

Benefits: What You Need to Know
Review of Talk By Dan Melcher

By James Starek
NAMI Staff Member

“Benefits” was the topic at NAMI’s First Thursday meeting featuring SSI Program Manager, Dan Melcher of San Diego’s Legal Aid Society. Issues and concerns regarding SSI/SSDI were addressed, including, how to apply for benefits.

Mr. Melcher began the evening with a brief history of the Legal Aid Society, explaining, “Back in the 80’s, we helped anyone who had problems with SSI.” Government restrictions and funding issues, however, made it necessary to narrow their initial application focus to helping people only on General Relief. If you do not qualify for General Relief but need help with the application process, you can go to one of the following four clubhouses in the San Diego area that provide these services; Friend to Friend, Mariposa, The Meeting Place or Casa del Sol. Once you’ve submitted your claim to Social Security, Legal Aid Society will do the representation.

There are two key points if either you or someone you know want to apply for SSI/SSDI. First and foremost is to get into and stay in treatment. “The number of people who are not in treatment who are awarded benefits is relatively small.” This is because accurate psychiatric/physician records, in large part, determine eligibility. Secondly, SSI does not consider drug and alcohol addiction a disease. Any time that alcohol or drugs is involved in the equation it greatly diminishes the possibility of benefits.

If you are confused about the difference between SSI and SSDI remember that you should apply for SSDI if you have a work history of at least 5 of the last 10 years; SSI if you do not. For more information and specific concerns you can go online to <http://www.ssa.gov/>.

NAMI San Diego’s
First Thursday Advocacy Meeting
April 7, 2005

Prop. 63 Forum

In early November, California voters passed Proposition 63, the Mental Health Services Act, (MHSA) with 53.4% of the vote. Now, through the provisions of the MHSA, the challenges become the opportunities to fund a community mental health system that adequately meets the needs of children, adults, and older adults with serious mental illness and reduces the long-term adverse impact resulting from untreated serious mental illness.

What do YOU think the MHSA \$\$ should be spent on?

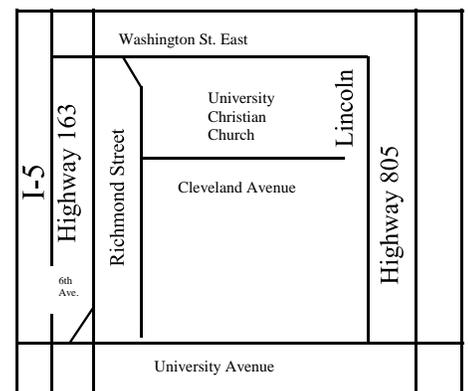
Learn more about the MHSA and current public mental health services and then speak your mind about the Community Services and Supports that the act should provide. Your opinions will be recorded and used by the MHSA work groups as they develop our County’s plan.

Dr. Piedad Garcia, San Diego County Mental Health Services Systems of Care Director, will present and facilitate the meeting. We are actually welcoming Dr. Garcia home: she served on our Board of Directors in the late 1980s, helped initiate the Spanish language support group that has been active for 15+ years, and has ‘stayed in touch.’

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

Schedule:

6:30 p.m.: Business and Advocacy
7:00 p.m.: Stakeholders’ Meeting



Note: No “Ask the Doctor” in April
Allow two hours for Stakeholders’ Meeting

March At-a-Glance

By Bettie Reinhardt
Executive Director

*NAMI San Diego Members are Real
Winners!*

Sally Shepherd

Seven years ago, Eli Lilly and Company launched The Welcome Back Awards to fight the stigma associated with depression and promote the understanding that depression is treatable.

Each year, an independent committee of national mental health leaders selects honorees in the following categories: lifetime achievement, community service, destigmatization, primary care and psychiatry. These individuals serve as guiding lights for the depression community - people who, through determination and commitment, have made a difference.

Recent winners of the lifetime achievement award have included a state assembly-woman and the founder of a national organization.

This year, Sally Shepherd, NAMI San Diego Board President, is a recipient. With the recognition will come \$10,000 to a nonprofit organization of Sally's choice and she plans to split the award between NAMI San Diego and the Older Adult Mental Health & Substance Abuse Coalition.

Congratulations to Sally – and to us for choosing her as our president!

Shannon Jaccard

The California Jaycee Foundation and the California Jaycees have selected 12 *Outstanding Young Californians* as the preliminary of the *Ten Outstanding Young Americans* program, presented by the United States Junior Chamber in Boston, MA this September.

Shannon Jaccard is one of those 12 people. The Ten Outstanding Young Americans (TOYA) project exists to recognize and honor ten Americans each year who exemplify the best attributes of the nation's young people, aged 18 through 40.

Of the more than 600 young Americans honored, many were recognized before the achievements for which they are now known: John F. Kennedy, Gerald R.

Sally Shepherd receives the Eli Lilly "Welcome Back Award," along with a \$10,000 prize.

Ford, Ann Bancroft, Gale Sayers, Elvis Presley, Dan Quayle, Dr. Kathryn Sullivan, Larry Holmes, Bill Clinton, Jeanna Yeager, Kaye Lani Rae Rafko-Wilson.

We know Shannon as founder of Compeer San Diego.

We further congratulate Shannon on Compeer San Diego's current 26 matches between volunteers and individuals with mental illnesses! See www.compeersandiego.org for more information.

*Words will never hurt me,
or will they....*

"March madness", "mad as March hare", and, now, our childhood Looney Tunes are about to be turned into "Loonatics Unleashed."

NAMI National's Stigmabusters says: Television shapes perceptions. WB essentially will be "programming" kids contrary to the public health concerns of the U.S. Surgeon General and others. NAMI says, please ask them to find a new name for the following reasons.

- Drop both "Loonatics" and "Loonatics Unleashed" as the name for the new cartoon series.
- Don't program offensive slang and stigma to kids.
- Don't insult people with mental illnesses or their families.
- Don't encourage schoolyard taunts and bullies.
- Support the U.S. Surgeon General's campaign to promote treatment and suicide prevention. .

But, wait!

We are a grassroots organization and the people down here at the roots who are affected by mental illnesses on a daily basis sometimes have different ideas. Wendy McNeill gives us [her](#) take on last month's Stigmabuster story in her piece on page 5. We want to know what [you](#) think.

exudir@namisandiego.org or 619.584.5567

Private LPS Conservators

If you are a private LPS conservator and struggling with the emotional toll that often accompanies this role and/or looking for information you can use, you can find support at a new group formed by the conservator's office.

The group meets the last Wednesday night of each month, 5 – 7:30 pm. RSVP for location and more information to 619.692.5669.

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

Board of Directors:

President - Sally Shepherd
Past-President - Karen Gurneck
Treasurer - Paul Cumming
Secretary - Karen Gurneck

Directors at Large

Dahlia Fuentes
Gloria Harris, Ph.D.
Wendy McNeill
Karen Ross
Judy Wasik
Mary Wilson

Medical Advisory Board

Neal Swerdlow, M.D., Ph.D., Chair
Alan Abrams, M.D., J.D., FCLM
Kristin Cadenhead, M.D.
Dan Sewell, M.D.
Carol Matthews, M.D.

Executive Director

Bettie Reinhardt
exudir@namisandiego.org

The NAMI San Diego Advocate is a monthly publication of

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

Staff: Patrick Cremeens

James Starek

E-mail: wendymcneill@sbcglobal.net

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.

Sally's Update

Pump Up the Volume: Why NAMI Must Grow

By Sally Shepherd

NAMI San Diego Board President

The Underserved

"This is the first time on your website. This is also the first time I even heard about this advocacy help. I commend anyone who works for this organization".

So – if the walk seems too complicated, or I'm shy about asking for walkers or donations, all I can say to myself is – get over it!

In a recent discussion, an individual commended me for my work with the "underserved populations" and mental illness. My response was "I am one of the underserved too!" Until we no longer lose our jobs because of our illness, until there is insurance parity in every state of the Union, until my private disability insurance carrier can no longer tell me that they only cover "mental and nervous" conditions for two years, until a client can no longer be denied a new, more effective drug because Medi-Cal will not pay for it – until then we are all "underserved". Are you "fired up" yet? The quote at the top says it all.

Connectedness and strength in numbers

Successful organizations rely on

collecting a large number of members who are well informed and part of a strong network. For these next few months, as we work so hard to have input into how the monies from Proposition 63 are spent, it would seem logical to be able to keep everyone updated on the progress of the plan. For that and for many other reasons, it would seem to make sense to use e-mail to get information out. With the right protection (no deluge of messages, no sharing of e-mail ad-

resses, no selling of lists to outside organizations, etc.) we could speed up communication and increase our influence. What do you think?

Another way to recharge your batteries

is to attend a state or national NAMI Conference.

We are working on a scholarship program – let us know right away if you think you might want to attend!

NAMI National Convention

Austin, Texas

June 18-22

"NAMI: On the Frontier of Recovery"

NAMI California's Annual Conference

ence

Irvine, August 19 & 20.

"The Many Faces of NAMI California: We're All One Family".

NAMI San Diego

Meeting Schedule

NAMI San Diego

4480 30th Street
San Diego, CA 92116
(619) 543-1434 or (800) 523-5933

NAMI C.A.R.E. Support Group

Consumer Support Group
Thursdays, 6:00 - 7:30 p.m.
NAMI San Diego Meeting Room
NAMI-SD Office, 4480 30th Street

Morning NAMI-SD Support Group

Third Tuesday, 10:00 a.m. - 12:00 p.m.
NAMI-SD Office, 4480 30th Street

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

South Bay - Spanish

First Monday, 6:00 - 8:00 p.m.
South County Family Resource Center
690 Oxford Street, Chula Vista
Call Luz Fernandez (East County clinic)
(619) 401-5500

New support groups for families and caregivers of children and adolescents

La Mesa Group

2nd & 4th Tuesday, 6:30-8:00 pm
Lake Murray Evangelical Free Church
5777 Lake Murray Boulevard, La Mesa
1st Floor, Fellowship Hall
Peggy & Bob Chambers: (619) 464-0476

San Diego Group

1st & 3rd Wednesday, 7:00-8:30 pm
NAMI San Diego Office
4480 30th Street, San Diego CA 92116
Sue McCoy: (619) 277-6224
Karen Malsack (858) 560-0030

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 92369
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
2nd 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
- Jardin Cesar Chavez

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
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

The fiscal year 2006 budget proposal released by the White House in February aims to cut \$ 60 billion from Medicaid over the next ten years. Medicaid is the main source of funding for treatment and support services for children and adults with severe mental illness. At present

50% of funding for public mental health services comes from Medicaid. Both the House and Senate Budget Committees have acted on separate versions of the 2006 budget resolutions which include the drastic cuts. As we go to press, Senators Gordon Smith (R-OR) and Jeff Bingaman (D-NM) have offered an amendment, the Smith-Bingaman Amendment to the 2006 budget resolution, which would prevent these cuts and instead authorize a bipartisan commission to develop recommendations on reforms to Medicaid.

Increased Funding for NIMH

NAMI is urging its members to support increased funding for the National Institute of Mental Health to support basic, clinical, and services research focused on serious mental illness. Representative Randy Cunningham of San Diego County serves on the Labor-HHS-Education Appropriations Subcommittee which is directly responsible for the budget of NIMH. Research is the key to unraveling the mystery of mental illness and to improve treatment. Contact Representative Cunningham and ask him to support increased funding for NIMH:

The Honorable Randy Cunningham
613 West Valley Parkway, Suite 320
Escondido, CA 92025-2552

Ph. 760 737 8438

Opinion

Don't Cry, "Teddy Bear!"

Wendy McNeill
Advocate Editor & Board Member

Let's get something straight: I'm not as outraged as the next person.

You may have heard. The Vermont Teddy Bear Company, who I am unhappily giving press to at this very moment, designed and sold a "Crazy for You" teddy bear for Valentine's Day. This company shamelessly exploited the fact that a segment of the bear-purchasing public thinks it's funny to put a teddy in a straight-jacket and give it to his/her honey as a gesture of love. I can't say that this would be my first choice gift from my man for V-day, but neither can I say that NAMI's (National and Vermont) heated response was effective.

I understand that many of the Stigmabusting efforts in the NAMI community are pointed at items such as this. As an individual who has suffered acutely from the ravages of bipolar disorder, it is my opinion that these well-intentioned efforts by the organization could be redirected, and I welcome discussion on this topic.

My contention (as someone who has been on the business end of restraints multiple times) is that NAMI's time, money and public image could be put to better use doing other things, like promoting education for family members, recovery for consumers, and assisting in passing positive legislation. When attention is drawn away from our central mission to attend to the impact of tasteless humor, I believe that NAMI weakens itself.

Furthermore, most people who indulge in poor taste don't usually respond to righteous anger in the desired fashion. They usually just laugh louder. Second, NAMI cannot in good conscience siphon

off its energy to handle every ridiculous parody of mental illness that comes down the pike. It's an endless battle, one not worth fighting. A more effective response is for the community to continue to move forward with dignity, not whinge and whine and gnash teeth every time somebody said something to hurt its feelings.

Third, by drawing attention to schemes like the "Crazy for You Bear," we are merely giving these companies

"A more effective response is for the community to move forward with dignity."

more press, and as they say in the marketing world: There's no such thing as bad publicity.

Currently, as you can see on Bettie's page, there is a new brouhaha surrounding a cartoon called "Loonatics." So what is NAMI's next step? Now that we've cried, "Teddy Bear!", now we're like,

"Stop that Bugs Bunny!?"

Letters to the Editor:

wendymcneill@sbcglobal.net



How's the Reception?

By Patrick Cremeens
NAMI Staff Member

Calling us

We have made some changes in our telephone system recently, and we plan more changes in the future. We think these changes are improvements, but only you can tell us if that is true! It is our goal to make it easier for you to contact us directly when you call, or to leave a message if the party you are calling is not available.

If you experience problems with our telephone system, please let me know. This is the third telephone system I have been in charge of in my working career, and it is definitely the most challenging! Due to newer technology, this is a programmable and powerful system, so I am learning how to make it responsive to everyone's needs. I want to resolve all the problems that do have a solution. So, of course you can contact me by telephone at (619) 584-5564, x105, or feel free to email me at patrickcremeens@sbcglobal.net.

Visiting Us

Anyone who has been to our office is aware that we have a very small parking lot. We are lucky enough to be easily accessible in the central city. However, our visitors, volunteers and employees all vie for spaces in our parking lot. When you drive to our office, please be aware that you may need to park on the street. The parking along 30th Street is limited to 2 hours. If you do park there, please remember that a parking citation for exceeding 2 hours is very costly. If you park on any of the side streets in our neighborhood, be sure to check the signs that warn of "No parking on the 2nd and 4th Monday and Tuesday" of each month (Gee, that's easy to remember, huh? Not!). Several of us have found out those tickets aren't cheap, either!

Resources

your community

NAMI C.A.R.E. Group

Consumer Support Group
NAMI San Diego Meeting Room
4480 30th Street, San Diego, 92116
Thursdays: 6:00 - 7:30 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
(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.

Bayview Clubhouse

330 Moss Street, Chula Vista, 91911
(619) 585-4646 • Fax: (619) 585-4625
Mon, Tue, Wed & Fri: 9:00 a.m. - 3:00 p.m.
Thursdays: 9:00 a.m. - 5:00 p.m.

Casa Del Sol Clubhouse

1157 30th Street, San Diego, 92154
(between Coronado Ave. & Del Sol Blvd.)
(619) 429-1937 • Fax: (619) 429-5205
Monday: 8:30 a.m. - 6:00 p.m.
Tue, Thurs & Fri: 8:30 a.m. - 4:30 p.m.
Wednesday: Noon - 8:00 p.m. (Bilingual)

Corner Clubhouse

2864 University Ave. (at Utah)
San Diego, 92104 (North Park, #7 Bus Line)
(619) 683-7423 • Fax: (619) 683-7428
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, Tue, Thurs & Fri: 8:00 a.m. - 4:00 p.m.
Wednesday: 8:00 a.m. - 6:30 p.m.

Eastwind Clubhouse

2359 Ulric Street, San Diego, 92111
(858) 268-4933 • Fax: (858) 268-0244
Monday - Friday: 8:30 a.m. - 5:00 p.m.

Escondido Clubhouse

474 West Vermont Ave., Suite 105
Escondido, CA 92025
(760) 737-7125 • Fax: (760) 741-6645
Monday - Friday: 8:00 a.m. - 4:30 p.m.

Friend-to-Friend

1009 "G" Street, Suite A, San Diego, 92101
(619) 238-2711 • Fax: (619) 238-1127
Monday - Friday: 8:00 a.m. - 4:00 p.m.
An SSI advocate is available

Friends In Hand 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 • Fax: (760) 721-8542
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 Meeting Place, Inc.

4034 Park Blvd., San Diego, 92103
(619) 294-9582 • Fax: (619) 294-9588
Monday - Friday: 8:00 a.m. - 4:00 p.m.

Neighborhood House Association (NHA) Friendship Clubhouse

286 Euclid Ave., #104, San Diego, 92114
(619) 266-2111 Ext. 105 • Fax: (619) 266-0496
Monday - Friday: 8:30 a.m. - 4:30 p.m.

Visions @ 5th and H

499 "H" Street, Chula Vista, 91910
(619) 420-8603 • Fax: (619) 420-0385
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 Park and Recreation Therapeutic Recreation Services

(619) 525-8247
Monday - Friday: 8:00 a.m. - 5:00 p.m.
Serves over 50,000 participants each year. The goal of the program is to provide year round recreational experiences for individuals with disabilities.

The Creative Arts Consortium

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

DBSA-Depression Bipolar Support Alliance
Call for group meetings: 1-800-826-3632



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

NAMI WALKS FOR THE MIND OF AMERICA



The Advocate

Vol. IX, Issue 4, April 2005



4480 30th Street
San Diego, CA 92116

Non-Profit
Organization
U. S. Postage
Paid
San Diego, CA
Permit No. 2695

1st Thursday!!!

Stakeholders' Forum!

Express Your Views

April 7, 2005

6:30 p.m.



Return Service Requested

Outreach Expands Outward!

*By Diana Waugh
NAMI San Diego Volunteer Coordinator*

Good news...NAMI is really becoming well known and respected in the community thanks to the efforts of a lot of people. We have a very involved board and staff and now have a new outreach coordinator, Becky Osterberg.

Bad news...We're having growing pains....We can't handle all the requests for outreach events (health fairs at walks, churches and schools) without some new volunteers willing to sit at literature tables and talk about NAMI.

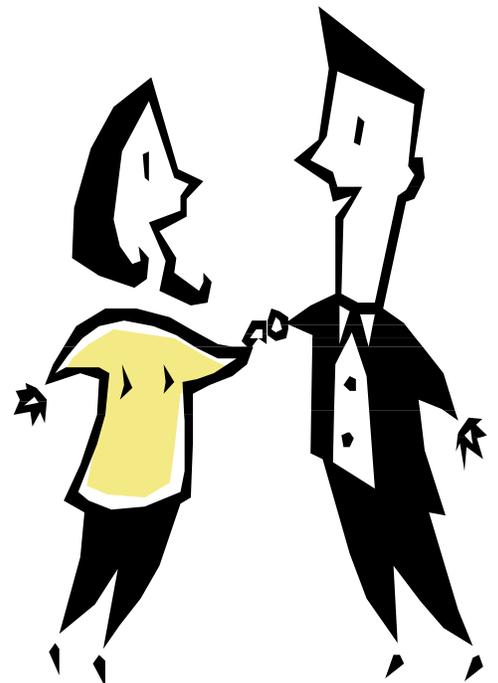
The only requirement is that you like people. Don't worry that you don't think you know enough. We do teams and you would always be with a more experienced person until you feel comfortable where you could mentor someone else.

Most of the events are on weekends. Ideally one person would only need to be there for two hours, but now the same people do it all day and often two days in a row.

This is a wonderful way to give back and I know the value of doing this. Everytime I talk to someone who feels able to share about their or a family members illness for the first time and they get information to help, it reminds me why I do this... Come help and learn the joy of sharing.

If you would like to try this experience, please contact:

Diana Waugh
Volunteer Coordinator
(619) 466-2665 ext 115
dianawaugh@namisandiego.org





Greetings Greater San Diego Area NAMIWALKERS and Team Captains!

We are coming into the home stretch – less than a month left until our big NAMI Event! Just a quick checklist with what each of us can do to maximize our NAMIWALK:

___ Register online or by the walker registration brochure - send brochure to team captain or me

___ If registered online, e-mail anyone who is interested or should be interested in NAMI and Mental Illness / Health

___ Send letters to those who do not have email (we did both - snail mail and email)

___ So you've done it all? Who else can you think of? I did things in stages: first, I sent letters to my long-time friends as well as family members, then e-mailed co-workers and those who had not responded, now I am working on people I come into contact with every day (dentist, salons, stores, etc.).

___ Keep a good supply of brochures on hand - each affiliate and affiliate team captain has a good supply of brochures. Once those are gone, Steve Tomacelli has assured us he will print more! If we hand out the walker brochure with a brief explanation to everyone we are acquainted with, NAMI will begin to be a household name in a lot more households! You can also call or email me for walker brochures - this is an important tool to spread the word about NAMI - we want to make sure you have plenty!

___ Keep good records of everyone that is contributing to your walk effort. We want to make sure we personally thank everyone who contributes to the NAMI cause - follow-up is important.

Those of us who have begun our campaigns are having GREAT results - if you have not yet started, wouldn't you like to join us? If you are like me, somewhat shy (yes, believe it or not) about asking, **here is a note we got back with a check:**

" Dear Tom and Kathy, I think of you and Steve often. I'm glad to be able to do something constructive! Love, Christie "

I am sure glad that I am giving others the opportunity to do something constructive to improve lives - think of how much better Christie feels knowing that she has done "something!"

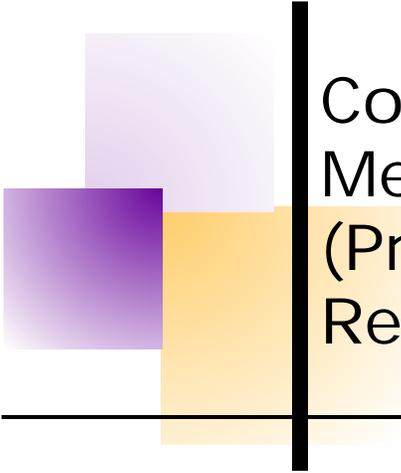
Please share with me any experiences you are having - I know that we are not the only ones!

Walkin' ON!

Kathy McKernan

NAMI WALKS Greater San Diego Area

Chair/Manager



County of San Diego Mental Health Services Act (Proposition 63) Regional Community Forums

East Region

Ronald Reagan Community Center
195 E. Douglas Ave.
El Cajon 92021

Thursday March 10, 2005
9:00 am—12:00 pm

South Region

Hilltop Middle School
44 East J Street
Chula Vista 91910

Tuesday March 15, 2005
4:00 pm - 7:00 pm

North Coastal Region

The AVO Playhouse
303 Main Street
Vista 92084

Monday March 28, 2005
4:00 pm—7:00 pm

North Inland Region

The Salvation Army Escondido Center
1301 Las Villas Way
Escondido 92026

Wednesday March 30, 2005
9:00 am—12:00 pm

North Central Region

The Salvation Army
4170 Balboa Ave
San Diego 92117

Wednesday March 30, 2005
3:00 pm—6:00 pm

Central Region

O'Farrell Community School
6130 Skyline Drive
San Diego 92114

Tuesday April 5, 2005
4:00 pm—7:00 pm

For more information regarding the Mental Health Services Act and Community Forums in your region, please visit the Network of Care website at www.sandiego.networkofcare.org/mh

New Support Group In New Area

Rancho Bernardo
Community Presbyterian Church
17010 Pomerado Road
(corner of Pomerado Road & Poway Road)
Upper Fireside Room

3rd Thursday of Each Month
7:00 pm - 8:30 pm

First Meeting: April 21, 2005

For more information, call
1.800.523.5933