



August 2002

Volume VI, Issue 8

The Role Of PACT In Recovery

by Elizabeth Edgar,
NAMI director of state health care

The mental health system fails to give you the help you need. You find yourself acting as the case manager for your loved one, you need more support for managing your illness or making friends or finding and keeping a decent and affordable place to live and a job. You'd like non-emergency help to be there for you on all weekends, evenings, and even on Christmas. And when you don't get to office appointments, you really need a psychiatrist to make house calls.

The Program of Assertive Community Treatment, or PACT-outlined in a NAMI convention plenary session called PACT Across America and four convention workshops-delivers these services. In multi-disciplinary teams of one staff member for every 10 clients, psychiatrists, nurses, peer specialists, substance abuse counselors, vocational specialists, and social workers work in the community 24 hours a day, seven days a week, to provide comprehensive treatment, rehabilitation, and support services to consumers in their homes, at work, and in community settings. Estimates say that at least 20 percent of people with the most severe and persistent mental illnesses would benefit from this "one stop shopping" approach to treatment and recovery.

At the plenary, Deborah Allness, one of the developers of the original PACT model, described assertive community treatment as a way of reorganizing care that makes it realistic for people-those often failed by the traditional office-based mental health system-to live in the community and work toward recovery. She

(Continued on page 7)

Education & Advocacy Meeting

6:30 p.m. Social Hour

7:00 p.m. Business/Advocacy

7:30 p.m. Program as Follows

“Assertive Community Treatment in San Diego County”

As the lead story in this newsletter says, 25 years of research already demonstrates that Programs of Assertive Community Treatment (PACT) is more effective than office-based traditional care for people with the most disabling psychiatric illnesses. This is your opportunity to find out how closely Assertive Community Treatment (ACT) in our community adheres to the proven model, to learn how referrals to the programs are made, and to hear the accomplishments of the programs as well as the obstacles they face.

Our speakers will be :

Bob Quinlivan, LCSW,

(Regional Director of Operations, Telecare Corporation.)

and

Mary Woods,

(Director of the San Diego Managed Care Program, Telecare Corporation)

Bob and Mary have both had extensive experience with Assertive Community Treatment programs in San Diego. See Page 8 for a complete summary of their backgrounds.

The monthly meeting is open to anyone interested in learning about mental illness. The meetings are held on the first Thursday of the month at University Christian Church, Friendship Hall,
3900 Cleveland Ave
San Diego, California

Upcoming: Karenlee Robinson will head up a panel presentation on housing issues and opportunities for people with mental illnesses on Thursday, September 5.

Additional NAMI meetings in the San Diego County area are listed on Page 5

August at-a-Glance

Bettie Reinhardt, Executive Director

NAMI San Diego Mission Statement

The Board fine-tuned our mission statement so it will be easier for all of us to tell people what we do.

NAMI San Diego, a nonprofit organization, provides education, support services, and advocacy to improve the quality of life of everyone affected by mental illnesses.

Goals for NAMI San Diego

The Board wrapped up several months of strategic planning with the following:

Five-Year Strategic Plan

To support the mission of NAMI San Diego, we will expand outreach and education programs, improve our facilities and develop adequate support staff.

In addition, the Board approved four emphasis areas for the fiscal year that began July 2002:

- 1) Make building accessible
- 2) Expand/develop fund-raising activities
 - a. Conduct capital fund drive for making building accessible
 - b. Expand Fun Walk
 - c. Obtain additional grants
 - d. Obtain membership/donor data base
- 3) Continue/improve outreach
 - a. Resource Fair
 - b. Adapt and increase materials and education programs
- 4) Staffing improvements (personnel, interns, volunteers)
- 5) Promote Best Practices Campaign for San Diego

Campaign for Best Practices

Signature sheets come in on a daily basis. Keep them coming!! We will be citing them in our advocacy with legislators during the budget deliberations.

NAMI California Conference

Partners in Recovery is happening this month at the San Francisco Airport Marriot, August 23rd and 24th. It is not too late to register for one or both days of this annually terri-

fic event. As usual, you will come away well updated on research and treatment in all of the biopsychosocial rehabilitation spheres. I'll be there. Look for me!

NAMI National Conference

Marjorie Joramo, Kamala Castle and her mother, and Sally Shepherd joined me in Cincinnati for the national conference, *Building Communities of Hope*, during the last week in June. It only rained one or two days and it was beautifully green. The good news is that each of us returned with a wealth of new information and materials. The bad news is that none of us was able to see or do everything she wanted during the conference. Start planning now to be at the 2003 conference in Minneapolis at the end of next June so we will have more people to spread out to all the great workshops and exhibits.

Mental Health Board

There is no set meeting in August. However, a meeting may be called to respond to the State's budget crisis and the proposed cut in mental health services. Call the Albright Center for more information.

The September meeting is at 3851 Rosecrans Street, San Diego, Coronado Room, 6 pm – 8 pm.

Thank You

Thanks to the folks at Ericsson Wireless Communications, Inc. for the donation of five, f-i-v-e, computers and monitors. We can finally get rid of the old 486s.

Classes

Several Family-to-Family classes (including one in Spanish) and a Peer-to-Peer class will be scheduled for this fall. Do call the Albright Center, 619.543.1434, and put your name on the call list for one of these classes.

To register your opinion on any of these issues, 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 article.

Heartbeat Family Partnership News

August 27, 2002 from 5:30 pm to 8:00 pm Dianna Danley, School Psychologist and Wraparound Trainer will be speaking about how parents, teachers, administrators can work together to support and promote positive outcomes for youth with special needs. Ms. Danley will share her personal experiences with integrating wraparound philosophy into her work as school psychologist for the Santee School District. Please call Heartbeat Family Partnership for location - 858-505-1878.

The Heartbeat Information and Referral Line for Children's Mental Health services is a "warm line" that helps family members, agency providers, schools, etc. to find appropriate services for children. A comprehensive database that is continuously updated is used to provide the most current information on a wide range of services for families. our phone number is (858) 505-1888 or toll free in California (888) 843-5800

The Alliance Advocate

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

NAMI San Diego is an affiliate of NAMI and NAMI California

Board of Directors:

President - Karen Gurneck
Vice-President - Judy Wasik
Treasurer - Carol Venable, Ph.D.
Secretary - Margaret England.

Directors at Large

David Charapp
Deborah Conklin
Paul Cumming
Dixie Galapon, Ph.D.
Carolina Gonzalez-Garcia
Hugh Pates, Ph.D.
Sally Shepherd
David Spierman
Mary Truman

Medical Advisory Board

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

Executive Director

Bettie Reinhardt
exudir@namisandiego.org

The Alliance 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: 619 584-5564 (administration)
800 523-5933 (peer support)
Fax: 619 584-5569
E-mail: namisd@sbcglobal.net
Web Site: www.namisandiego.org**

The Alliance Advocate Editors:

**Bettie Reinhardt and Pete Truman
E-mail: namisd@sbcglobal.net
And trumana@worldnet.att.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.

PERMANENT SUPPORTIVE HOUSING

A Solid Foundation for our Community

NAMI San Diego is a member of the AB 2034 Partners Housing Committee. The Corporation For Supportive Housing (CSH) has worked with private and public partners to develop supportive housing nationwide. In San Diego, CSH worked with a collaboration between the City Managers Office, County Mental Health Services (which obtained the State AB2034 grant money), the Housing Commission, the Probation Department - through the Connections program, the San Diego Police Department homeless outreach team (HOT), Episcopal Community Services, Alpha Project, Community Research Foundation (CRF), Catholic Charities, Telecare Corporation and Family Health Centers to implement a supportive housing program for people with mental illnesses in the downtown area who do not have permanent housing.

Much more needs to be done and on June 26, 2002 it was brought to our attention that money is in escrow to purchase a 12-unit property on Titus Street in Mission hills. It is a property with 12 apartments and an additional house with a 1 and 2-bedroom apartment. HUD money (\$400,000.00) and AB 2034 money (\$500,000.00) are already appropriated. The Association for Community Housing Solutions (TACHS) is purchasing the property. Many readers will remember TACHS played a large role in the existing Reese Village and Del Mar Apartment projects.

Ms. Kim Russell-Shaw of TACHS stated, "Our Goal is full social integration. Units like these will provide that. It is an ideal community-based living solution, close to transportation and stores. This property will provide the mentally ill with stable and affordable housing in conjunction with supportive case management." Upon further inquiry she indicated that there are the usual stops and starts with any real estate transaction and that owners do not need to sell to non-profits as this market is booming in San Diego.

For so many years, board and care facilities and long-term placement institutions as well as single resident occupant hotel rooms have been all too familiar for most of our community. With these beds dwindling and the need for more progressive and feasible options, we need to support such endeavors as TACHS'. People with mental illnesses across all financial spectrums are faced with this housing crisis. We need to let supervisor Ron Roberts know we appreciate his support and consideration in this serious need since the Titus Street property is in his district. There have been concerns brought up by his constituents but this is a move in the right direction. Let San Diego be a leader in this project.

Karen F Gurneck,
NAMI San Diego President

Always wear a Silver Ribbon™

To show you care about someone with a brain disorder!
To help break down the barriers to treatment and support!
To help eliminate the stigma against those who suffer!
To show you believe there is HOPE through education and research!
Contact the NAMI San Diego office to buy your silver ribbon

I Am Not Sick, I Don't Need Help!!

This immensely popular and even more immensely useful little book is available by loan from the Albright Center or yours to keep for a contribution to NAMI San Diego of \$15.00

Legislative Update

August, 2002

By Caroline Hamlin

AB 1421

The Assisted Outpatient Treatment Demonstration Project Act of 2002, AB 1421, has passed the Senate Health and Human Services Committee but with crippling amendments. The only remaining criteria for involuntary assisted outpatient treatment are danger to self or others or gravely disabled. In the original bill, the criteria included that the person has a history of failing to engage in a plan of treatment and, as a result, has, in the previous 36 months, had repeated hospitalizations or incarcerations. To view the complete text of the bill, go to: www.leginfo.ca.gov/pub/bill.asm/ab1421

The Senate Judiciary Committee is the next stop for this bill. If you agree that the criteria for assisted outpatient treatment should be more than just "dangerousness," contact the following members of the Senate Judiciary Committee and ask them to pass this bill as originally written by Assemblywoman Helen Thomson.

The Honorable Martha Escutia,
Chair Judiciary Committee
State Capitol Building, Room 5080
Sacramento, CA 95814
Fax: 916 327 8755
Ph: 916 327 8315

Senator Steve Peace
State Capitol Bld. Room 3060
Sacramento, CA 95814
Fax: 916 327 3522
Ph: 916 445 6767

When the bill arrives at the Senate , then it's time to contact our San Diego Senators:

Senator Dede Albert
State Capitol Bld, Room 5050
Sacramento , CA 95814
Fax: 916 327 2188
Ph: 916 445 3952

Also contact the Senator Pro tempore:

Senator John Burton
State Capitol Bld, Room 205
Fax: 916 445 4722
Ph: 916 445 1412

Senator Steve Peace (as above)

State Budget Crisis

The state budget crisis continues, and as we go to press, the exact cuts to mental health services are still being debated. The AB 2034 grant to establish an Integrated Services program for the homeless mentally ill in North County has been cut, but the hope for its reinstatement still exists. It could be as late as January before we know the exact effect these cuts will have in San Diego County

Family Opportunity Act

S 321, the Family Opportunity Act, will soon be voted on in the United States Senate. This bill would give middle income families with severely mentally ill children the opportunity to buy into the Medicaid program. Contact Senators Boxer and Feinstein and ask for their support. All members of Congress can be reached by calling the Capitol Switchboard at 202 224 3121

Schedule of Meetings

NAMI SAN DIEGO

See Page 3 for NAMI-SD's address
NAMI-SD's Education and Advocacy
meeting takes place the First
Thursday of each month at University
Christian Church, 3900 Cleveland Ave.,
San Diego

See page 1 for information about this
month's program.

Evening NAMI-SD Support Group

Third Thursday, 6:45 p.m.
Note New site, 4480 30th Street

Morning NAMI-SD Support Group

Third Tuesday, 10:00 - 12:00 a.m.
Note New site, 4480 30th Street

Sharp Mesa Vista Hospital 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 Area NAMI Support Group

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

La Jolla NAMI Support Group

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

El Cajon (East County)

Second Wednesday, 6:30-8:00 p.m.
562 E. Main St., El Cajon,
Forough Douraghi: (619) 401-5440

South Bay—Spanish

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

La Mesa -- No August Meeting

Third Thursday, 6:30—8:00 pm
San Carlos Library, 7265 Jackson Drive
Contact Ruth Coleman, 619 469-5232

NAMI PATTON

c/o Patton State Hospital
3101 E. Highland Avenue
Patton, CA 92639

Fax:(714) 963-9961 Tel(909)425-7000

Third Sunday, 11:45 a.m. - 1:15 p.m.
Administrative Meeting Room Patton
909 425-7000

NAMI NORTH INLAND SAN DIEGO COUNTY

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

Second Tuesday each month, 7:00 pm.
Education Meeting

Bradley Center (Kinesis North)
474 W. Vermont Ave, Escondido
(760) 745-8381 or 1-800-523-5933
PSYCHIATRIST SPEAKS

Tuesday August 13th

Our speaker will be Dr Jelena Kunovic, a
practicing psychiatrist in San Diego
County, who received her early training
in Yugoslavia. She will
discuss the vast differences the two
countries have in the training and prac-
tice of psychiatry. Aside from her pri-
vate practice, Dr Kunovic does research
and is also a swimming
instructor.

For further information please call
(760) 745-8381

Monday Share and Care Meeting

Every Monday -- except the 2nd
Monday of each month. Starting
at 6:30 p.m. Palomar Pomerado
Behavioral Health Bldg. 1540 East
Valley Parkway, Escondido
Call (760) 745-8381 for further
information

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
Call (760)745-8381

Wednesday Share and Care

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

NAMI NORTH COASTAL SAN DIEGO COUNTY

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

St. Michael's by the Sea Episcopal Church Parish Hall,
2775 Carlsbad Blvd.

(760) 722-3754 or (800) 523-5933

Third Wednesday, 7:00 p.m.

Education Meeting followed by

Share & Care at 8:40 p.m.

For August 21st.

Blaise Weedlinger PhD's topic will be
"Value of Choice"

"Implementation of Psycho Social Rehabilita-
tion Model and how it is being introduced
throughout the county."

Share & Care

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

Share and Care

Second Thursday at 6:00 - 7:00 p.m.
Tri-City Medical Center, Mental Health Unit,
4002 West Vista Way Oceanside (760)940-5700

Pastoral Share & Care

Fourth Thursday - 7:30 p.m.
2807 Ocean St., Apt. 301, Carlsbad
Jane or Tim Hird, (760)435-2536
Call first for security reasons.

Spouse Support Group

First Thursday of each month
6:30—8:30 p.m.
St Michael's Episcopal Church, Carlsbad

TARA Borderline Personality Disorder Support Group

First and Third Tuesday monthly
Carlsbad Community Church
3175 Harding Street, Carlsbad CA 92008
760-729-2331

National Depressive & Manic Depressive Association (DMDA) Support Groups

Resources for those suffering from depression, bipolar disorder, or other mental illness.

DMDA El Cajon

Thursday nights, 5:30 - 7:30 pm
El Cajon Library, Community Room
201 E. Douglas Street, El Cajon
For more information, 619.393.3568
http://groups.yahoo.com/group/DMDA_El_Cajon/

DMDA La Jolla

Mondays night, 6:00 - 8:00 pm
VA Hospital, Room 2011 (2nd Floor)
For information, 888.274.3637 or 858.535.4793
<http://hometown.aol.com/lajolladmda/myhomepage/profile.html>

DMDA

800.826.3632 or <http://www.ndmda.org>
DMDA Rancho Bernardo,
Tuesdays and Thursdays, 6:00 - 8:00 p.m.
Aurora Psychiatric Hospital
For more information, 858.487-3200

DMDA La Mesa,

Tuesdays 6:00 - 7:00 p.m.
Alvarado Parkway Institute (API)
For more information, 619.465.4411

Consumer Corner

IN OUR OWN VOICE

A recovery-education program presented by trained consumer presenters/facilitators to other consumers, families, friends and professionals.

It is for anyone who needs to know how people with schizophrenia and other serious mental illnesses cope with the realities of their disorder while recovering and reclaiming productive lives with meaning and dignity.

If you are interested in training as a presenter or attending a presentation, please call: Kamala Castle at 619 584-5568

Mariposa Clubhouse

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

Open Monday - Friday

8:00 a.m. - 4:00 p.m.

Open Saturday & Sunday

10:00 a.m. - 2:00 p.m Brunch

East Corner Clubhouse

562 East Main St., El Cajon
(between Mollison and Avocado)
(619)401-6902

Fax: (619)401-1751

Open :

Mon., Tue, Thur, Fri. 8:00 a.m.- 2:00 p.m.

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

Saturday - 10:00 a.m. - 2:00 p.m.

The Consumer Center for Health Education and Advocacy

If you need help getting mental health care services, please call or write us.

We are ready to help you.

1475 Sixth Ave., 4th Floor

San Diego CA 92101

1-877-734-3258 Toll Free

The Meeting Place, Inc.

4034 Park Blvd., San Diego

(619) 294-9582

Open Monday - Saturday

10:00 am. - 4:00 p.m. Monday to Friday

11:00 am - 3:00 p.m. on Saturday

Corner Clubhouse

2852 University (at Utah)

San Diego (North Park) #7 Bus Line

(619) 683-7423

Open Monday - Friday

8:00 a.m. - 4:00 p.m.

Friend to Friend

1009 "G" Street

San Diego

(619) 238-2711

Open Monday - Saturday

10:00 a.m. - 6:00 p.m.

A peer advocate is available

Thursday, Friday (morning) and Saturday

Employment Services

1202 Morena Blvd., Suite 201

San Diego, (619) 276-8071

Visions @ 5th and H

499 "H" Street, Chula Vista

(619) 420-8603

Open Mon., Wed., Fri., Sat.

Noon - 7:00 p.m.

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

The Access Center of San Diego

1295 University Avenue

San Diego, (619) 293-3500

The Creative Arts Consortium

P. O. Box 3053

San Diego, CA 92163-3053

Admin—Call Jane (858) 481-7069

Art—Call Michelle (619) 589-2434

Literature—Call Jim (619) 299-1753

Job Options

2727 Camino del Rio South

San Diego

(619) 688-1784 (Valorie)

Open Monday - Friday

8:00 a.m. - 5:00 p.m.

San Diego Parks and Recreation Disabled Services Program:

Ask for "The Leisure Seekers" group activities and calendar. No formal registration. Simply call ahead of event and say

"I want to sign up for the event"

(619) 525-8247

Patient Advocacy Program

5384 Linda Vista Road, Suite 304

(619) 543-9998 or 1-800-479-2233

Mon. – Fri.

8:00 a.m. – 5:00 p.m.

Scholarship Funds

Call the Albright Center for information

about scholarship funds.

Friends

144 Copper Ave. Vista

(760) 941-2153

Open Saturdays

1:00-4:00 p.m.

WISH LIST

We have volunteers to tend our landscaping, now we need tools and an addition to our plantings. First, our one and only tree did not green up this spring. It is clearly moribund and needs to be replaced. If you would like to make a donation that will grow and thrive each year along with our organization and will bear your name, a tree by our entrance is the answer.

We also need pruning clippers and hedge clippers and even a garden hose.

VOLUNTEERS WANTED

Alpha Project is interested in interviewing NAMI volunteers for an opportunity to assist in the provision of supportive services at the Metro Hotel in downtown San Diego. Volunteers will engage and encourage residents to participate in on-site supportive services and activities. Volunteers will also work with residents and Alpha Project staff to determine and implement projects that will meet the needs and desires of residents. Such projects may include a community garden, barbeque, or how to develop underutilized areas of the hotel. Volunteers may also work in the computer room or lead classes in art, yoga, etc... This is a unique opportunity to volunteer and make a difference. If you would like to schedule an interview, or for more information call Larry Graff at (619) 247-6908.

PEER-to-PEER Classes

The second Peer-to-Peer class will be held this fall. We are working on a location central to all of the county and on van transportation.

You must call the Albright Center to sign up for the class.

One of the Peer-to-Peer mentors will call or write you to confirm your enrollment.

(Continued from page 1)

emphasized the philosophy that makes this work: assertive community treatment is a respectful collaboration between the participant and the team.

Dylan Abraham, a writer, mental health counselor, and PACT client, told us that "...with the support I receive from PACT, I have become myself again." He stressed that PACT support, but also attributed his success to the right medication and his own hard work for recovery. He made it clear: "I am not dependent on this program. I am independent with the program." Active consumer/peer involvement as PACT team staff members is important to the success of the program.

Ann Detrick and Donna Mauch of Magellan Behavioral Health, a national managed care company that is implementing programs of assertive community treatment in several states, suggested strategies for getting high-quality PACT programs started and funded. Key ingredients are vision and leadership by NAMI and others; sticking to the national PACT standards; clear expectations for providers (written into requests for proposals and contracts); financial rewards and penalties based on program performance; and contract-monitoring by government and by consumer and family independent monitoring groups. Mauch pointed out that you don't need new money for a PACT program, that funds can be diverted from high-cost, poor-outcome programs that don't work. PACT costs range between \$9,000 and \$14,000 a year per participant, much lower than hospital costs (over \$100,000 a year) or group-home costs (more than \$30,000 a year.) And PACT costs less than jail or prison. Mauch encouraged us to demand that PACT be added to health-benefit packages such as a state's Medicaid plan and managed care arrangements to make these programs a medically necessary service that can be paid for.

With savvy gained from experience in a state that pressed hard for a PACT pilot and, after four years of persistent advocacy, now has 12 teams funded, NAMI Virginia Executive Director Val Marsh closed the PACT Across America plenary. The audience applauded her conclusion: "Office-bound government officials and providers talk about non-compliant clients. What we really have are non-compliant systems."

NAMI San Diego in the Media

The Outreach Committee is developing a wonderful media partnership with the San Diego Psychiatric Society. Their public relations representative, Dr. Clarke Smith, along with Jerry Levin and his daughter Kelly, taped a very successful interview with Channel 10's Carol LeBeau on bipolar disorder. We will let you know when the segment is due to air. The Society's President-Elect, Dr. John Allen, and I recorded a radio interview on the topic of depression for Gloria Deloney's "Impact San Diego" show on KCBQ 1170 AM which aired July 14 at 6.30pm. The twenty-minute segment provided an excellent overview of depression and featured NAMI's Information and Referral number. Our sincere thanks go to Gloria and Dr. Allen. Next Sunday's segment will be on schizophrenia, and the following one will cover the topic of bipolar disorder. And finally, NAMI has been invited by the Psychiatric Society to have a booth and provide panel speakers at their second annual conference here in San Diego on September 28th. The conference is designed to appeal to anyone involved in the mental health field, so keep that date free.

We had a wonderful time at Channel 10's *10 Leadership Day* on July 6th in the Qualcomm parking lot. We were especially happy to have our own "easy set-up" canopy which provided much needed shade. Not only did we talk to hundreds of people who approached us, but we also toured the booths and talked to representatives from many local organizations about providing presentations for them. We now have a "serious" collection of business cards from interested groups. I have set up the beginnings of a call-back data-base on Microsoft Access, so would love to hear from anyone who would be interested in helping with the data entry. My goal would also be to include all those organizations who have invited us to speak in the past. This type of record keeping will be useful in order to keep track of the hours devoted to outreach (important data when applying for grants), but also so that we can invite these groups to participate in any future group outreach or fundraising activities.

The Outreach group is nearing completion of a newly revised local NAMI brochure, which is one of our annual goals. As with the rest of the organization, our next task is to do some future planning. As I mentioned before, this will include training new presenters for the "In Our Own Voice" presentations. We have agreed that this will be a good stepping-off point for anyone interested in doing other related presentations. We can always be reached at NAMI-SD-Outreach@yahoo.com.

Sally Shepherd

In Memory

Saying, "I want to help people with mental illnesses," Mrs. Josephine Kenney has contributed \$4,000 in memory of her son, Phillip, who died recently and unexpectedly. Phillip was in his 40s and had lived with schizophrenia since his college years. Mrs. Kenney and her late husband, Lou, were active developers of this affiliate and the Albright Center. Lou was also the author of two compendiums of book reviews about mental illnesses and their treatment.

The Kenneys have asked that people wanting to extend their condolences make a contribution to NAMI San Diego.

WALK-A-THON AND RESOURCE FAIR PROCLAIMED A SUCCESS!

The annual NAMI-San Diego Walk-A-Thon and Resource Fair held on June 15 in Balboa Park, was the most successful yet. Over \$4,000 was raised by the walkers and more than \$15,000 was raised from corporations and organizations who sponsored the event where thirty-two vendors provided information and referrals. Nearly one hundred people participated in the walk (and two runners!) which was an enjoyable stroll through the trees in Balboa Park. The event was even more festive thanks to the music provided by Cheap Date. Drawings were held for prizes and the beautiful sunshine made the day near perfect. Planning for next year's Walk and Resource Fair is underway now. If you would like to be involved, please call the NAMI-San Diego office at 619 584-5564 for more information.

Thanks goes to our sponsors, all the organizations who donated gifts, and especially to all the volunteers and staff who truly made the event a great success.

Speakers for our Thursday August 1st Education and Advocacy Meeting

ON "ASSERTIVE COMMUNITY TREATMENT IN SAN DIEGO COUNTY

(See Page 1 for further details)

Bob Quinlivan, LCSW, Regional Director Operations, Telecare Corporation

Bob began his career with the County of San Diego in 1978 and spent the last nine years as the Chief of Case Management Services. During that time, he initiated the County's first Intensive Case Management program. Bob was the first manager at the County to recruit and hire mental health consumers. He also created the first civil service position for mental health consumers within the County. Bob oversaw all the case management programs, and was also responsible for a three-year homeless research demonstration project with the National Institute for Mental Health.

In 1995, Bob accepted a position as the Director of Managed Care Services with the Telecare Corporation. He was responsible for the development and implementation of the ACCESS program, the first Assertive Community Treatment program in San Diego County. Bob also initiated the Telecare Transition Team, to assist consumers leaving acute care hospitals. Bob is currently serving as the Regional Director of Operations for Telecare, and oversees the ACCESS and ACT programs, the Telecare Transition Team, Managed Care Services, the Kaiser/Telecare Program for Intensive Community Support, and the Telecare REACH program. In addition to those responsibilities, Bob is responsible for national marketing and development for Telecare.

Mary Woods, Director of the San Diego Managed Care Program, Telecare Corporation

Mary began working for Telecare at Cresta Loma in 1990 as a Rehab Therapist and was promoted to a Social Worker position in 1992. In 1994 she was promoted to the position of Assistant Program Director at the Partial Hospital Program (PHP) Day Rehab, was promoted to the Clinical Director of that program in 1996 and to the Administrator's position in 1998. She then converted that program to an assertive community treatment model, and served as the Administrator of the San Diego ACT program. On July, Mary's role was expanded at Telecare, and she was appointed as the Director of San Diego Managed Care Program.

Mary's ability to partner with her staff has made her a highly respected leader at Telecare. She is an excellent example of an individual who has been able to grow at Telecare and accept increasingly responsible positions. Her reputation in San Diego County, as well as within Telecare is superb.

The Alliance Advocate

Vol. VI, Issue 8--August 2002



4480 30th Street
San Diego, CA 92116

Non-Profit
Organization
U. S. Postage
Paid
San Diego, CA

RETURN SERVICE

Inside This Issue:

Assertive Community Treatment

Proposed Mental Health Budget Cuts

Legislative Update

NAMI-San Diego in the Media

Calendar of Events & Meetings



NAMI San Diego

2002 MEMBERSHIP APPLICATION

NAMI San Diego relies on its membership and your generous contribution to continue providing support and services to people with mental illness and their families. To join NAMI San Diego, renew your membership or make a contribution, complete the information below and **enclose your check payable to NAMI San Diego and mail to: P. O. Box 710761, San Diego CA 92171-0761.**

Name: _____

Street: _____ Home Phone # _____

City, State, Zip: _____ Work Phone # _____

Dues are from January 1 to December 31 of each year and include membership and newsletter subscription to NAMI and NAMI California.

I would like to join NAMI San Diego at the following level:

- _____ Regular Membership – \$40.00 Check one: () New Member () Renewal
- _____ Professional Membership – \$75.00 (includes office display of NAMI brochures)
- _____ Consumer Membership – \$10.00 _____ Newsletter Subscription Only – \$15.00
- _____ Open Door Membership \$3.00 (consumer, consumer family & friends in financial need)

ANNUAL SUSTAINING DONORS

- _____ Bronze Donor – up to \$99.00 _____ Benefactor – \$500.00 – \$999.00
- _____ Silver Donor – \$100.00–\$249.00 _____ Patron – \$1,000 +
- _____ Gold Donor – \$250.00–\$499.00 _____ I prefer my contribution to be anonymous
- _____ Donation for Open Door Memberships (\$ _____)
(to help consumer, consumer family & friends in financial need)

Check relation to client:

- _____ Parent of Adult
- _____ Parent of child (under 18)
- _____ Sibling
- _____ Spouse
- _____ Professional
- _____ Other _____
- _____ Self
- _____ Please send me volunteer information and application.