

Schizophrenia Study Offers Clue

From *Newsday*, March 20, 2007

A team of Long Island scientists has scanned the entire human genome for evidence of genes that play a role in schizophrenia and has discovered a hot spot near two genes that regulate the immune system.

Dr. Anil Malhotra and Todd Lencz of the Zucker Hillside Hospital campus of the Feinstein Institute for Medical Research in Glen Oaks, N.Y., found that certain markers within these genes were more common in patients with schizophrenia than in those without a history of the mental illness. Their study appears in the journal *Molecular Psychiatry*.

A small group of scientists has long proposed that infectious agents might play a role in schizophrenia.

A finding supported by multiple studies is that toxoplasma, a cat parasite, is two times more common among patients than normal volunteers. One percent of the population suffers from schizophrenia, a serious mental illness that can cause hallucinations, delusions, apathy, dulled emotion and cognitive problems.

The Hillside study looked at genes from 178 chronic schizophrenia patients and 144 volunteers. For computer analysis, they put the DNA from each individual onto a gene chip that has 500,000 markers, numbers along the entire stretch of the human genome.

When they found markers overrepresented in the patient population studied, they looked for genes at or near the marker. The two closest genes they identified are both involved with immune function and are activated when the body is responding to an infection.

The genes are on the male Y chromosome and the female X chromosome, although the genes don't have a specific sex-linked role, Malhotra said. Some of the markers were seen in as many as 30% of the

"Schizophrenia Study" cont. at right

NAMI San Diego's First Thursday Education & Advocacy Meeting April 5, 2007

"Conservatorship - The Who, How, What, When, and Why"

Presenters:

Mary Unterwenger, MFT
Herb Greenstein (parent of public conservatee) and Sharon Greenstein (conservatee)
Gloria Harris, PhD (private conservator)

Mary Unterwenger is a Mental Health Conservatorship Clinician (AKA Court Investigator). She is also a practicing Licensed Marriage, Family Therapist and Certified Trauma Specialist. She has conducted a Private Conservators Support Group for the past two years.

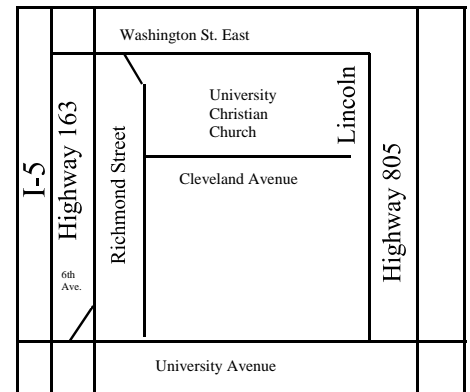
Ask the Expert:

Judy Davis, Manager
Transitional Age Youth Services, Community Research Foundation

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

Schedule:

6:30 p.m.: Ask the Expert
7:00 p.m.: Announcements & Advocacy
7:15 p.m.: Program
8:30 p.m.: Refreshments & Social



"Schizophrenia Study" cont. from left

schizophrenia patients, compared with 10% of healthy controls.

The scientists studied another group of 71 schizophrenia patients, and the markers pointed to the same two genes.

"There are a number of common and rare polymorphisms [varieties] that are overrepresented in patients with schizophrenia," Malhotra said.

He suspects that cytokines, substances produced by the immune system, might play a role as a genetic switch that puts certain people at risk.

"It's interesting work," said Dr. Robert Yolken, a professor of pediatrics and director of the Stanley Laboratory of Developmental Neurovirology at Johns Hopkins University School of Medicine. "It fits with the prediction that Dr. [E.] Fuller Torrey and I made that genes discovered in schizophrenia will be associated with an immune response.

"It would make sense that some of the genes are determinants of the response to infection."

NAMI's Workin'

*By Bettie Reinhardt
Executive Director*

Here is my letter to my family and friends, have you written yours yet?

Dear Friends and Family,

If it's spring, it must be NAMIWalks time in San Diego. I am writing you today, as I think I have in previous years, to tell you about this upcoming event that I am participating in that is both very important and very exciting to me. NAMI-Walks for the Mind of America, NAMI's signature walkathon event is being held in San Diego, CA at Balboa Park: 6th / Quince / Balboa on April 21, 2007.

I walk to decrease the stigma of mental illnesses as well as to increase the awareness of those illnesses. I walk to promote hope and to facilitate recovery. I walk to raise money to fund NAMI's great programs that are free to all users. I walk for my daughter Amy who isn't able to come walk with us this year. (Amy is learning to live with her bipolar disorder but she is having a heck of a time coping with a broken arm that doesn't want to heal.) This year, I particularly walk as a way of thanking Kamala Castle for being part of our NAMI family for too few but very impressive years. Kamala learned to live successfully with schizoaffective disorder and to stay clean and sober and she shared that story and her lessons learned in a very compelling, sometimes life-changing, manner. She also acknowledged her continuing struggle with the eating disorder that claimed her body in January of this year. This year, I walk in grateful memory of Kamala.

I would like to ask you to come and walk with me and/or to donate to support my participation in this great event. Visit my personal walker page to sign up: www.nami.org/namiwalks07/SDC/bettie. It features a link to my team's page there where you can see who else is walking with me. There is also a link so you can donate directly to me online. Donating online is fast and secure, and I'll get immediate notification via e-mail of your donation.

NAMI, the Nation's Voice on Mental Illness, formerly the National Alliance for the Mentally Ill, is the largest education, support and advocacy organization that serves the needs of all those who's lives are touched by these illnesses. This includes persons with mental illness, their families, friends, employers, the law enforcement community and policy makers. The NAMI organization is composed of approximately 1100 local affiliates, 50 state offices and a national office.

The goals of the NAMIWalks program are: to fight the stigma that surrounds mental illness, to build awareness of the fact that the mental health system in this country needs to be improved and to raise funds for NAMI so that they can continue their mission.

NAMI is a 501(c)3 charity and any donation you make to support my participation in this event is tax deductible. NAMI has been rated by Worth magazine as among the top 100 charities "most likely to save the world" and has been given an "A+" rating by The American Institute of Philanthropy for efficient and effective use of charitable dollars. NAMI has also been given 4 out of 4 stars by The Charity Navigator for short-term spending practices and long-term sustainability.

Thank you in advance for your support.

Sincerely,
Bettie

p.s. If you've formed or help form a team of your own this year, good for you!! See you there.

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 - Louise Groszkruger
Past President - Sally Shepherd
Treasurer - Paul Cumming
Secretary - Phyllis Meagher

Directors at Large

Gay Ames
Jamila DeCarli
Anita Fisher
Patti Jakobcic
Wendy McNeill
Rosemarie Wilson

Medical Advisory Board

Kristin Cadenhead, M.D., Chair
Neal Swerdlow, M.D., Ph.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

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

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

The NAMI San Diego Advocate:

Editor: Wendy McNeill
Staff: Patrick Cremeens
James Starek

E-mail: information@namisd.org
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 fax to (619)584-5569 or email at exudir@namisandiego.org or contact any of the people mentioned in the articles.

Legislative Update

The Need For Consistent and Intensive Treatment

By Jan Daugherty
GRAC Communications

"The Governmental Relations and Advocacy Committee (GRAC) 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."

GRAC wrote letters in favor of the successful extension of Laura's Law in 2006. Laura's Law (AB 1421) was enacted in 2002. It allows individual counties to establish demonstration programs for consistent and mandated outpatient treatment for those with a serious mental illness who are incapacitated by the symptoms of their illness. Prescribed criteria to be met include that the individual is suffering from a serious mental illness, that there has been a clinical determination that the individual is unlikely to survive safely in the community without supervision, and the individual is not able to cooperate and/or complete their treatment plan. As enacted, Laura's Law continues to recognize that voluntary treatment, and voluntary determinations by those with mental illness, to the fullest extent possible and appropriate, must be the priority within California's mental health systems of care.

The *Los Angeles Times* has been publishing articles about those overwhelmed by severe mental illnesses. The *Times* featured an in-depth profile of the tragic events surrounding Kanuri Qawi, who fought for years in court to avoid treatment for schizophrenia. He eventually succeeded in a case that had dramatic ramifications for the care of hundreds hospitalized for acute psychiatric disorders (By Scott Gold and Lee Romney, *Times* Staff Writers, March 16, 2007).

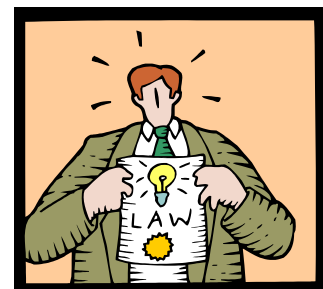
Here are some talking points from the California Treatment Advocacy Center (CTAC) about the need for consistent and intensive treatment for those with severe mental illnesses.

- In trying to protect patients' "rights" above all else, we have neglected the very real right to be treated for severe mental illnesses.

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

- Lack of insight is a far more common reason to refuse treatment than any other (including side effects). How can a person who doesn't recognize his or her illness make competent decisions regarding medication?
- There must be intensive services and follow-up for people with severe mental disorders who are released from correctional facilities and psychiatric hospitals.
- Laura's Law can help people with severe mental illnesses in the community, allowing them to be helped long before they meet the restrictive dangerousness criteria for inpatient hospitalization. Laura's Law must be available in every county in California.

To join GRAC or to receive our legislative alerts, please email me at jandaugh@cox.net.



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

Sibling and Adult Children's Group

Second Wednesday, 7:00 - 9:00 p.m.
Scripps-Mende Well Being Center
Adjacent to the UTC Mall
San Diego 92122
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 Street, San Diego 92110
Call Joan Williams at (858) 274-3716

La Jolla NAMI Support Group

First Tuesday, 7:15 - 9:00 p.m.
La Jolla Presbyterian Church (Room #9)
Enter on Eads Ave. - San Diego 92037
(858) 457-5057

NAMI Family Support Group

2nd & 4th Thursdays, 6:00 - 7:30 p.m.
Pegasus East
7841 El Cajon Blvd., #C
La Mesa, CA 91941
RSVP-Carol Davis at 858-220-3737.

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
(1st Floor, Fellowship Hall)
5777 Lake Murray Boulevard
La Mesa 91942
Call Peggy & Bob Chambers:
(619) 464-0476

Spouses of Persons with the Diagnosis of Bi-polar

Third Tuesday, 6:30 to 8:00 p.m.
Clairemont Lutheran Church
(Luther Hall, Room 2 on the 1st Floor)
4271 Clairemont Mesa Blvd.
San Diego 92117
(858) 273-7423

Spanish - South Bay

First Monday, 6:00 - 8:00 p.m.
South County Family Resource Center
690 Oxford Street, Chula Vista 91911
Call Luz Fernandez (East County Clinic)
(619) 401-5500

Spanish - Area de Clairemont - NAMI-SD Grupo de Apoyo

Clairemont NAMI Support Group
Tercer Martes (3rd Tuesday) 6:30-8:00 p.m.
St. David's Episcopal Church (biblioteca)
5050 Milton Street, San Diego 92110
(619) 543-1434 or (800) 523-5933

Spanish Family Support Group

Third Thursday, 6:00 - 8:00 p.m.
South Bay Guidance Center
835 3rd Avenue, Suite C
Chula Vista 91911
Call Gina Osuna: (619) 425-6879

NAMI Patton

Third Sunday, 1:00 - 3:00 p.m.
c/o Patton State Hospital
(Administration Annex - Room 148)
3102 E. Highland Avenue
Patton, CA 92369
Tel: (909) 425-7392 ☒ Fax: (909) 425-0160

NAMI-SIT

Schizophrenics in Transition

Board Meeting

Call for meeting time.
144 Copper Avenue, Vista 92083
(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.

Kinesis North

474 W. Vermont Ave, Escondido 92025
(760) 745-8381 or 1-800-523-5933

Monday Share & Care in Fallbrook

Mondays, 5:00 - 6:30 p.m.
Fallbrook Healthcare Foundation Building
Corner of Mission and Fig
Fallbrook 92028
Call for further information: (760) 745-8381

Tuesday Share & Care Meeting

1st, 3rd, 4th & 5th Tuesdays, 4:00 - 5:30 p.m.
Joslyn Senior Center
210 East Park Ave, Escondido 92025
(760) 745-8381

NAMI North Coastal

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

Education Meeting

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

St. Michael's by the Sea Episcopal Church
2775 Carlsbad Blvd., Carlsbad 92008
(760) 722-3754 or (800) 523-5933

Education Meeting followed by

*NAMI Facilitated Share & Care
Support Group 8:30 - 10:00 p.m.*

TARA Borderline Personality Disorder Support Group

First Tuesday monthly at 6:30 - 9:00 p.m.
Carlsbad Community Church
3175 Harding Street, Carlsbad 92008
(760) 729-2331- Ask for Sandy

**NAMI 2007
NATIONAL CONVENTION
SAN DIEGO, CA**

Volunteer Information

NAMI is very grateful for the willingness of local volunteers to help us staff the convention – indeed we would not be able to hold our convention without them. We need volunteers to handle a variety of tasks at convention, including helping with registration, acting as floor hosts, and stuffing registration packets. Volunteers receive *free* attendance at the convention in exchange for working 2 four-hour shifts. It's a wonderful opportunity for NAMI San Diego County members to attend a NAMI Convention at very little expense.

If you are interested in volunteering at the NAMI National Convention please download the application at: <http://www.namisaniego.org/volunteer.html> or contact Shannon Jaccard at shannonjaccard@namisd.org, 619-584-5564

Volunteer applications must be turned in by May 1st.

*Children's Suicide Rate
Increased Between 2003 and
2004, CDC Study Finds*

From 2003 to 2004, the suicide rate among Americans younger than age 20 increased 18%, according to the Centers for Disease Control and Prevention report in the February *Pediatrics*. Suicide was the only cause of teen deaths that increased during this time period.

Read an abstract of "Annual Summary of Vital Statistics: 2005" by Hamilton, *et. al.* in the February *Pediatrics* (119:2,345-360) at <http://pediatrics.aappublications.org/cgi/content/abstract/119/2/345>.

Education Corner

Individuals Who Give So Much to NAMI San Diego

By *Gloria Deck*
Education Director

Well it has been a couple of months since this "newbie from Canada" came on board. What an exhilarating, exhausting, wonderful ride it's been! I feel I am finally starting to get a handle on the workings of NAMI San Diego and its sister affiliates. Notice I say "starting".

There has been much to learn. I have to say I commend everyone involved with our organization and those organizations who partner with us. Each person I have come into contact with has a passion about the work they do. Everyone from the Peer-to-Peer Mentors, the In Our Own Voice Presenters, the Family-to-Family Teachers and Trainers, Consumers Advocating Recovery Through Empowerment Support Group Facilitators, Family Support Group Facilitators, Board Members, etc. Their commitment to supporting everyone affected by mental illness is amazing. It's been great meeting people from the North Inland and North Coastal affiliates. Thank you for immediately making me feel a part of your team.

I'd like to focus on a few individuals who give so much to NAMI San Diego in this newsletter.

Firstly, there is Joan Williams – a volunteer who has given to NAMI San Diego for over 20 years! Now that's commitment and a belief in what the organization does! Joan volunteers every week at the Albright Center which offers information and referrals to the community, facilitates a monthly Family Support Group, and teaches our 12-week Family-to-Family class series. THANK YOU JOAN!

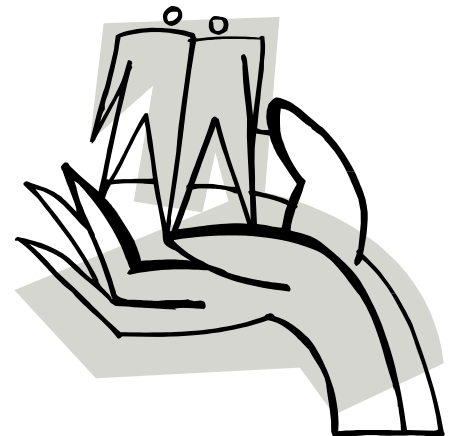
Anita Fisher and Rosemarie Wilson, who are also Board Members, have been instrumental in opening doors for African American Outreach for the Family-to-Family class series. Our collaboration with Congregational Care & Counseling Ministry and Pastors Gary and Gilbert is very exciting! We are working towards offering the Family-to-Family classes on a regular basis at the New Creation Church starting fall 2007. THANK YOU ANITA AND ROSEMARIE!

Their commitment to supporting everyone affected by mental illness is amazing.

It is my belief that through networking and collaboration we can accomplish the work that must be accomplished. I am honored to be a part of this organization and the people involved with it.

For: "If not us – then who? If not now – then when?" (Author unknown).

Respectfully,
Gloria Deck
Education Director, NAMI San Diego



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
2nd & 4th Thursdays: 6:00 - 7:30 p.m.

Gifford Clinic (Cafeteria)

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

Sharp Mesa Vista Hospital

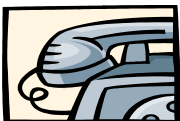
(Activity Room)
7850 Vista Hill Ave.
San Diego, CA 92123
Every Thursday: 11:15 a.m. - 12 Noon

St. Michael's By The Sea Episcopal Church (Parish Hall)

2775 Carlsbad Blvd.
Carlsbad, CA 92008
Call: (760) 722-3754
Third Thursday: 5:30 - 6:30 p.m.
(just prior to the General Meeting)

Mariposa Clubhouse

560 Greenbrier, Suite D
Oceanside, CA 92054
Call: (760) 722-3754
Every Thursday: 1:00 - 2:00 p.m.



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 who
have been there, done that. Listening
and talking are what we like to do.

Albright Information & Referral Center

1-800-523-5933, 1-619-543-1434
Volunteer resource specialists can pro-
vide information and support to callers
and visitors, including consumers,
family members and professionals.

Client/Consumer Resources

Patient Advocacy Program

5998 Alcalá Park, AW 304, San Diego 92110
(619) 260-7660 or 1-800-479-2233
Fax: (619) 260-7680
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 ☎ Fax: (619) 471-2782
Monday - Friday: 9:00 a.m. - 5:00 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
Monday - Friday: 8:00 a.m. - 4:00 p.m.
Once a month Saturday outing - Call for
information.

Casa Del Sol Clubhouse

1157 30th Street, San Diego 92154
(between Coronado Ave. & Beyer 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 Ext. 109 ☎ 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 92025
(760) 737-7125 ☎ Fax: (760) 737-6129
Monday - Friday: 8:00 a.m. - 4:30 p.m.
1st Saturday of month: 10:00 a.m. - 2:00 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 (must be a member)

Friends In Hand Clubhouse

144 Copper Ave., Vista 92083 (302 Bus Route)
(760) 631-2206
Saturday: 11:00 a.m. - 4:00 p.m.

Mariposa Clubhouse

560 Greenbrier, Suite B, Oceanside 92054
(760) 439-2785 ☎ Fax: (760) 439-6902
Monday - Friday: 8:00 a.m. - 4:30 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.

Neighborhood House Association (NHA)

Friendship Clubhouse
286 Euclid Ave., #102, San Diego 92114
(619) 266-2111 Ext. 106 ☎ 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
Monday - Friday: Noon - 7:00 p.m.
Saturday & Sunday: Noon - 5:00 p.m.

The Access Center of San Diego

1295 University Ave., Suite 10, San Diego 92103
(619) 293-3500 ☎ Fax: (619) 293-3508
Monday - Friday: 9:00 a.m. - 5:00 p.m.

Employment Services

1202 Morena Blvd., Suite 201, San Diego 92110
(619) 276-8071 ☎ Fax: (619) 276-3542
Monday - Friday: 8:00 a.m. - 4:30 p.m.
(Must be receiving services from a county funded
mental health program and approved by Depart-
ment of Rehabilitation)

Job Options

3465 Camino del Rio South, Suite 300
San Diego 92108
(619) 688-1784 (Valorie) ☎ Fax: (619) 688-9884
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

3325 Zoo Drive, San Diego 92101
(619) 525-8247 ☎ Fax: (619) 299-9304
Monday - Friday: 8:00 a.m. - 5:00 p.m.
Provides year round recreational experiences for
individuals with disabilities.

The Creative Arts Consortium

P. O. Box 3053, San Diego 92163-3053
(619) 282-4627 or (858) 481-7069

Compeer San Diego

Offering support, information, and friendship!
For more information: (858) 361-3632
Website: www.compeersandiego.org
E-mail: info@compeersandiego.org

DBSA-Depression Bipolar Support Alliance

There are meetings in different regions of the
county. Call for meeting info: 1-800-826-3632
or go to the DBSA website at: www.dbsalliance.org



Membership

NAMI San Diego relies on its membership and your generous contribution to continue providing education and other services to people with mental illnesses, their families, and the community. 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**.

Name: _____ E-mail address: _____

Address: _____ Home Phone: _____

City/State/Zip: _____ Work Phone: _____

Cell Phone: _____

____ Please email my newsletter

____ Membership \$40.00
 () New Member () Renewal

____ Professional Membership \$75.00

____ Organizational Membership \$100.00

____ **Please contact me about a Scholarship Membership**

____ Donation* _____

____ Please contact about volunteer opportunities

Annual Supporting Donors

Platinum—\$1,000 or more

Gold—\$500-\$999 or more

Silver—\$100-\$499

Bronze—up thru \$99

To pay by Credit Card:

print name as it appears on card

_____ / _____

card number expiration date

____ Visa ____ MasterCard \$ _____

amount

signature

Planned Giving!

Would you like to make a gift to NAMI and also have it work for you? NAMI has a new volunteer, **Mike McNeill**, a chartered financial consultant with Prudential Financial. Mike can advise you about **Planned Giving** so that your gift is a win-win. Please contact Mike at (858) 272-7997 or email at mike.mcneill@prudential.

Please Mail To:
 NAMI San Diego
 4480 30th Street
 San Diego, CA 92116

Or Fax To:
 619.584.5568

All gifts are tax deductible as provided by law. NAMI is a not-for-profit 501(c)(3) organization.

The Advocate

Vol. XI, Issue 4, April 2007



4480 30th Street
San Diego, CA 92116

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

1st Thursday!!!

*"Conservatorship - The Who,
How, What, When, and Why"*

April 5, 2007, 6:30 p.m.

See page 1 for info



Return Service Requested

Upcoming Family-to-Family Classes

English Family to Family:

March 27 – June 12, 2007

Tuesdays, 10:00 am – 12:30 pm

Southeast Mental Health Clinic

3177 Oceanview Blvd.

San Diego, CA 92113 (Central Region)

English Family to Family:

March 29 – June 14, 2007

Thursdays, 6:00 – 8:30 pm

Pegasus East

7841 El Cajon Blvd.

La Mesa, CA 91941 (East Region)

English Family to Family:

April 9 – June 26, 2007

Mondays, 6:30 - 9:00 pm

Carlsbad Community Church

3175 Harding Street, Carlsbad, CA 92008

Contact Kathy Smith-Brooks or Bob Brooks at
760-434-3420 to register.

If interested in attending one of these classes, please call the Albright Center at 619-543-1434 or 1-800-523-5933.

We will also be hosting a Spanish Familia a Familia Education Teacher Training in the spring (date to be announced). Past participants of the class and those interested in becoming Teachers of this course can contact Gloria Deck, NAMI San Diego at 619-398-9851.

A Family-to-Family Education Teacher Training in English has been scheduled for June 1 – 3rd, 2007 at Mission San Luis Rey in Oceanside, CA. To register call Kathy/Bob at 760-434-3420 or Gloria at 619-398-9851.

Give Back! Willing hearts and minds wanted!
Full training is provided at no cost.



SAN DIEGO COUNTY NAMI KICK-OFF EVENT '07

Wow, what a wonderful morning that was! Thank you to everyone that attended and help create our 2007 Kick-Off brunch such a success!! The morning was filled with networking, registering, and learning the ins and outs of San Diego County's NAMI Walk!

Attendees were able to see pictures of last years walk, cheer on t-shirt models to the song, "I'm Too Sexy for My Shirt," and thank last year's outstanding achievers.

The 2006 awards went to:

- Team Sharp Mesa Vista for the 2nd Largest 2006 team at 69 walkers!!
- Team St. David's Episcopal Trekkers for the Largest 2006 Team at 73 walkers!!
- Laurel Schroeder for raising the most funds at over \$5,000, wow!!

We would like to send a special thank you to Union Bank of California for being the 2007 Kick-Off Brunch Sponsor!!

From Coast to Coast, thousands will walk this year to promote hope, treatment, and recovery! Add your footsteps to ours!

WE WANT 60 TEAMS THIS YEAR AND 1500 WALKERS!!!! We had 38 teams last year – we can do this!!!! We have 46 teams registered online already!!! Let's really push to make this year walk an incredible success. Please invite your friends, co-workers, and neighbors to join us at the walk.

San Diego County NAMI WALKS Fun 5K
April 21, 2007
Balboa Park at 6th & Quince
www.namiwalksandiego.org



UNDERSTANDING SOCIAL SECURITY & SSI BENEFITS

Saturday, June 2, 2007
9:00 a.m. – 12:00 Noon

SSI, SSDI, SSA, SGA...The alphabet soup of Social Security...
What does it all mean?

Attend an in-depth seminar to gain an understanding of the Social Security system. Find out, step-by-step, how to get and keep your SSI benefits without jeopardizing other income sources.

YOU WILL LEARN:

- Eligibility for benefits
- How to calculate benefits
- The link between state & federal benefits
- Understanding rules & regulations
- The Work Incentive Program
- Maintaining benefits while working
- PASS Plan for Achieving Self-Support

SPEAKER PROFILE:

Get it straight from someone who knows!
Peter Prather works for the Social Security Administration.
His presentation will cover
the application and approval process, and
various work incentive programs available.

The seminar will be held at:

The Arc of San Diego – North Shores
9575 Aero Drive
San Diego, CA 92023

Yes! Please register me/us for the:

_____ Understanding Social Security & SSI
Benefits
June 2, 2007
Number Attending _____

Enclosed is my check/money order for
\$ _____
\$8 per person*/\$10 per family per seminar

*Please note that seminars are free of charge for
people
with disabilities.

Make checks payable to the Special Needs Trust
Foundation

WALK AWAY WITH:

An Information packet that will guide you through the
maze of Social Security and give you an understanding
of where you fit in.

REFRESHMENTS

The SNTF thanks
Peter Prather for
speaking free of
charge. Fee covers
costs related to
seminar.

INFORMATION:

SNTF
(619) 338-4477

REGISTRATION FORM DUE ONE WEEK PRIOR TO SEMINAR

Name _____

Address _____

City _____

State, Zip _____

Day-Time Phone _____

Please mail registration form and payment to:

Special Needs Trust Foundation
9575 Aero Drive
San Diego, CA 92123-1803

The "SPECIAL NEEDS TRUST FOUNDATION" (SNTF):

is a joint effort of Access to Independence,
The Arc of San Diego, Community Options,
Community Catalysts, Developmental
Services Continuum, Friends of Vista Hill,
Home of Guiding Hands, ***NAMI San Diego***,
Sharp Healthcare Foundation, St. Madeleine
Sophie's Center, United Cerebral Palsy Assoc.
Of San Diego, and UNYEWAY.

SPECIAL NEEDS TRUST SEMINAR

Saturday, June 9, 2007

9:30 a.m. – 11:30 Noon

THE CURRENT DILEMMA:

- Parents with a child who has a disability often find themselves in a dilemma when planning for the future of this child.
- Individuals with special needs may have resources from an inheritance or settlement that may exclude them from receiving government support.

The Special Needs Trusts were established to assist families and individuals with special needs to establish a discretionary trust that allows them to supplement the child's or individual's monthly income from SSI with restricted funds with no adverse effects. This seminar will inform families and individuals of their options for estate planning.

WHAT YOU'LL LEARN:

- Planning for the future
- Court vs. non-court procedures
- Advantages of the Special Trust and individual trust
- Options regarding trustee, including the Special Needs Trust Foundation
- Difference between First Party or Self-Settled Trust and a Third Party Trust

SPEAKER PROFILE:

Nancy Spector – Attorney,
Certified Specialist in Estate Planning, Trust and
Probate Law

The seminar will be held at:

The Arc of San Diego – North Shores
9575 Aero Drive
San Diego, CA 92023

Yes! Please register me/us for the:

_____ Special Needs Trust Seminar
June 9, 2007
Number Attending _____

Enclosed is my check/money order for
\$ _____
\$8 per person*/\$10 per family per seminar

*Please note that seminars are free of charge for
people
with disabilities.

Make checks payable to the Special Needs Trust
Foundation

REFRESHMENTS

INFORMATION:

SNTF
(619) 338-4477

The SNTF thanks
Nancy Spector for
speaking free of
charge. Fee covers
costs related to
seminar.

REGISTRATION FORM DUE ONE WEEK PRIOR TO SEMINAR

Name _____

Address _____

City _____

State, Zip _____

Day-Time Phone _____

Please mail registration form and payment to:

Special Needs Trust
Foundation
9575 Aero Drive
San Diego, CA 92123-1803

The "SPECIAL NEEDS TRUST FOUNDATION" (SNTF):

is a joint effort of Access to Independence,
The Arc of San Diego, Community Options,
Community Catalyst, Developmental Services
Continuum, Friends of Vista Hill, Home of
Guiding Hands, **NAMI San Diego**, Sharp
Healthcare Foundation, St. Madeleine Sophie's
Center, United Cerebral Palsy Assoc. Of San
Diego, and UNYEWAY.

Directions

Take 8 East.
Exit Severin/Fuerte
Cross over the freeway.
Turn right on frontage road
Murray Drive
Go 0.4 miles.
Turn left on Water
Go 0.1 miles
Turn right on Mildan
Go 0.1 miles
Park entrance on the right

Look for the large
white and blue
NAMI banner!



Nami San Diego
4480 30th Street
San Diego, CA 92116
www.namisandiego.org

Back by popular Demand
NAMI ANNUAL PICNIC
All Welcome!

SATURDAY JUNE 9TH
11.30 a.m.—2.30 p.m.

Harry Griffin Regional Park
La Mesa

HAMBURGERS, HOT DOGS
AND BEVERAGES
PROVIDED
PLEASE BRING A DISH TO SHARE

GAMES, RAFFLES, WALK RECOGNITION

TO REGISTER PLEASE CALL
JIM STAREK — 619-584-5564 (ext.115)

BY MONDAY JUNE 4TH

Contributions towards the lunch
much appreciated