hart has over 25 years experience in nursing and has dedicated the past 6 years to educating patients, families, and doctors regarding the benefits of Clozaril in treating schizophrenia and schizoaffective disorder.

Speaker:  
**Jana Hart, RN, BSN**  
Educator

Thursday, April 3, 2003  
Social and New Visitors – 6:30 pm  
Business and Advocacy – 7:00 pm  
Program – 7:30 pm

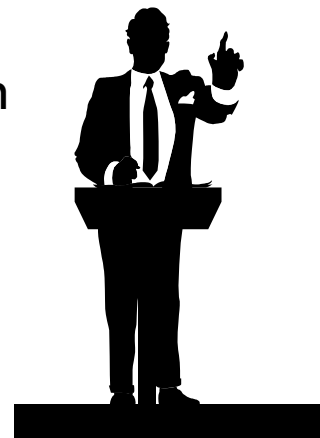
May 1, 2003 Speaker:  
Robert Erb, RN, MS  
Verbal de-escalation for families, techniques  
and interventions.

June 5, 2003 Speaker:  
Chuck Ertl, PhD  
Dual diagnosis: mental illness and substance abuse.

Thank you, Dr. Neal Swerdlow for your educational and engaging presentation on OCD and related disorders at last month's advocacy meeting. Your expertise is greatly appreciated.

The monthly meeting is open to anyone interested in learning about mental illness.

University Christian Church, Friendship Hall,  
3900 Cleveland Ave  
San Diego, California





## Legislative Update

By Caroline Hamlin

### Proposed SSI Cuts

The governor has proposed a \$49 a month cut to the disabled, including the mentally ill who are receiving SSI/SSP benefits. The state would be able to make this cut because they supplement the minimum contribution required by the federal government. We feel it is unfair to reduce the income of the disabled who live on a bare bones amount as it is. NAMI is strongly opposed to this cut, and we need your help. Please write to your legislator and explain how this cut will personally affect you or your family member.

Senator Dede Alpert  
1557 Columbia Street  
San Diego, CA 92101  
E-mail: senator.alpert.@sen.ca.gov

Assemblywoman Christine Kehoe  
1010 University, Suite C-207  
San Diego, CA 92103

### Proposed Medicaid Cuts

The federal 2004 budget proposal contains the recommendation of a 100 billion Medicaid reduction over the next ten years. We all know the crucial part the Medicaid (which translates to Medical in California) plays in the treatment of serious mental illnesses. If enacted, this reduction would be another financial blow to already strapped states such as ours who are struggling to prevent serious deterioration or our public mental health system. Write your congressman to protest any federal reduction of Medicaid.

Senator Barbara Boxer  
600 B Street  
San Diego, CA 92101  
E-mail: senator@boxer.senate.gov

Senator Diane Feinstein  
750 B Street  
San Diego, CA 92101  
E-mail: feinstein@senate.gov

Representative Susan Davis  
4305 University Avenue  
San Diego, CA 92105  
E-mail: susan.davis@mail.house.gov

# your community Resources

### **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 Monday - Saturday  
10:00 am. - 4:00 p.m. Monday to Friday  
11:00 am - 3:00 p.m. on Saturday

### **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  
6:00 a.m. - 6:00 p.m.  
Sunday 8:00 a.m.—4:00 p.m.

A peer advocate is available  
Thursday, Friday (morning) and Saturday

### **Employment Services**

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

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

499 "H" Street, Chula Vista  
(619) 420-8603

Open Mon., Thurs., Fri., Sat.  
Noon - 7:00 p.m.

Sun. -- Noon - 5:00 p.m.

### **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.

### **Mariposa Clubhouse**

560 Greenbrier, Suite .102, Oceanside (760)  
439-6006

Open Monday - Friday  
8:00 a.m. - 4:00 p.m.

Open Saturday & Sunday  
10:00 a.m. - 2:00 p.m. Brunch

### **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. - 2:00 p.m.

Wednesday 8:00 a.m. - 6:30 p.m.

### **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

### **Scholarship Funds**

Call the Albright Center for information about scholarship funds.  
(619) 584-5564

### **Friends (Clubhouse)**

144 Copper Ave. Vista  
(760) 941-2153  
Open Wednesdays 1:00 p.m.-4:00 p.m.  
Saturdays 9:00 a.m. - 4:00 p.m.

### **NAMI c.a.r.e Group**

Consumer Support Group  
1st Tuesday of Month, 6pm—7pm.  
NAMI San Diego Meeting room  
4480 30th Street, San Diego

### **The Bayview Clubhouse**

330 Moss Street  
Chula Vista, CA 91911  
(619) 585-4646



# NAMI Membership

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 – \$40.00 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.

# Bulletin



## Talk, Art Contest & NAMI Conference

### Ways to Mental Health:

Living with Mental Illness from Adolescence to Adulthood

By: Sheldon Zablow, MD  
Sidney Zisook, MD

When: Sunday, May 4, 2003  
10:00 a.m.—12:30 p.m.

Where: Lawrence Family Jewish Community Center  
4126 Executive Drive  
La Jolla, CA 92037

Sponsor: Jewish Family Service

RSVP: Rachel Manes  
(877) 537-1818

### Win Cash for Art!

Creative Arts Consortium's Arts & Literature Competition

Prizes: Best of Show—\$100  
1st, 2nd, 3rd—  
\$50, \$25, \$15

Info: Six Categories—  
Three Fine Art  
Three Literature

Due: April 25th and 26th

Contact: Jim Eret, Writing (619) 299-1753  
Michelle Scheurell, Art (619) 589-2434  
Jane Fyer, Acting Director (858) 481-7069

### Save the Date

2003 NAMI California Conference

When: **September 5th & 6th**  
Registration opens Friday 8:00 a.m.  
Conference begins Friday 8:30 a.m.  
and closes Saturday at 4:30 p.m.

Where: **Newport Beach Marriott Hotel & Tennis Club**  
900 Newport Center Drive  
Newport Beach, CA 92660

# The Advocate

Vol. VII, Issue 3, March 2003



4480 30th Street  
San Diego, CA 92116

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## Inside this Issue

- March at a Glance*
- Community News*
- Calendar of Events*
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- Bulletin*



*Return Service Requested*

# Bill of Fare

## Main Courses

Family-to-Family  
Peer-to-Peer  
Schizophrenia: Education for  
Families and Caregivers

## Brief Repasts

In Our Own Voice:  
Living with Mental Illnesses  
Speaker's Bureau  
Outreach

## Take Out

Brochures and Fact Sheets  
Lending Library  
*The Advocate* newsletter  
*I'm Not Sick, I Don't Need Help*

## Daily Fare

Albright Information &  
Referral Center  
Support Groups  
NAMI C.A.R.E.

## Seasonal Fare

Strides for Mental Health:  
Celebrating Healthy  
Minds & Bodies

## Financial Desserts

Project Payee  
CARE Representative Payee  
Other Representative Payee  
Services  
Emergency Financial/Housing  
Assistance  
Partial Assistance Rent Subsidy

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*NAMI's Mission: NAMI San Diego, a non-profit organization, provides education, support services and advocacy to improve the quality of life of everyone affected by mental illnesses.*