

## Join the Team!

By Shannon Jaccard  
 NAMI San Diego Volunteer Coordinator

NAMI San Diego is currently recruiting volunteers for the NAMIWALKS for the Mind of America on April 15 at Balboa Park. NAMIWALKS for the Mind of America is a great chance for volunteers to come together for a fun-filled event while making a difference in the lives of those with a mental health challenge. This is your opportunity to support the people you care about - your family, your friends, your neighbors, your co-workers who are fighting with a mental health challenge. There are many flexible volunteer opportunities throughout the day, from setting up exhibits to greeting walkers. To join us for this amazing event that raises crucial funds, contact Shannon Jaccard at [shannonjaccard@namisd.org](mailto:shannonjaccard@namisd.org) or 619-584-5564 x 301.

If you are not available on April 15<sup>th</sup> for the walkathon but would still like to volunteer for NAMI San Diego, please contact Shannon Jaccard. There are a variety of volunteer activities from running an exhibit booth to assisting with office work. To learn more about the volunteer opportunities go to: [www.namisanidiego.org](http://www.namisanidiego.org)



## NAMI's Monthly Education & Advocacy Meeting

Thursday, April 6, 2006

6:30 p.m. - 9:00 p.m.

## Working Together

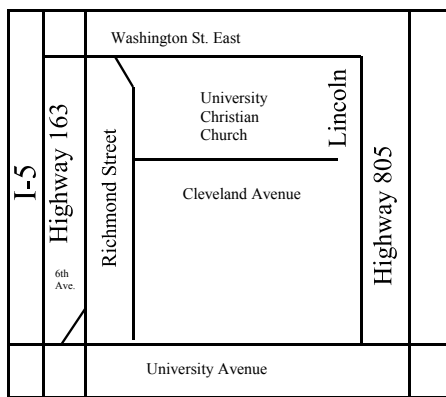
Presenters:

**Kathy Merritt, MA.**

**Bill Shirkey, BA.**

**Yolanda Sidoti, MSW.**

Presentation: A description of using the CCISC Model of treatment working with individuals having co-occurring disorders (mental health and substance abuse issues). Dual Recovery Center Pegasus East serves their target population by integrating services such as homeless outreach, engagement, individual treatment planning, aftercare, and resources as well as mental health and alcohol and drug counseling. This innovative blending of services has proven effective in supporting the complex and individual needs of persons with co-occurring disorders.



**6:30 p.m.:** Ask the Doctor

**7:00 p.m.:** Program

**8:30 p.m.:** Refreshments

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

⇒ A UCSD Doctor will be taking your questions at our "Ask the Doctor" program segment.

⇒ **Past-President Karen Gurneck will be joining us for this meeting. Come say 'hello!'**

# NAMI's Workin'!

By Bettie Reinhardt  
Executive Director

## *New Money, A New Challenge*

Do you remember when... I ended every month's column with my goal for us to do more of what NAMI does well – better, and in more places? We have been inching our way in that direction. Sometimes, we moved several inches at a time as when we bought a permanent residence in North Park where members of the diverse community in this area could just stop by for information and support. We now have the opportunity to make a leap forward.

- ◆ NAMI San Diego has received a \$125,000 grant from The California Endowment to support capacity building efforts to provide culturally competent mental health education, support and advocacy for Latinos in our community. Our first steps are establishing a diverse Multicultural Advisory Board and hiring a bilingual/bicultural Program Coordinator. We are still in the process of doing both these things so your suggestions would be welcome. Then, with the help of an expert consultant, we will evaluate our current cultural competency to serve Latinos. The evaluation will include a literature review, identification/development of assessment tools, and interviews and focus groups with Board and staff members, volunteers, consumer and family members, and Latino-serving provider organizations and community groups. (Are you exhausted yet? I am!)
- ◆ The evaluation will lead to a comprehensive report that will include findings of the organizational assessment, recommendations for increasing our cultural competency, ways to institutionalize related policy and proce-

dures, and initial draft of an outreach plan, and ways to further engage the Multicultural Advisory Board. In turn, the report will lead to the development of cultural competency training that is tailored to our organization's needs.

- ◆ By September, we expect to begin the outreach into the Latino community that is based on this full evaluation and training. We do not intend to do this alone. Instead, we plan to work with our partners from the Latino Task Force such as UCSD Geriatric Psychiatry, Community Research Foundation, Family Health Centers of San Diego, and Welcome Back/Grossmont College District as well as Mental Health Association and County of San Diego Mental Health Services and new partners.
- ◆ We will contract an independent evaluation of both the process and the outcomes of the project.
- ◆ Speaking of outcomes – we plan to recommend improvements to the Spanish language Family-to-Family and Peer-to-Peer classes, institutionalize at least one policy or procedure related to cultural competency, achieve increased cultural competency as measured by benchmarks set by the evaluator, and establish working relationships with at least one new faith-based organization and at least one new school within a predominantly Latino neighborhood.

It will be hard work and a merry ride!  
Let me know how you can join us!

## *Education Department*

By Jean Selzer, R.N.

Upcoming Family-to-Family courses:

- ◆ Tuesdays, June 6 – August 29, Aurora Behavioral Health, Rancho Bernardo

- ◆ (day to be announced) September, Pegasus East, La Mesa
- ◆ (Spanish version) September – call Albright Center so can create a class
- ◆ Our goal is to offer courses at fixed locations on rotating basis. We are training more teachers to make this possible

Support Groups:

- ◆ We are training more facilitators to relieve pressure on current facilitators and to add groups in more places.

We are always looking for people interested in becoming Family-to-Family, Peer-to-Peer, Support Group, and NAMI C.A.R.E. leaders – contact me for the how-to's, 619.398.8557.

Hand-to-Hand course:

- ◆ New, 9-week course for parents/caregivers of children and adolescents.
- ◆ Focuses on mental/emotional disorders, medications, biological basis of mental illness, treatment options, and recovery.
- ◆ Contains exciting resources portion for participants that is pertinent to San Diego County's public health, juvenile justice, social services, and schools systems.
- ◆ Four teachers have been trained
- ◆ Watch for announcement of first offering this fall.

Please call the Albright Center, 619.543.1434, to sign up for and course or training.

# 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:

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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](mailto:namisd@sbcglobal.net)  
Web Site: [www.namisandiego.org](http://www.namisandiego.org)

The NAMI San Diego Advocate:

Editor: Wendy McNeill  
Staff: Patrick Creemeens  
James Starek

E-mail: [wendymcneill@sbcglobal.net](mailto: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](mailto:exudir@namisandiego.org) or contact any of the people mentioned in the articles.*

# President's Page

## We Need NAMIWalk Teams!!!

By Sally Shepherd  
NAMI San Diego Board President

There came a point soon after my diagnosis with depression when I realized how differently some illnesses were viewed and supported by the community. Dragging my feet to work one day, I felt a little sense of injustice – hence this poem (not at all intended to be disrespectful).

### PARKING RESERVED FOR DEPRESSED PATIENTS ONLY

Oh politicians  
Who sit in government  
Illustrious be thy names.  
Thy bills become  
Thy votes be won  
At home as they are in Washington.  
Give us this day our parking lot  
And forgive us our neediness  
As we forgive those who have chosen  
to ignore us.  
And leave us not in isolation  
But deliver us from ignorance and  
shame  
And thine will be the credit and the  
glory forever.

Sally Shepherd - 10/7/99

## WALK - WALK - WALK!!!!

So what does this issue have to do with the Walk!! Everything!! The success of the walk involves getting everyone's attention. It affects legislative and financial support for mental health services, recognition of the needs of people with mental illness by the community at large and eliminating the stigma attached to mental illness (not to mention that we could use a little more cash for NAMI here in San Diego county!).

*To reach our overall goal we need  
100 teams who raise \$100 per team*

As of this moment, we have 25 teams who have registered on line. We are a quarter of the way there and there are *only 26 days left*. Congrats to the team "CSUSM" (Captain Sara Dennis) who already have twelve walkers registered on line, and to Team Telecare ACCESS/ACT/Transition (Captain Robert Price) who have 8. We can do it!!! Get out there and ask, plead, beg for support. We have nothing to lose and everything to gain.



## Congratulations Bettie!

Please join me in congratulating our outstanding Executive Director Bettie Reinhardt for being named Public Citizen of the Year by the San Diego and Southern California chapters of the California Society for Clinical Social Work! We are in awe of your many talents, your tireless devotion to NAMI's cause, and your amazing impact on the growth of NAMI San Diego!

# NAMI San Diego Meeting Schedule

## NAMI San Diego

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

**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-Mende Well Being Center  
Adjacent to the UTC Mall  
Call Michelle Cauble at (858) 756-3140

**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 Tuesday, 6:30-8:00 pm  
Lake Murray Evangelical Free Church  
5777 Lake Murray Boulevard, La Mesa  
1st Floor, Fellowship Hall  
Now meeting once a month  
Peggy & Bob Chambers: (619) 464-0476

**San Diego Group**  
3rd Monday, 6:00-7:30 pm  
NAMI San Diego Office  
4480 30th Street, San Diego  
Now meeting once a month  
Karen Malsack (858) 560-0030

**La Mesa NAMI Support Group**  
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

**Educational/Speaker 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**  
Mondays, 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

**General Meeting**  
Third Thursday, 7:00 - 8:30 p.m.

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

*General Meeting followed by*  
**NAMI Facilitated Support Group**

**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

# NAMI and Our Community

## Legislative Update

By Janet Daugherty, Communications Chair

### Joint Legislative Committee Reorganizing

Caroline Hamlin has done such a good job of chairing the Joint Legislative Committee of NAMI in San Diego County these past few years that it is taking many people to fill her shoes. Thanks, Caroline, for a wonderful job. Caroline will still be active off-committee in extending Laura's Law (CA 1421).

The current members of the committee have met in two workshops in February and March to plan how to reorganize moving forward. The new name of the committee is Governmental Relations and Advocacy Committee (GRAC). Mary Jane Van Hook suggests that we pronounce our acronym as "grace."

Our Mission statement is:

"The Governmental Relations and Advocacy Committee of NAMI in San Diego County speaks with one voice to raise awareness of and create solutions for the mental health needs of the community."

Our Vision statement is:

"To be recognized as a champion in the San Diego County community for mental health issues and to see measurable improvements in mental health conditions due to our advocacy."

The management team of GRAC consists of:

- Co-chairs - Jim and Margaret England
- Vice-chair - position open (intended to be chair in 3 years)
- Communications - Jan Daugherty
- Recording Secretary - position open
- Public Relations - position open

The committees are:

- Criminal Justice
- Housing
- Laura's Law
- Legislative Coordination

Our management task force is now writing job descriptions for management positions and developing letterhead. Our legislative coordination task force is preparing for our advocacy at the NAMI CA legislative session in May and the NAMI National Convention in June. Look for summaries of important legislation in this column in the months that follow.

## Compeer Provides a Safe, Nurturing, Mentoring Program

By Shannon Jaccard

NAMI San Diego Volunteer Coordinator

Compeer San Diego provides a safe, nurturing, mentoring program for children, teens, adults, and older adults living with a mental health challenge in San Diego County. The Compeer Program matches 1 trained community volunteer with 1 client who is coping with a mental health challenge. This 1:1 match builds mutual trust, friendship, mutual understanding, and serves as a personal support base for clients to lean on while they are seeking professional therapy toward improved mental health. The Compeer Program is a mentoring program that lifts clients out of their isolation, and feelings of self-doubt through friendships formed with their paired mentor, and improves the quality of life and living for people on their road to recovery.

Compeer San Diego is an affiliate of Compeer International. Compeer International was founded in 1973, in Rochester, New York. Over the past 30 years Compeer has grown to 100 affiliates throughout the United States, as well as Canada and Australia. There have been thousands of friendships that have illustrated incredible results. Past studies have indicated that the Compeer program has: increased self-esteem, reduced psychiatric hospitalization, decreased isolation and loneliness, and increased independent daily living.

Volunteers are asked to spend 4 hours a month with their new friend doing activities ranging from going to the movies to taking a walk at the beach, etc. Volunteer qualifications: Kindness,

gentleness, patience, dependability. For more information about Compeer San Diego contact: Shannon Jaccard at 858.361.3632 or [info@compeersandiego.org](mailto:info@compeersandiego.org), [www.compeersandiego.org](http://www.compeersandiego.org)

## Rita is Back!

By Rita Navarro

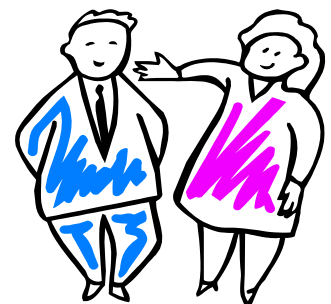
NAMI San Diego Operations Administrator

When I said, "I'll be back" I actually meant it. Here I am a few months later, happy as I can be about returning to my NAMI San Diego family.

With a few shuffling staff changes in NAMI San Diego I return a "newbie" but "oldie" as the Operations Administrator. As previously put, I now own many of the previously "orphaned" responsibilities, in addition to several other operations matters for the entire agency.

I bring with me my enthusiasm and joy into my everyday work. I truly enjoy helping people and being of assistance, which is just perfect and find the Operations Administrator position a comfort fit for me.

If you have questions about Membership, Donations, and Newsletter Subscriptions please feel free to call me or Jim Starek, our wonderful Administrative Assistant, at (619) 584-5564 or email me at [ritanavarro@namisd.org](mailto:ritanavarro@namisd.org).



# Client/Consumer Resources

## *NAMI C.A.R.E. Support Groups*

Consumer Support Groups  
For more information call the  
Albright I & R Center at  
(619) 543-1434 or 1-800-523-5933

### **NAMI San Diego Office**

4480 30th Street  
San Diego, CA 92116  
*Every Thursday: 6:00 - 7:30 p.m.*

### **Gifford Clinic (Cafeteria)**

140 Arbor Dr.  
San Diego, CA 92103  
*1st & 3rd Wednesdays: 2:00 - 3:30 p.m.*

### **Sharp Mesa Vista Hospital**

(Activity Room)  
7850 Vista Hill Ave.  
San Diego, CA 92123  
*2nd, 4th & 5th Thursdays:  
11:00 a.m. - 12 Noon*

### **Joslyn Sr. Center**

210 Park Ave  
Escondido, CA 92025  
*1st & 3rd Tuesdays: 4:00 - 5:30 p.m.*

### **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  
(302 Bus Route)  
(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 am. - 4:00 p.m.  
1st & 3rd Saturdays: 10:00 a.m. - 2:00 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**

226 Church Avenue, 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**

There are meetings in different regions of the  
county. Call for meeting information:  
1-800-826-3632  
or go to the DBSA website at: [www.dbsalliance.org](http://www.dbsalliance.org)

### **Access & Crisis Line**

1-800-479-3339  
24 hours a day / 7 days a week

### **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.

*Always wear a Silver Ribbon™*

to show you care about  
someone with a brain disorder!  
*Available at NAMI meetings and our  
office. \$3.00 donation helps cover  
our costs.*







# The Advocate

Vol. X, Issue 4, April 2006



4480 30th Street  
San Diego, CA 92116

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

1st Thursday!!!

*Working Together*

*April 6, 2006*

*6:30 p.m.*

*See page 1 for info!*



*Return Service Requested*

## Parents and Teachers as Allies Needs Your Help!

*By Kinsey McManus  
PTA Program Coordinator*

Parents and Teachers as Allies (PTA) is NAMI-San Diego's new educational outreach program! PTA is an interactive, grade appropriate presentation that "teaches" teachers, school administrators, other school staff, and parents about mental illness. We are hoping that this program will develop an open, two-way communication between teachers and parents to urge early intervention when needed. Also, as with all other NAMI Programs, our goals are to diminish the stigma of mental illness and to open minds in San Diego County's elementary, middle, and high schools.

A large part of our presentation will be to give general information, statistics, and resources/references on early onset mental illness. HOWEVER, the first-hand accounts of our presenters are our way to truly affect these teachers and parents. For the presentations, we plan on creating and training teams of three, including: a teacher or school administrator who had students that showed behavioral or emotional problems, but didn't know how to handle it or what the appropriate actions were to take; a parent of a child who had early onset mental illness and their interactions (or lack there of) with their child's teachers and school administrators; and a consumer who experienced an early onset to share what it was like to go through the school system.

At this point in time, we only have a few speakers and need more volunteers that fit the above criteria to enable us to reach a wider audience. We really need your help to reach educators and parents, as they are our first (and typically only) line of defense for our youth! If you are interested in joining the program as a presenter or have connections with our San Diego County schools, all assistance would be greatly appreciated! To get involved, please contact Kinsey McManus, program coordinator, at (619) 584-5564 ex. 307 or via e-mail at [kinseymcmanus@namisd.org](mailto:kinseymcmanus@namisd.org).