



HIV: Elephant In Living Room

By Diana Waugh
Volunteer Coordinator

The "Elephant in the Living Room/Dealing with HIV and Mental Illness" was the title of the presentation given at the June Education and Advocacy Meeting. The presenters were Sally Shepherd, NAMI Outreach Director and Board President Elect, and Diana Waugh, NAMI Staff Volunteer Coordinator.

Sally began the presentation by outlining the goals: 1. Increase Awareness 2. Promote Understanding and, 3. To Initiate Action. She explained that the HIV virus causes AIDS and stated that there is no cure for AIDS or no vaccine. HIV infection in the mentally ill is 10 times more than the national average. The mentally ill homeless are a high-risk group because of shared needles and unprotected sex. She also gave other risks for clients in psychiatric facilities; Hepatitis B- 4 to 5 times more likely and Hepatitis C- 12 times more likely. She stated that 20% of patients tested positive for Tuberculosis and there is a high incidence of other sexually transmitted diseases.

She talked about how you can and cannot contract HIV and explained the infection process, symptoms and HIV testing. She stated that unprotected heterosexual activity is the fastest growing mode of transmission.

Diana talked about high-risk behaviors and how mental illness contributes to susceptibility to the HIV virus and often prevents being able to process preventive information or change behaviors. She said we could no longer ignore the "elephant" in our living room and we needed to get involved with HIV education and help reduce stigma and discrimination and to use our voice to insist that psychiatric hospitals do HIV testing.

NAMI's First Thursday Advocacy Meeting, August 5, 2004:

Schizophrenia and Genetics presented by

Dr. Kristin Cadenhead. Dr. Cadenhead received her BA degree in Biology/Psychology from Rice University in Houston, Texas. She then earned her medical degree from the University of Texas Medical Branch in Galveston. She completed her residency in Psychiatry at the University of Texas Medical Branch and at UCSD, where she was chief resident. She is currently an Associate Professor of Psychiatry and an attending physician at both the Veterans Administration and the UCSD Medical Center. She also serves as an Associate Residency Training Director.

Dr. Cadenhead has expertise in the treatment of psychotic disorders and provides regular consultations. She is the Clinical Consultant for the Consortium on the Genetics of Schizophrenia. The UCSD Schizophrenia Research Program has joined forces with the National Institute of Mental Health (NIMH) and formed a consortium with schools across the country including Harvard, UCLA, Mount Sinai, Univ. of Pennsylvania, Univ. of Washington, and the Univ. of Colorado. Through this collaboration we hope to learn more about the genetic basis of schizophrenia. Understanding the genetic components of schizophrenia is crucial to finding out about the **risk factors**, and **heritability** of this illness.

Program:

- 6:30 p.m.: *Business & Advocacy Meeting*
- 7:00 p.m.: *Program*
- 7:45 p.m.: *Ask the Doctor*

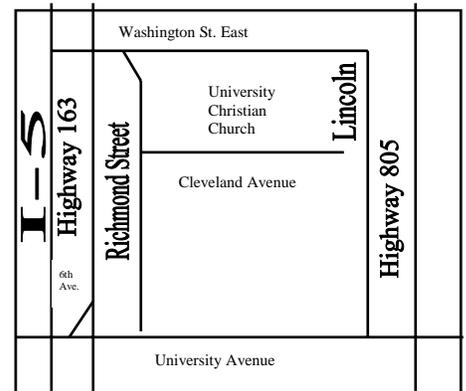
followed by refreshments provided by Sharp Mesa Vista Hospital



Support Good Science!

The CARE (Cognitive Assessment and Risk Evaluation) Program provides clinical care to individuals who are developing the initial signs of a psychotic illness. The treatment philosophy includes a multidisciplinary approach with pharmacologic management, social services, stress management and psychoeducation as part of the program.

Dr. Cadenhead is also the Director of the Psychiatry Primary Care Clinic at the SDVAMC. The Primary Care Clinic is staffed by psychiatry residents who provide both psychiatric and primary care to psychiatric patients while they are supervised by Attending Physicians in Psychiatry and Internal Medicine.



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

June & July At-a-Glance

By Bettie Reinhardt
Executive Director

County Wins?? Children Lose??

As you know, counties are the primary providers of public mental health services in California. One of the counties' statutorily mandated responsibilities is the provision of services to special-education students identified as needing mental health services by their school. Federal law requires that states provide services to children enrolled in special education, as well as related services they need to benefit from their education. Children are entitled to services regardless of income.

In a lengthy, well-analyzed tentative ruling, the Sacramento Superior Court has granted San Diego County's motion for judgment on the pleadings to excuse San Diego from performing mental health services required by AB 3632/ AB 2726 legislation. The court concluded that the \$1,000 (this is not a misprint) statewide appropriation does not satisfy the State's constitutional obligation. The court stated: "The State is prohibited from imposing unfunded mandates on local entities, shifting its financial responsibility for carrying out governmental functions to local agencies, which are ill equipped to assume increased financial responsibilities because of the taxing and spending limitations that Articles XIII A and B impose." The County of San Diego estimates that it spends \$10 million a year providing mental health services for children and youth who are determined to have a Serious Emotional Disturbance and to qualify for services under this section of state and federal law.

Families now wait to learn who

will be responsible for providing these absolutely necessary services in the future. If the trial court's ruling is not overturned on appeal, it is expected that the school districts will have to provide the service.

(Court ruling information from the desk of Patricia Ryan, Executive Director, California Mental Health Directors Association. Additional background from "The Crucial Role of Counties in the Health of Californians: An Overview," published for California HealthCare Founda-

tion in July 2004.)

"Children are entitled to services regardless of income."

Save the Date

TASK, Team of Advocates for Special Kids, is presenting "IEP Smart" on September 2, 2004. (See flyer inserted in this newsletter.) IEP stands for Individualized Education Plan and is part of the AB 2726 process discussed above.

Wraparound Services

Families are also waiting to find out what agency will be providing their wraparound services in the future and if they and their children will continue to be eligible. Several agencies currently provide wraparound service which is family centered, strengths-based, needs-driven, and individualized. However, the procurement issued by the County earlier this year can have only winning proposal.

Children's Task Force

Parents, grandparents, youth, and mental health professionals have come together in a task force to help NAMI effectively provide NAMI's self-help

services to the families, caregivers, and educators of children and youth and, perhaps, to youth themselves.

The initial goals are to identify current available services, unmet need for services, and appropriate services for NAMI to provide. The group quickly identified support groups for families and caregivers as an unmet need. Happily, a support group facilitator training was already scheduled and we were able to enroll some people who want to help provide that service. Watch for the announcement of meeting times and places for those groups!!!

The task force needs more members. The next meetings are August 2nd and September 13th at 6 pm at NAMI San Diego.

NAMI, Mental Health Services for Children, and Recovery

I told you that I would devote my column this year to recovery. Paying attention to the issues of children and youth and their families and caregivers is definitely a part of recovery. We must meet our children's needs as early as possible with family centered, strength-based services. NAMI can make a difference.

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

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

NAMI San Diego is an affiliate of NAMI and NAMI California

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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.

NAMI's Volunteer Spotlight

NAMI Building Ties With Communities of Color

By Diana Waugh
Volunteer Coordinator

NAMI San Diego has been asked to join a faith based approach to health by the Black Health Association. They received a grant from the California Endowment to conduct a once a month health seminar at fifteen churches throughout the black community. Each chose a different disease. Mental health was the last disease chosen and will be held in April of 2005. "This is a clear indicator of how much interest there is in mental illness in our community" stated Rose Wilson, chair of the African American Task Force. It is the goal of the task force to have consumers and family members of color present this seminar for NAMI April of next year; and to have a family to family class taught by people of color by that time. We also plan to have a team of consumers

of color doing "In Our Own Voice" presentations by the end of 2004. Rose plans to be a presenter because she has a passion to help alleviate some of the disparities in education and acceptance about mental illness among people of color. "It's time to break the silence- It's just not talked about." She hopes that by sharing her story she can help others avoid the humiliation, disrespect, anger, embarrassment and shame that she experienced. Join us in these "stigma busting" endeavors.

African-American Task Force

The task force meets the 4th Thurs of the month at 6:00 p.m. at the NAMI office. Call Diana Waugh, Volunteer Coordinator, if you have any questions or suggestions at (619)584-5564 ext. 115

By Sally Shepherd
Outreach Coordinator

One of NAMI San Diego's strategic goals for this year is that its membership and leadership should reflect and draw strength from the cultural diversity of the San Diego community. We have founded a Latino Task Force. Members currently include two Latino families, two NAMI Board members, and the Latino Center Coordinator from UCSD's Department of Psychiatry.

One of our first accomplishments was to produce mental health fact sheets in Spanish. With the collaboration of everyone on the team, a total of 21 fact sheets were produced and are now available at the NAMI office. The fact sheets will be featured on our website shortly.

Thanks to the efforts of our Education Director, NAMI is now able to offer Family-to-Family classes and a NAMI support group in Spanish. We are looking for more teachers and facilitators who speak Spanish. Plans for the future include increasing our membership (always!), and reaching out to the Latino community in facilities such as Southwestern College, which has a high proportion of Latino students. We would like to offer volunteer opportunities and "internships" to accomplish specific projects.



The Task Force is hoping to meet with representatives of UCSD's Department of Psychiatry in the Fall with a view to establishing communication and support in meeting the mental health needs of the Latino community.

NAMI San Diego

Meeting Schedule

NAMI San Diego

4480 30th Street
San Diego, CA 92116
(619) 584-5564

Evening NAMI-SD Support Group

Originally meeting on Third Thursday, at 6:45 p.m. will be rescheduled.

NAMI C.A.R.E. Support Group

As of August 5, 2004, meetings will be moved to Thursdays from 6:00-7:30 p.m.

Morning NAMI-SD Support Group

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

Sharing and Caring

Fourth Thursday, 6:30 - 8:30 p.m.
Executive Conference Room
Sharp Mesa Vista Hospital
7850 Vista Hill Avenue, (858) 278-4110

Sibling and Adult Children's Group

Second Wednesday, 7:00 - 9:00 p.m.
Scripps Well Being Center
Adjacent to the UTC Mall
Call Monica Astorga at (858) 483-9370

Clairemont NAMI Support Group

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

La Jolla NAMI Support Group

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

El Cajon (East County)

Second Wednesday, 6:30 - 8:00 p.m.
Heartland Center
As of the second Wednesday of August 2004 this meeting will no longer be held.
1060 Estes Street (off Chase)
Dale or Judi at (619) 401-5500

South Bay Spanish

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

La Mesa

Second Wednesday, 6:30 - 8:00 pm
San Carlos Library
7265 Jackson Drive
Contact Karen Robinson, (619) 698-4711
E-mail: krsd@cox.net

NAMI Patton

c/o Patton State Hospital
3101 E. Highland Avenue
Patton, CA 92639
Tel: (909) 425-7000 Fax: (714) 963-9961
Third Sunday, 11:45 a.m. - 1:15 p.m.
Administrative Meeting Room

NAMI-SIT

Schizophrenics in Transition

Board Meeting

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

NAMI-SIT includes the following :

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

NAMI North Inland

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

Education Meeting

Second Tuesday at 7:00 pm.
Bradley Center (Kinesis North)
474 W. Vermont Ave, Escondido
(760) 745-8381 or 1-800-523-5933

Tuesday Share & Care Meeting

Every Tuesday Except the 2nd Tuesday
of each month., 4:00 - 5:30 pm.
at Joslyn Senior Center
210 East Park Ave, Escondido
(760)745-8381

Weekly Share & Care in Fallbrook

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

NAMI North Coastal

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

Education Meeting

Third Thursday, 7:00 p.m.
Sidney Zisook, M.D.
Treatment Challenges in Mood Disorders
and Schizophrenia

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

Education Meeting followed by

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

Share & Care

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

Share and Care

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

Share and Care

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

TARA Borderline Personality Disorder Support Group

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

Legislative Update

By Caroline Hamlin

Advocacy Day

Six NAMI San Diego members flew to our state capitol in Sacramento on May 27, 2004 to participate in Advocacy Day. They took this opportunity to visit San Diego legislators in their Sacramento offices. Budget cuts were high on our list of concerns. Advocacy Day also launched our campaign for the passage of Proposition 63, the Mental Health Services Act which will appear on the November ballot. If successful, this people's initiative could generate \$700 million dollars to expand and support mental health services in California.

Youth Suicide Legislation

A youth suicide bill designed to help state and local governments and non-profit organizations develop and implement statewide youth suicide and early intervention strategies passed the Senate. S 2175 would provide grants to help reduce youth suicide through statewide screening and early intervention. Senator Gordon Smith (R Or) made an impassioned plea for passage of this bill, relating the tragic story of his son who suffered from bipolar disease which led to his committing suicide. The next hurdle will be in the House of Representatives.

Wellstone Parity Bill

This bill, which would require insurance companies to provide equal coverage for mental health ailments to the same degree as any other illness, is stalled in the House and the Senate. Both House Speaker Hastert and Senate Majority Leader Frist have prevented this bill from coming to the floor for a vote in spite of widespread bipartisan support and the backing of the President himself. NAMI has advocated long and hard for its passage, but insurance companies are powerful and influential. At NAMI's annual convention, which will take place in Washington DC in September, NAMI members from around the nation will visit congressional legislators and ask for action on this bill.

Affiliate Action Items

NAMI's Eat, Meet and Plan for Future

By Karen Gurneck
Board President

On June 12, 2004, at St. Michael's by the Sea Episcopal Church all four San Diego NAMI affiliate boards met to discuss our accomplishments, share our strengths and weaknesses and develop a wish list. The meeting was organized by the presidents who have been meeting for about two years. It was moderated by Warren Karmol, NAMI National Western Regional Director and Anna Edwards, NAMI No. Coastal president.

We hoped to accomplish a few things, beginning with meeting each other, unifying our commitment to NAMI and its mission and joining forces to insure safe and adequate treatment in our mental

health community. We left with a list of long and short term goals and a desire to work together as county-wide teams. One example of this has developed as our legislative committees in North Inland, North Coastal and San Diego meet every two months to work on issues that go beyond regional.

There were twenty-eight in attendance including May Farr from San Bernardino, who observed the process in hopes of inspiring her countywide affiliates to collaborate. Our short term goals include: Support the PERT program countywide, get the mental health initiative passed this year and centralize communication among affiliates. Our long term goals include: Develop more affordable housing and support NAMI housing, oversight of

mental health care in the community and advocate for mental health courts.

It was a full day of activities and food. Thanks to all who participated and helped put this together. We are beginning to put the committees in place and will keep our boards informed on the presidents' meetings. We will plan a follow up joint board meeting in the late Fall to see how we are progressing. ❁

HELP NEEDED to Care for Our Members

By Bettie
Reinhardt

Our members are special people. Their dues and donations must be quickly and accurately recorded. Their information

must be sent to NAMI California and NAMI National so they will receive *Connection* and *Advocate* mailings and so they can vote in elections. They need great big 'thank you's' for donations and annual reports for their tax filings. Sometimes they need reminders that their dues are due.

We need a – ta –da – MEMBERSHIP SECRETARY. Someone who understands the importance of our members. Someone who will ensure that dues and donations have been correctly recorded and that people have been appropriately thanked. Someone who knows, or is willing to learn, how to enter data in a computer database. Commitment about 3 hrs/wk. time as a volunteer.

Do you think you might be that person? Call me at 619.584.5567 or e-mail me at exudir@namisandiego.org.

“NAMI unified its mission and joined forces to insure safe and adequate treatment in our mental health community.”

your community Resources

PARTY!

Thursday, October 7
NAMI's 2nd Annual
San Diego
Fundraising Dinner
"Celebrating Unity
Through Diversity"

Tom Ham's Lighthouse
Harbor Island
Questions about dinner
registration, sponsorship,
etc, call 584-5564 and
ask for Jim

Winner

Charles "Chuck" Sosebee Courageous advocate wins 2004 Torrey Advocacy Commendation award

Charles "Chuck" Sosebee has been selected by the board of directors of the Treatment Advocacy Center as the second recipient of the Torrey Advocacy Commendation Award for outstanding advocacy for treatment of the most severe mental illnesses.

"Chuck was not only unafraid to bare his life and share his personal story and the effects his untreated illness has on himself and many others, but did it articulately, and perhaps with an unmatched humor and humanity that made him very appealing to these decision and policy makers."

—Randall Hagar
California Treatment

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

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

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

**The Consumer Center for Health
Education and Advocacy**
1475 Sixth Ave., 4th Floor, San Diego, 92101
Toll Free: 1-877-734-3258
Mon, Wed, Thurs & Fri: 9:00 a.m. - 5:00 p.m.
Tuesday: 8:00 a.m. - 6:00 p.m.
If you need help getting mental health services or if you have a complaint or grievance, call or write us. We are ready to help you.

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

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

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

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

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

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

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

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



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

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

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

**San Diego Parks and Recreation
Disabled Services Program:**
Ask for "The Leisure Seekers" group activities and calendar. No formal registration. Simply call ahead of event and say
"I want to sign up for the event"
(619) 525-8247

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

Scholarship Funds
Call the Albright Center for information about scholarship funds. **SEE PAGE 7**
(619) 534-1434



NAMI Membership

Add your voice to ours

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

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

Name _____

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

Address _____

City/State/Zip _____

Phone _____ E-mail _____

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

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

_____ Regular Member \$40.00

_____ Professional \$75.00

_____ Local Member \$20.00

_____ Newsletter Only \$15.00

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

_____ Donation* _____

_____ Please contact me/us with information about volunteering.

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

Check relationship to a consumer

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

The Access & Crisis Line

1-800-479-3339

The Warm Line

Consumer to Consumer Talk Line

1-800-930-WARM (9276)

The Warm-Line is now in operation 7 days a week, between the hours of 5:00 p.m. and 11:00 p.m.

Warm-Line operators are fellow mental health consumers who have received training in Peer Counseling. The goal of the Warm-Line is to provide empathetic active listening and information on available community resources.

The Warm-Line looks forward to hearing from you.

TELL ME ABOUT IT!

Chuck Sosebee is putting together a book of **consumer stories** for Sharp Mesa Vista Hospital. The goal of the book is to provide hope to those who have been admitted and are feeling that things can't/won't get better. So, tell your story from your "dark days" to your successes, hopes, and dreams and help someone else move into recovery. The stories can be signed or anonymous.

Contact Chuck Sosebee at namisd@sbcglobal.net or NAMI newsletter editor Wendy McNeill at wendymcneill@sbcglobal.net for more information.

Scholarship Applications Due!

If you are a consumer and want cash for school, NAMI must receive your application by August 31, 2004

UCSD OUTPATIENT PSYCHIATRIC SERVICES (Gifford Clinic) ANNOUNCES EMPLOYMENT RESOURCE FAIR

Mark your calendars for **September 30, 2004!** That's when UCSD Outpatient Psychiatric Services (GIFFORD CLINIC) will be hosting an EMPLOYMENT RESOURCE FAIR. The fair will be open to consumers, mental health professionals, family members and anyone interested in learning more about resources. This exciting and informative event will take place at **140 Arbor Drive, San Diego, 92103 in Room 346 from 1:00-4:00.**

No fee or registration is required.

The Advocate

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4480 30th Street
San Diego, CA 92116

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Permit No. 2695

Save the Date!!!
Superfun Fundraiser!
Unity Through
Diversity Dinner
October 7, 2004



Return Service Requested

Schedule Changes!

Tues. Evening NAMI C.A.R.E. Moves to Thurs.!

Starting August 5, 2004, the NAMI C.A.R.E. meeting will move to Thursday night. Same time, 6:00-7:00 p.m. See you there!

**3rd. Thurs. Evening NAMI-
San Diego Support Group**
at 6:45 p.m. will be rescheduled.

4480 30th Street, San Diego 92116
619.543.1434

Hello,

Friends In Hands Clubhouse is a North County clubhouse that is open to the mental health community. Our members come from throughout North County every Saturday to enjoy movies, conversation, food and fun in a relaxed setting. We invite you to join us on **Friday August 13th from 2-6 p.m.** for our **Fundraising BBQ** at Friends.

A bounty of BBQ chicken (sauce optional) Corn on the cob (butter of course) salad (dressed and ready to go) chili (from the monster pot) watermelon (you decide what to do with the seeds) bread and butter (for the carb lovers) Clubhouse members will be taking donations (\$5.00) throughout the county or you may call (760) 631-2206 for information. We hope you will plan to join us at the table for a great meal, a few surprises, and a lot of fun.

—Share Some Grub with the N.C. Club!

DBSA Support Groups Depressive Bipolar Support Alliance Support Groups

Monday night at the VA hospital on the UCSD campus in La Jolla. Meet consumers, parents, and friends. For more information email Wendy at wendymcneill@sbcglobal.net

Meetings in La Jolla, El Cajon, La Mesa, and Rancho Bernardo
For more information, call
(800) 826-3632 or
See www.dbsalliance.org

You Need Help? Our Helpers Need You!

The Meeting Place, Inc. is seeking Transitional Employment Placements for clients who have mental health diagnoses.

Call Jeanette Hilton or Sharron Hedenkamp at (619) 294-9582 to find out how your business can benefit while benefiting the community.

Awesome Conference!

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