

Newsletter Update on Initiative

UPDATE: MENTAL HEALTH INITIATIVE HEADS FOR NOV. BALLOT

California voters will almost certainly have the chance to approve the Mental Health Services Act on this November's ballot.

This ballot proposition would pay to expand prevention, various interventions, and wraparound and integrated services for adults, children and seniors. Services would be designed to help keep children in their homes and to help place homeless adults and others in the least restrictive, medically appropriate setting.

These programs would be funded by a 1 percent surcharge on every dollar a person earns over \$1 million in taxable income. The nonpartisan Legislative Analyst estimates revenue of almost \$700 million per year. The Legislative Analyst also says California would save hundreds of millions of dollars annually on costs for prisons and jails, medical care, homeless shelters and social service programs.

Getting this measure qualified involved an unprecedented combination of volunteer signature-gatherers, successful fundraising and professional petitioners. Over 625,000 voter signatures were obtained on petitions, more than 50,000 higher than projections called for. Petitions were turned in to county officials in early March. News of the measure's qualifying for the ballot could come any time between mid-April and June.

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Raise Awareness: Join NAMI's Walk for Wellness

*By Madeline Lee
Walk Coordinator*

NAMI San Diego's Walk for Wellness recognizes San Diego residents affected by Mental Illnesses.

Many of you know the State of California has made, and will make more, deep budget cuts within the health and human services area. This can be devastating for people affected by mental illnesses.

NAMI San Diego's Walk for Wellness - Strides for Mental Health is one way NAMI San Diego can raise money to lessen the impact of these cuts and continue providing education and support services to consumers and their families. Saturday, April 17, 2004 is your opportunity to recognize and support all community members affected by mental illnesses.

Every journey begins with the first step! Register yourself today to support your friends, family and community members!

NAMI San Diego's Walk for Wellness - Strides for Mental Health is scheduled for 9 am to noon on the 17th. The Walk routes include a community resource fair and raffle. Encourage your friends and neighbors who think they are not affected by mental illnesses to come, too - the resource fair will be informative as well as fun. Entertainment will be presented by Vortex and refreshments provided by Henry's Market Place, Coffee Ambassador, Naked Juice and NeMo's Bakery. The first 500 registrants who donate a minimum of \$25.00

will receive a goodie-bag and T-Shirt.

Register yourself today at www.namisandiego.com and click on WALK!

enewsletter

Many of you have edged into the 21st century and are e-mailing your friends and family all around the country. Well, you are not the only ones. NAMI San Diego is now prepared to e-mail our Advocate to you. If we have your e-mail address, we will send you a message asking if you want to subscribe to our e-newsletter. Be proactive! Notify us that you want to receive the newsletter electronically. Call the Albright Center at 619.543.1434 go to <http://www.namisandiego.org/subscribe.html> or you can send a message to e-newsletter@namisandiego.org



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Paul Bechtner Foundation

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Thank You!

March

At-a-Glance

By Bettie Reinhardt
Executive Director

We were privileged to hear Dr. Ray Fidaleo speak about cognitive therapy at the March Education & Advocacy meeting and it occurred to me to make the tie-in to our developing concept of recovery.

Cognitive psychotherapy, often incorporating behavioral therapy techniques, has been found to be more effective than other types of psychotherapy in treating several specific types of psychological and psychiatric problems, including depression and panic attacks. Sometimes this treatment approach is called cognitive-behavioral psychotherapy because of the ease with which the two approaches combine to effectively treat a variety of psychological problems. This combination of treatment techniques is also effective in the treatment of schizophrenia.

- Altering ways of thinking — a person's thoughts, beliefs, ideas, attitudes, assumptions, mental imagery, and ways of directing his or her attention — for the better. This is the *cognitive* aspect of CBT.
- Helping a person greet the challenges and opportunities in his or her life with a clear and calm mind — and then taking actions that are likely to have desirable results. This is the *behavioral* aspect of CBT.

The basic premise of cognitive therapy is that beliefs, expectations, and cognitive assessments of self, the world, and the nature of personal problems in the world affect how we perceive our-

selves and others, how we approach problems, and ultimately how successful we are in coping in the world and in achieving our goals. Schizophrenia results in distorted perceptions of the world, including self, and disordered or disorganized thinking. It seems reasonable that a cognitive treatment approach would be helpful in treating schizophrenia, assuming that medication is

"The treatment goal, for the cognitive therapist...is to improve the client's ability to manage life's problems."

also employed to alleviate psychotic thought processes which would interfere with any psychotherapeutic interventions.

The misinterpretation of events in the world is common in

schizophrenia. Using cognitive therapy with schizophrenia requires the therapist to accept that the cognitive distortions and disorganized thinking of schizophrenia are produced, at least in part, by a biological problem that will not cease simply because the "correct" interpretation of reality is explained to the client. The therapist determines how to use this "misperception" to assist the client in correctly managing life problems. The goal is to help the client use information from the world (other people, perceptions of events, etc.) to make adaptive coping decisions. The treatment goal, for the cognitive therapist, is not to "cure" schizophrenia, but to improve the client's ability to manage life problems, to function independently, and to be free of extreme distress and other psychological symptoms.

Reread the last sentence of the paragraph above. Don't you think that sounds like what we all strive for?! That's recovery.

Herb Greenstein suggests the following website for more information about cog-

nitive issues: <http://www.uwec.edu/counsel/index.htm>. That is the University of Wisconsin - Eau Claire's counseling services page.

Mental Health Initiative Cont pg 1...

Supporters are confident that the measure will qualify for November. The signature-gathering management firm, Progressive Campaigns, checked the signatures throughout the process to make certain that enough valid voter signatures were turned in.

Next steps for the campaign include the launch of a redesigned campaign website, the first step of a major push for internet organizing for the campaign. Borrowing tactics from many other successful online campaigns, the site will feature easy signup for email alerts, opportunities to meet other supporters, regularly updated campaign weblogs ("blogs"), and, of course, online contributions.

Spring and summer activities will focus on fundraising for the campaign. Eventually, the initiative must have television advertising to guarantee victory. Right now, all the campaign's resources have been spent getting on the ballot. A budget of at least \$2 million more must be raised by September to make sure the initiative is successful. More money will be needed for ads if opponents raise a great deal of money as well. At this time, no major organizations have announced their opposition.

Future campaign updates will focus on how individual supporters can get involved and help us win in November. In the meantime, please see:

www.campaignformentalhealth.org



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 illnesses.

NAMI San Diego is an affiliate of NAMI and NAMI California

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exudir@namisandiego.org

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NAMI San Diego
4480 30th Street
San Diego, CA 92116
Mailing Address:
P.O. Box 710761
San Diego, CA 92171-0761

Phone: (619) 543-1434 (Albright Center)
(619) 584-5564 (administration)
800 523-5933 (peer support)
Fax: (619) 584-5569

E-mail: namisd@sbcglobal.net
Web Site: www.namisandiego.org

The NAMI San Diego Advocate Editor:
Wendy McNeill

E-mail: whirlfswing@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 or contact any of the people mentioned in the articles.

Knowledge Is Power!

Charity and Justice for All: NAMI Style

By Diana Waugh
Volunteer Coordinator

I attended a seminar this week about In Service Learning; partnerships with Universities/Colleges and community agencies. This program is trying to change the motivation for attending institutions of higher learning from only to make more money to wanting to be better citizens. Moving from I to WE.

My original reason for attending was to learn new methods to get volunteers. I came away with a whole new motivation for forming a partnership with a college. Yes, it's an opportunity to have a project done by students, but it is also an opportunity for us to educate a student population about NAMI, and we also can be instrumental in helping them develop a social consciousness and become better citizens of the community and the world.

In one of the workshops we broke into small groups and were asked to discuss **Charity** and **Justice**; differences, +'s and -'s. It produced a lively discussion. Some people viewed **charity** as moral and **justice** ethical. Some viewed **charity** as compassion, others as an immediate fix/band aid on a problem and **justice** as making changes in society, while others saw it as allowing equal for all under the law.

I came home and looked up the words in the dictionary. Webster defines **Charity** as: 1. good will or love of humanity: 2. an act or feeling of generosity: 3. the giving of aid to the poor: 4. an institution engaged in the relief of the poor: 4. leniency in judging others, Syn mercy, clemency, lenity. **Justice** is defined as: 1. Administration of what is just 2. the administra-

tion of the law 4: fairness; also righteousness

I looked at the groups definitions and those from the dictionary and came to conclusion that NAMISD is about both **Charity and Justice**.

NAMISD is a **Charitable Organization**; we give to the poor (in spirit as well as money). It takes people who have good will and a love of humanity who exhibit **charity** by giving their money or in kind donations such as computers etc:) skills and time in order to enable NAMI to be **Charitable** to the mentally ill and those effected by it by offering. We offer: 1. a warm line that offers support and information about resources in the community on health care, housing etc: 2. free classes to consumers and family 3: free education to the community: 4. support groups

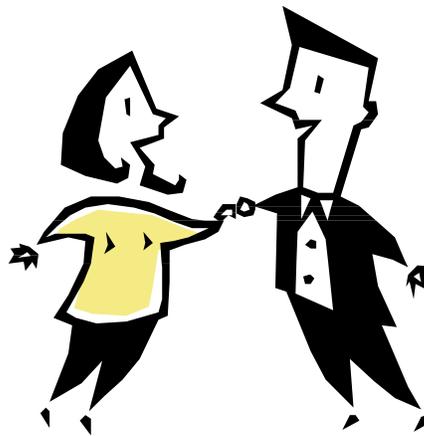
We know that the the mentally ill will never be fairly treated by society as long as they are viewed

as a threat or morally deviant so NAMI advocates for **Justice** with our: Stigma Busting Program, In Our Own Voice. 2. our legislative committee which supports and takes action to pass laws that give fair treatment. (**Justice** for the mentally ill and

their families). NAMI needs all kinds of Volunteers-Members who volunteer their passion and commitment by giving money and or time so that we can continue to provide **Charity** and stand for **Justice**.

I thank you all.

"We can also be instrumental in helping [students] develop a social consciousness and become better citizens."



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.
NAMI-SD Office, 4480 30th Street

Morning NAMI-SD Support Group
Third Tuesday, 10:00 - 12:00 a.m.
NAMI-SD Office, 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
Enter on Eads Avenue, Room #9
(858) 457-5057

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 Wednesday, 6:30 - 8:00 pm
San Carlos Library
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
Tel: (909) 425-7000 Fax: (714) 963-9961
Third Sunday, 11:45 a.m. - 1:15 p.m.
Administrative Meeting Room

NAMI-SIT

Schizophrenics in Transition

Board Meeting
1st Wednesday at Noon
144 Copper Avenue, Vista 92083
(760) 941-2153 or
(858) 481-7069

NAMI-SIT includes the following :

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

NAMI North Inland

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

Education Meeting
Second Tuesday at 7:00 pm.
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

Weekly Share & Care in Fallbrook
Wednesdays, 5:00 - 6:30 p.m.
Fallbrook Healthcare Foundation
Corner of Mission and Fig
Call for address (760) 745-8381

NAMI North Coastal

P. O. Box 2235
Carlsbad, CA 92018
(760) 722-3754

Education Meeting
Third Thursday, 7:00 p.m.

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

Education Meeting followed by
1. Share & Care,
2. Share & Care/Living with Spouses
3. NAMI C.A.R.E.
at 8:30 p.m.

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

Share and Care
Second Thursday at 12:30 - 2:00 p.m.
Tri-City Medical Center, Behavioral Health
Unit, 4002 West Vista Way, Oceanside
(760) 639-1433

Share and Care
Second Thursday at 6:00 - 7:00 p.m.
Tri-City Medical Center, Behavioral Health
Unit, 4002 West Vista Way, Oceanside
(760) 940-7396

TARA Borderline Personality Disorder Support Group
First Tuesday monthly at 6:30 - 9:00 p.m.
Carlsbad Community Church
3175 Harding Street, Carlsbad CA 92008
(760) 729-2331

Legislative Update

By Caroline Hamlin

Medicaid Cuts Rejected

An attempted \$11 billion cut in Medicaid was rejected by the Senate on March 10 by a vote of 53-43. Medicaid, which translates into Medi-cal in California, is the largest and most important source of funding for public mental health services. We can thank Senator Baucus (D-MT) for his leadership which led to the defeat of a senate budget resolution which would have resulted in this drastic cut if it had been accepted by the Senate.

Legislation to End Youth Suicide

The Youth Suicide and Early Intervention and Prevention Act of 2004, Senate bill 2175, was introduced March 8, 2004 and referred to the Senate Health, Education, Labor, and Pension committee (HELP). Suicide is the third leading cause of death in youth aged 10 to 24. Studies indicate that 90% of youth who take their own lives were suffering from a diagnosable and treatable mental illness. This bill would provide grants to help state and local governments deal with this crisis by assisting them to develop prevention and intervention strategies early. We need to get as many senators as possible to cosponsor this bill. Write to our senators and ask for their sponsorship. A sample letter that you can send is shown at www.nami.org/eneews 44-17. Contact information is as follows:

Senator Barbara Boxer
600 B. Street, Suite 2240
San Diego, CA 92101
Ph. 619 239 3884
website: senator@boxer.senate.gov

Senator Diane Feinstein
750 B. St., Suite 1030
San Diego, CA 92101
Ph. 619 231 9712
website: feinstein.senate.gov

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First Thursday

Education & Advocacy Meeting

Jonathan Meyer, M.D. will be speaking on April 1, 2004. His topic: Co-occurring health issues with mental illnesses. Dr. Meyer is Assistant Adjunct Professor of Psychiatry at UCSD.

6:30 p.m.: Social/New Members
7:00 p.m.: Business and Advocacy
7:30 p.m.: Program

In May, look for Peter McKimmin, Ph.D., whose talk will be devoted to the changing eligibility criteria for County Mental Health clinic services.

In June, our own Sally Shepherd, RN, and Diana Waugh, will present regarding HIV Infection and Mental Illness.

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

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

NAMI's Senior Policy Research Director speaks in San Diego

*By Sally Shepherd
Outreach Coordinator*

Dr. Laura Lee Hall, Ph.D, NAMI National Senior Policy Research Director, recently visited San Diego to meet with researchers from UCSD's Geriatric Psychiatry Division. While here, she also spoke at a meeting sponsored by UCSD and San Diego's Older Adult Mental Health Coalition on the need for a research and services revolution for people with serious mental illness. Dr. Hall began by presenting results of NAMI's Triad survey (available through the NAMI national website). She shared some telling statistics, including the fact that 62% of consumer respondents had never married, 67% were unemployed, and that 71% had incomes of \$20,000 or less per year. These results underscore the need for drastic improvement in the treatment of mental illness. Dr. Hall noted that researchers do have some new "tools" to work with. For example, the mapping of the human genome has led to the identification of 12 likely gene sites associated with mental disorders. However, mental health research tends to be a fragmented field, with 42 separate agencies making policy and funding research on mental health issues. Dr. Hall cited lack of communication and collaboration between them, a stretched NIH budget and priority setting at NIMH that doesn't always include mental health as impediments to successful research. Another requirement for more successful research and better treatment is the "embedding" (very close association and collaboration) of clinical research in the service system so that the two areas benefit from each other. Dr. Hall's talk was held at the Silverado Alzheimer's Community Residence of Encinitas, who generously sponsored the event.

Legislative Update

cont...

Criminalization of the Mentally Ill

The Mentally Ill Offender and Crime Reduction Bill of 2003 has been reintroduced into the House of Representatives as HR2387. This bill authorizes \$100 million in grants to states and local communities

-To provide jail diversion programs

-To provide treatment to mentally ill adults and juveniles who are incarcerated

-To fund cross-training of criminal justice, law enforcement, mental health personnel etc.

-To provide mental health services to persons with serious mental illness upon reentry into the community.

Write or call your congressman and ask him/her to cosponsor this important bill:

Representative Bob Filner
333 F St., Suite A
Chula Vista, CA 91910
Ph. 619 422 5963
Fax: 619 422 7290

Representative Duncan Hunter
366 South Pierce St.
El Cajon, CA 92020
Ph. 619 579 3001
Fax: 619 579 2551

Representative Susan Davis
4305 University Avenue, Suite 515
San Diego, CA 92105
Ph. 619 280 5353
Fax: 619 280 5311

SAVE THE ABOVE NUMBERS FOR FUTURE ACTION!



your community Resources

NAMI C.A.R.E. Group

Consumer Support Group
NAMI San Diego Meeting room
4480 30th Street, San Diego, 92116
Every Tuesday
6 p.m. - 7 p.m.

Client Warm Line

1-800-930-9276
Daily: 5:00 p.m. - 11:00 p.m.
Call us. We are fellow consumers of mental health services who have been there, done that. Listening and talking are what we like to do.

Patient Advocacy Program

5998 Alcalá Park, AW 304
San Diego, 92110-2492
(619) 260-7660 or 1-800-479-2233
Monday - Friday: 8:00 a.m. - 5:00 p.m.

The Consumer Center for Health Education and Advocacy

1475 Sixth Ave., 4th Floor, San Diego, 92101
Toll Free: 1-877-734-3258
Mon, Wed, Thurs & Fri: 9:00 a.m. - 5:00 p.m.
Tuesday: 8:00 a.m. - 6:00 p.m.

If you need help getting mental health services or if you have a complaint or grievance, call or write us. We are ready to help you.

Corner Clubhouse

2864 University Ave. (at Utah)
San Diego, 92104 (North Park, #7 Bus Line)
(619) 683-7423
Monday - Friday: 8:00 a.m. - 4:00 p.m.

East Corner Clubhouse

1060 Estes Street (off Chase Avenue)
El Cajon, 92020
(619) 440-5133
Fax: (619) 440-8522
Mon, Tues, Thurs & Fri: 8:00 a.m. - 4:00 p.m.
Wednesday: 8:00 a.m. - 6:30 p.m.

Friend to Friend

1009 "G" Street, San Diego, 92101
(619) 238-2711
Monday - Friday: 8:00 a.m. - 4:00 p.m.
An SSI advocate is available

Friends In Hands (Clubhouse)

144 Copper Ave., Vista, 92083
(760) 631-2206
Saturdays: 11:00 a.m. - 4:00 p.m.

Mariposa Clubhouse

560 Greenbrier, Suite. 102, Oceanside, 92054
(760) 439-6006
Monday - Thursday: 8:00 a.m. - 4:00 p.m.
Friday: 8:00 a.m. - 1:00 p.m.
Saturday: 10:00 a.m. - 2:00 p.m.

The Bayview Clubhouse

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

The Meeting Place, Inc.

4034 Park Blvd., San Diego, 92103
(619) 294-9582
Monday - Friday: 8:00 am. - 4:00 p.m.

Visions @ 5th and H

499 "H" Street, Chula Vista, 91910
(619) 420-8603
Mon, Thurs, Fri & Sat: Noon - 7:00 p.m.
Sunday: Noon - 5:00 p.m.



The Access Center of San Diego

1295 University Ave., Suite 10, San Diego, 92103
(619) 293-3500
Monday - Friday: 9:00 a.m. - 5:00 p.m.

Employment Services

1202 Morena Blvd., Suite 201, San Diego, 92110
(619) 276-8071
Monday - Friday: 8:00 a.m. - 4:30 p.m.

Job Options

3465 Camino del Rio South, San Diego, 92108
(619) 688-1784 (Valorie)
Monday - Thursday: 8:00 a.m. - 5:00 p.m.
Friday: 8:00 a.m. - 4:00 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

The Creative Arts Consortium

P. O. Box 3053
San Diego, CA 92163-3053
Director - July Rose
(619) 282-4627 or (619) 563-2708

Scholarship Funds

Call the Albright Center for information about scholarship funds.
(619) 534-1434



NAMI Membership

Add your voice to ours

Let's work together to improve the quality of life for everyone affected by mental illnesses in San Diego.

Membership Application - - Each membership is for twelve months starting the month we receive your payment.

Name _____

Please indicate below how many voices are represented by the membership. If no indication is made NAMI San Diego will assume that this membership represents two voices. Number of voices _____.

Address _____

City/State/Zip _____

Phone _____ E-mail _____

Prefer newsletter by mail _____, to read newsletter on the web site _____.

_____ Check (please make payable to NAMI San Diego) _____ Cash

_____ Regular Member \$40.00

_____ Professional \$75.00

_____ Local Member \$20.00

_____ Newsletter Only \$15.00

_____ Open Door Member \$_____ any amount under \$40.00

_____ Donation* _____

_____ Please contact me/us with information about volunteering.

*Unless you instruct us otherwise, the first \$40.00 of a donation will be treated as payment for a membership if you are not already a member of NAMI San Diego. This will also apply if your current membership needs to be renewed.

Check relationship to a consumer

- _____ Parent of Adult
- _____ Parent of Child (under 18)
- _____ Sibling
- _____ Spouse
- _____ Professional
- _____ Other
- _____ Self
- _____ None

Consumers Advocating Recovery Through Empowerment (C.A.R.E)

- A support group led by consumers, for consumers, designed to empower its members -

By Mary Lou Erwin
Education Director

On March 5th, 6th, and 7th, we held a C.A.R.E. Facilitator training and graduated eight new C.A.R.E. Facilitators. The intensive three days of training covered the structures, processes, and strategies of the NAMI-C.A.R.E. Support Group Model. This support group model allows for an effective, well-functioning supportive group. These eight *special* individuals volunteered over twenty-eight hours of their weekend to learn how to facilitate a support group

In fact, all of the NAMI Support Group Facilitators are **very special people!** Their *desire* is to use the NAMI-C.A.R.E. group model to provide a place of *safety* and *security* where people can talk about the day-to-

day realities of living with mental illness and managing the ups and downs of life. Their *goal* is to have participants share their wisdom and experiences about such things as treatment options, coping strategies, and ways to solve problems. This much-needed support that is received from a NAMI-C.A.R.E. group helps participants and facilitators to overcome the disappointments and difficulties that is experienced as a result of their illnesses and helps them learn to have hope. Indeed, C.A.R.E. Facilitators are **very special people!**



In Our Own Voice: Living With Mental Illness (IOOV)

The IOOV program acquired fourteen new presenters from a training done on February 20th and 21st. The graduates are very eloquent and dedicated men and women who are anxious to join the NAMI San Diego IOOV Stigma Buster Team.

The philosophy of In Our Own Voice: Living with Mental Illness is support, education, and growth of consumers as presenters. The power of IOOV is that presenters dispel many myths surrounding mental illnesses as they openly talk about their journeys- stories regarding their mental illness. Presenters give hope, they educate, they open minds, and they change attitudes. From the stories I heard at the training, I know that these new presenters will help eradicate the stigma of mental illness.

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The Advocate

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San Diego, CA 92116

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Return Service Requested

PEER-TO-PEER

The newly remodeled NAMI San Diego training room for Peer-to-Peer, which was graciously funded by the California Endowment, held its first Peer-to-Peer Class on February 7th. The class is going well and there are already plans underway to start the next series in May. If you are a consumer and are interested in learning to live well with your mental illness, call today at 1-800-523-5933 to register for the next ten-week series of Peer-to-Peer classes in your area.

FAMILY-TO-FAMILY

A new team of Family-to-Family teachers graduate on March 15th and we hope to be able to offer more Family-to-Family Education Courses soon. The course is twelve weeks long and offers family members an opportunity to learn more about their loved ones illness, medication options, coping strategies, communication techniques and much more. Join a Family-to-Family Education Course and unite with other families against brain disorders (mental illness). Please call the NAMI office for further information or to register for a class at 1-800-523-5933.

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

TARA San Diego County
(Treatment And Research Advancements
National Association for Personality Disorder)
ASK THE DOCTOR
Is Borderline Personality Disorder

A Developmental Disorder?
PATRICIA JUDD, PHD
When: May 12, 2004
Wednesday 7:00-9:00pm

Where: UCSD Outpatient Psychiatric Services
140 Arbor Dr Rm 346
San Diego 92103
Further info or to RSVP call:
Sandy Boone 760-729-5748 (h)