

The Alliance Advocate

NAMI San Diego--San Diego's Voice on Mental Illness

Formerly San Diego Alliance for the Mentally Ill

December 2000

Volume IV, Issue 12

Holiday Potluck Party

**NAMI San Diego families and friends
are cordially invited to attend a
Holiday Potluck Party
and
Education and Advocacy Meeting**

**University Christian Church
Friendship Hall
3900 Cleveland Avenue
San Diego**

Thursday, December 7, 2000

6:00 p.m. -- Dinner

7:00 p.m. -- Business Meeting

7:30 -- Program featuring Abigail Padgett

Topic: Stigma

Abigail Padgett, a former San Diego court investigator now works as an advocate for the mentally ill. She is the author of several books featuring characters that have mental illness. Her debut novel, *Child of Silence*, was the first to feature an investigator living with manic depression. Subsequent novels include *Strawgirl*, *Turtle Baby* and *Moonbird Boy*.

Abigail Padgett

**"knows how to tell a story with passion and purpose,"
raved the New York Times Book Review.**

Families are requested to bring one or more of the following with enough to allow 10 servings.

***Green, Pasta or Fruit Salad
Meat or Vegetable Casserole
Vegetables
Dessert Dishes***

Monetary donations for the party are appreciated.

If you wish to help set up and decorate, please plan to be at the church by 4:00 p.m.

November-at-a-Glance

Bettie Reinhardt, Executive Director

Dual Diagnosis Treatment Strategic Planning

- Dual Diagnosis is an expectation, not an exception.
- When mental illness and substance disorder coexist, both diagnoses should be considered primary and simultaneous primary treatment for both disorders is required.
- A substance disorder or psychiatric disorder should be considered “secondary” only if it resolves when the comorbid disorder is at baseline.
- Both major mental illness and substance dependence are examples of primary, chronic, biologic mental illnesses which fit into a disease and recovery model of treatment.
- There is no one type of dual diagnosis program. For each patient, the proper treatment intervention at any point in time depends on the subtype of dual diagnosis, the specific diagnosis, phase of recovery, and level of acuity, severity, disability, and motivation for treatment for each disease.
- Addiction treatment in psychiatric populations is basically similar to addiction treatment in non-psychiatric populations.
- Addiction treatment requires modification for individuals with psychiatric disabilities and disorders.
- The most significant predictor of treatment success is the presence of an empathic, hopeful, continuous treatment relationship, in which integrated treatment and coordination of care can take place through multiple treatment episodes.

These principles, developed by Kenneth Minkoff, M.D., have led to the most effective treatment of dual diagnosis. The requirements of the County of San Diego Mental Health Plan and these principles are the platform for the efforts of the new Dual Diagnosis Work Group.

I am currently the only family or client consumer representative on this work group that must develop an implementation strategy for effective dual diagnosis treatment in this County by June, 2001. Please help me by letting me know your concerns and ideas.

Family-to-Family Education

The central region course begins Monday, January 22, 2001 at the County Health Services Building on Rosecrans. Are you signed up?

An East County course will begin in February. We're still looking for a good, accessible site. Do you have recommendations? Are you signed up?

Schizophrenia: Education for Families and Caregivers

Teachers are ready for central region and South Bay groups. You need to register NOW so they know there are enough participants to warrant setting a date.

Advocacy Works

This full-day workshop on Saturday, February 10, 2001 will help you:

- Establish your family as a support unit through education and communication;
- Learn skills for advocacy strategies in the
- Correctional system
- Hospital system
- Community mental health
- Receive a tool box of specific techniques which will enable you to pursue treatment for your relative successfully!

Register now!

Living with Schizophrenia & Other Mental Illnesses

Training for new presenters takes place Saturday and Sunday, February 17 – 18, 2001 at the Health Services Complex at Rosecrans. Interested client consumers should call program coordinator Chuck Sosebee at (619) 275-7165 immediately.

A New Support Group to Fit YOUR Needs?

If you look at our meeting schedule page, you will see groups in different locales, at different times, and even in different languages. Most groups are comprised principally of parents of people with mental illnesses and one is specifically for siblings and adult children family members. Who does this leave out? Spouses. If you are a spouse looking for a support group that fits your needs, call me.

Board Hears Funding Proposals

The Board heard about a proposal submitted to The California Endowment in early November that would enable NAMI San Diego to do more of what it does, better – and in more communities.

The Board approved submitting proposals to County of San Diego Health and Human Services Agency to continue providing representative payee services and other financial assistance to people who are HIV+ and need help for mental health reasons.

Living with Schizophrenia and Other Mental Illnesses

Call Chuck Sosebee at (619) 275-7165 to schedule a presentation to your group.

Webpage

Don't forget to visit our web page

Continued on page 9

The Alliance Advocate

NAMI San Diego is a nonprofit organization that provides self-help advocacy, education, services, and support for consumers, families, and friends of people with severe mental illnesses and is dedicated to eradication of those mental illnesses and to improvement of quality of life of those affected by these diseases.

NAMI San Diego is an affiliate of NAMI and NAMI California

Board of Directors:

Marjorie Joramo: President

Vice President: Paul DeMartini

Treasurer: Carol Venable, Ph.D.

Secretary: Patti Jakobcic, L.C.S.W.

Directors at Large:

Paul Cumming

Stephen Davis, M.D.

Karen Gurneck

Hugh Pates, Ph.D.

Dorothy Shelton, Esq.

Neal Swerdlow, M.D., Ph.D.

Judy Wasik, M.S.

Executive Director

Bettie Reinhardt

exudir@namisandiego.org

The Alliance Advocate is a monthly publication of NAMI San Diego, 1094 Cudahy Place, Suite 120 San Diego, CA 92110-3932

Mailing Address:

P.O. Box 710761

San Diego, CA 92171-0761

Phone (619) 294-9941 or

800 523-5933

Fax: (619) 294-9598 or

(619)543-1498

E-mail: sdami@adnc.com

Web Site: www.namisandiego.org

The Alliance Advocate Editor:

Emy Alhambra

E-mail: emynal@aol.com

Fax: (619)294-9598

Submission of articles must be received by the 15th of the month for consideration for publication in the following month's

A Message From NAMI San Diego's President

One of the dilemmas I have had is what to call someone who lives with a serious brain disease. I don't want ever to offend anyone but I do want to be able to communicate. I am thankful that we don't often see or hear a person referred to by the name of their disease anymore.

Over the years I've done a sort of informal survey by noting how people refer to themselves, how people refer to their loved ones and how caregivers refer to their care receivers.

Most of the time I just ask a person outright what they prefer. People have really enlightened me about why they prefer one "label" over another. I would like to share some of what I've learned about some terms I've heard:

PATIENT--most people agree that this is appropriate if someone is in a hospital or when using a specific clinic or visiting their own doctor.

BENEFICIARY--this is mostly used in connection with medical insurance. A MediCal beneficiary is one who's covered by MediCal. A Kaiser beneficiary is covered by Kaiser and so on.

CLIENT--seems to me best used if one is referring to a person who uses a service provided by a specific provider such as: "She is one of Yolanda's (a counselor) clients."

CONSUMER--a friend of mine who is a part of the Consumer Network told me that "consumer" recognizes that the person chooses which services, products, etc they will use. The more people recognize that they themselves hold the power over their own future the faster and farther they will grow.

It seems to me that different terms are appropriate depending on the situation and the venue. For the most part, I think I'll use consumer now unless something better comes along.

I welcome feedback from any of you, especially from those of you who are consumers.

Marjorie Joramo

How to Help Yourself and Help NAMI San Diego Do Its Job

As 2000 draws to a close, many of you are carefully reviewing your tax-saving options, including the ways you can help your favorite charities – such as NAMI San Diego. The following offers an overview of donor opportunities that will save you tax dollars. Significant tax benefits accompany each method.

Gifts of Cash – The easiest way to make a gift to our NAMI is through an outright cash donation. Cash gifts enjoy current tax deductions for the full amount of the donation, subject to tax law limits.

Gifts of Securities – Many donors will find tax advantages in giving a gift of long-term appreciated securities. No capital gains tax must be paid, and the charitable tax deduction is based on the appreciated value of the securities.

Gifts of Real Estate – A gift of a home or other real estate may be advantageous. Again, the charitable deduction is based on the appreciated value of the property.

Gifts of Life Insurance – There are tax benefits as well as estate tax advantages to giving a gift of life insurance to NAMI San Diego. A new policy, or one that is no longer needed, can be used to make your donation.

Gifts of Autos – Donated automobiles and other vehicles (boats, too) are tax deductible at the value you assign, usually the Blue book listing. NAMI San Diego can expect to receive at least 90% of the auction price.

Call Bettie Reinhardt at (619) 294-9941 for more information.

NARSAD Artworks

Remember to send your order for holiday cards, gifts and note cards.

The catalog and order form were included in your September newsletter or call NAMI San Diego for an order form and catalog.

Your purchase of **NARSAD Artworks** products helps improve the lives of persons with brain disorders through local programs and research.

Legislative Update

by Caroline Hamlin

Grant Money Will Support Housing Programs

The County of San Diego Health and Human Services Agency, Adult Mental Health Services, in collaboration with the City of San Diego, Center City Development Corporation (CCDC), and the San Diego Housing Commission have embarked upon a project entitled the “Integrated Services Program (ISP).” With the awarding of a \$10 million dollar state AB2034 grant, this project, which has been over a year in the planning, can now go forward. The goal of the project is to provide supportive housing to 200 of the most chronic, mentally ill and dually diagnosed homeless adults in the downtown area. The City and County will partner with mental health contractors, housing providers, the criminal justice system, families, and clients to implement this project. The \$10 million will be spent largely on housing and case management. In the first eight months, they hope to establish 100 permanent supportive housing units (housing linked to supportive services), followed by additional transition and permanent housing units over the next two years.

The importance of available housing and case management in the successful treatment of the mentally ill has finally come to the forefront. With this auspicious beginning, we can look forward to an expansion of the program throughout the county in the future.

Mental Health Courts

SB1865 is landmark legislation to establish a national mental health courts demonstration project to divert non-violent seriously mentally ill persons to treatment rather than jails. This bill was signed by the President on November 13.

We thank you all again for your letters and phone calls.

Schedule of Meetings

NAMI SAN DIEGO

University Christian Church
3900 Cleveland Ave., San Diego
Call (619) 543-1434 or 1-800-523-5933

First Thursday, December 7
6:00 - 8:30

Holiday Pot Luck Party
Speaker: Abigail Padgett
Topic: Stigma

Third Thursday
Sharing & Caring
No meeting in December

Morning Sharing and Caring:
No meeting in December

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

La Jolla Sharing & Caring
First Tuesday, 7:15 - 9:00 p.m.
La Jolla Presbyterian Church Lounge
7715 Draper Avenue, (858) 459-4905
(Entrance on Kline St.)
El Cajon (East County)
Second & Fourth Wednesday
6:30–8:00 p.m., 562 E. Main St., El
Cajon,
Call Donna Hawkins: (619) 401-5500
or 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

Filipino Family Support Group
UPAC,

1031 25th St., Broadway & 25th
For information on date and time
call (619) 235-4282

Alpine Special Treatment Center
Sharing & Caring
For information on date/time/location
call (619) 445-2644, ext. 20

El Centro Sharing and Caring
Contact Dr. Ng's office for
date/time/location (760) 352-8171

NAMI NORTH INLAND **SAN DIEGO COUNTY**

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

Third Tuesday, 7:00 p.m.
Education Meeting
Bradley Center (Kinesis North)
474 W. Vermont Ave, Escondido
(760) 745-8381 or 1-800-523-5933

Third Tuesday, December 19
7:00 p.m.
Holiday "Good News" Meeting
Kinesis Bell Chimers, delicious
party food, carols and plenty of
good news.

Share & Care
First, Second, Fourth & Fifth Tuesday
4:00 - 5:30 p.m.
210 Park (Senior Center), Escondido
Call (760)745-8381

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.

Wednesday, December 20,
7:00 p.m.
Holiday Party

Hawaiian Theme

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.

PATTON AMI

c/o Patton State Hospital
3102 E. Highland Avenue
Patton, CA 92369
Fax: (714) 963-9961

Third Sunday, 11:45 a.m. - 1:15 p.m.
Administrative Meeting Room
3102 East Highland Avenue
Patton, CA (909)425-7392

NATIONAL DEPRESSIVE & **MANIC DEPRESSIVE** **ASSOCIATION**

Call (800) 826-3632
for meeting places and times.

Depressive and Manic **Depressive**

Client Corner

SCHOLARSHIP FUNDS AVAILABLE

Mental health clients may apply to NAMI San Diego for scholarship funds for course-related expenses such as tuition, fees, books, and supplies.



To apply, call the Albright Center at (619) 543-1434 and request an application.

Applications up to \$500.00 will be considered.

The scholarships are made possible by a donation made fifteen years ago

Living with Schizophrenia And Other Mental Illnesses

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:



Chuck Sosebee
Coordinator of
Consumer Outreach & Education
(619) 275-7165
TTY/TDD (619) 275-7164
Email: EducNamiSD@cs.com

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 Tuesday - Saturday
10:00 a.m. - 4:00 p.m.

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 - Friday
12:00 - 6:00 p.m.

Mariposa Clubhouse

560 Greenbrier, Suite .102, Oceanside
(760)439-6006
Open Monday - Friday
8:00 a.m. - 4:00 p.m.
Open Saturday & Sunday
for special events.

Friends

144 Copper Ave. Vista
(760) 941-2153
Open Saturdays
1:00-4:00 p.m.

East Corner Clubhouse

562 East Main St., El Cajon
(between Mollison and Avocado)
(619)401-6902
Fax: (619)401-1751
Open Monday & Friday
8:00 a.m. - 4:00 p.m.
Tuesday & Thursday
8:00 a.m. - 12:00 noon

Wednesday - 8:00 a.m. - 6:00 p.m.
Saturday - 10:00 a.m. - 2:00 p.m.

Visions @ 5th and H

499 "H" Street, Chula Vista
(619) 420-8603
Open Mon., Wed., Fri., Sat. & Sun.
Noon - 7:00 p.m.

Employment Services

1202 Morena Blvd., Suite 201
San Diego, (619) 276-8071

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) 260-1288
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.

The Access & Crisis Line

1-800-479-3339

24-hours a day 7 days a week

Should You take a NAMI Family-to-Family Course? A doctor's perspective by Peter J. Weiden M.D.

Are you thinking of taking the NAMI Family-to-Family course? Is it worth the time and trouble? A 12-week educational program is a big time commitment. Probably you've already got a lot to do, especially if someone in your family has a mental illness.

But if a NAMI Family-to-Family Education Program is available near you, you really should think about taking the course, even if it is a hassle. Even if you're embarrassed. Even if you're overwhelmed. Especially if you're overwhelmed.

As a doctor specializing in the treatment of people with mental illnesses, let me tell you why the Family-to-Family course is worth your time and effort. It has a lot to offer you that is not available from your relative's doctors or treatment team. Here are some myths about your relative's mental health treatment and how the NAMI Family-to-Family Education Program will help you handle them.

Myth Number 1:

My relative's doctor knows what's best, and I don't need to get involved.

Reality Number 1:

Even the best doctors in my speciality sometime use educated guesswork about what's best. If your relative is lucky enough to have a skilled and caring doctor, you still should know what's involved in your family member's treatment. You'll be in a better position to help your relative with important treatment decisions.

It's very hard for family members to rely on their mental health professionals when they try to sort out problems in the quality of care available to relative from the current limitations of good treatment. You'll need to make sure that your relative gets the best treatment, but you also need to be careful not to blame doctors when the care is actually as good as possible. The NAMI Family-to-Family course covers all of the major medications and treatments for all of the serious

psychiatric disorders. You'll learn enough to know when the treatment is out-of-date or just plain wrong. . . as well as when it's the best possible.

Example: A mother of a teenager experiencing his first episode of illness and having terrible side effects on Haldol first learned in a Family-to-Family class that there were newer medications with fewer side effects. Armed with this information, she was able to successfully advocate for her son and get his medication switched to one of the newer medications.

Myth Number 2:

The doctors understand what I'm going through and will help me cope with having an ill relative.

Reality Number 2:

Doctors and other mental health professionals tend to focus on the needs of their patients. From their point of view, you are not the one they treat. Your needs will take a backseat to the patient's needs. That may be OK as far as it goes, but doctors won't necessarily tell you that you need to take care of yourself and have your own life. The NAMI Family-to-Family program is peer run and will be sensitive to your needs and issues

Myth Number 3:

Family members, not mental health professionals, run the NAMI Family-to-Family program and they won't know what they are doing.

Reality Number 3:

Education about mental illness needs to be ongoing and up-to-date. The NAMI Family-to-Family teachers have all received specialty training on the latest advances in brain disorders as well as training to help families deal with their emotional reactions to being close to someone with a mental illness.

I don't quite know how to say this without being embarrassed, but here goes. The training requirements for

NAMI Family-to-Family leaders are much greater than the requirements for mental health professionals to run family education. In fact, for mental health professionals, no training is required. Even worse than their simply learning on the job is that some rely on outdated theories that blame families or prompt them to put you through useless family psychodynamic sessions. So, you can't automatically assume that what you get from mental health professionals is up-to-date or appropriate. The NAMI Family-to-Family course can be your "reality check" for the information you're getting from the treatment team.

The Bottom Line

Family members who take the NAMI Family-to-Family course are often better equipped to work with mental health clinicians in a collaborative manner. Most of the time, there is no other way to get the kind of information and support that are available to those who have gone through the program. While Family-to-Family cannot take the place of working with your individual relative and his or her mental health clinicians, it can make his job easier for you and help you know what to ask. I know that I can do a better job working with families who come in knowing what I should be doing as well as the advantage and limitations of current treatments.

My bottom-line recommendation? Take the NAMI Family-to-Family Education Program. It will help you to learn to cope successfully with a major challenge in your life, and that, in turn, will help your loved one as he or she works toward recovery.

Note--The next Family-to-Family course begins January 22 . Register by calling (619) 294-9941.

The Public Citizen's Health Research Group

The Public Citizen's Health Research Group, in consultation with the Treatment Advocacy Center, has established a website "eLetter on Drugs for Severe Psychiatric Illnesses" at www.citizen.org/eletter/.

The purpose of the eLetter is to provide accurate, objective, updated, and unbiased information on antipsychotic, mood stabilizer, and antidepressant medications used to treat schizophrenia, manic-depressive illness (bipolar disorder), and severe depression. These medications are extremely useful and important. Unfortunately, however, much of the information on these medications is controlled by the pharmaceutical industry and their spokespersons, including many psychiatrists who publish papers and give public talks on the medications after having accepted money from the pharmaceutical companies. Adverse effects of these medications are especially underreported.

The following are examples of some of the information currently available on the eLetter website:

- Why women switching from first-generation antipsychotics, e.g., haloperidol (Haldol), fluphenazine (Prolixin), thiothixene (Navane), to many second-generation antipsychotics, e.g., clozapine (Clozaril), olanzapine (Zyprexa), quetiapine (Seroquel), have a substantially increased risk of becoming pregnant.
- Why drinking coffee and colas (caffeine) may markedly increase the blood level of olanzapine (Zyprexa) and clozapine (Clozaril), thereby causing more adverse reactions such as seizures.
- Why nicotine may decrease the blood level of olanzapine (Zyprexa) and clozapine (Clozaril), thereby making the medication less effective.
- Reports of clozapine (Clozaril) apparently causing occasional serious heart disorders in persons taking it.
- Adverse interactions between St. John's Wort and the widely used selective serotonin re-uptake inhibitor (SSRI) antidepressants, such as fluoxetine (Prozac), sertraline (Zoloft), and paroxetine (Paxil).

Antipsychotic, mood stabilizer, and antidepressant medications are very important medications and, in general, are as safe to use as other major classes of medications. Like most medications, however, they have adverse effects and contraindications. We believe that individual using these medication and their families should have as complete information as possible on both the benefits and the risks of these medications.

(Source: E. Fuller Torrey, M.D., Consultant, Public Citizen's Health Research Group & President, Treatment Advocacy Center, letter of Oct 16, 2000.)

*Abraham Lincoln - Virginia Woolf - Lionel Aldridge - Eugene O'Neill - Beethoven
Leo Tolstoy - John Keats - Tennessee Williams - Vincent Van Gogh - Isaac Newton
Ernest Hemingway - Michelangelo - Winston Churchill - Vivian Leigh - Emperor Norton I
Jimmy Piersall - Patty Duke - Mike Wallace - Tipper Gore*

PEOPLE WITH MENTAL ILLNESSES ENRICH OUR LIVES

These people have experienced one of the major mental illnesses of

Election of NAMI San Diego 2001 Board of Directors

The following slate of nominees will be presented for a vote to the general membership present at the December 7, 2000 Education and Advocacy meeting :

Paul Cumming
Paul DeMartini
Margaret England, Rev.
Karen Gurneck
Patti Jakobcic, LCSW
Marjorie Joramo, BS, MLS
Ellie Kashi, MA
Hugh Pates, Ph.D.
Dorothy Shelton, Esq.
Mary Truman
Carol Venable, Ph.D., CPA
Judy Wasik, MA
Stephanie Watson, MS

Quick Trippers Available for Client Consumers

NAMI San Diego has Super Saver Quick Tripper transit coupons for clients' use in accessing services that help them help themselves. The service could be any number of things -- a doctor's visit, a day at a clubhouse, or enrolling in a class. The coupons are good for trips valued up to \$1.75 by trolley or bus and can be upgraded with cash for higher priced San Diego Transit bus, San Diego Trolley, MTS 900-series bus, CTS Commuter Express bus, CTS Rural bus, and DART. Validated ticket is good for discount on Coaster.

We have a limited number of these coupons so we can give only a limited number to each person requesting them and on a first come, first served basis. Call Bettie Reinhardt at (619) 294-9941 or Chuck Sosebee at (619) 275-7165 for information.

IMMEDIATE OPENING FOR STATE FAMILY TO FAMILY PROGRAM DIRECTOR

**Part time, up to 20 hours per week
\$1150 per month**

Minimum Requirements:

- Must be current Family to Family teacher.
- Willing to travel to affiliates throughout state and to four trainings per year.
- Demonstrated ability to communicate effectively both orally and in writing.
- Demonstrated experience working with and/or sensitivity to persons from multi-ethnic communities.
- Must be detail oriented.
- Bilingual (English and Spanish) highly desirable.

**NAMI CALIFORNIA
IS AN EQUAL OPPORTUNITY EMPLOYER**

**Send resume to: NAMI California,
1111 Howe Avenue, Suite 475
Sacramento, CA 95825**

(Continued from page 2)

November-at-a-Glance

www.namisandiego.org. You can click links to visit NAMI and NAMI California's pages.

To Register for Classes

Call the Albright Center at (800)523-5933 or (619) 543-1498 to sign up for any class or workshop described above. All of the classes are provided at no charge.

To register your opinion on any of these issues, call Bettie Reinhardt at (619) 294-9941 or write to P.O. Box 710761, San Diego, 92171 or fax to (619) 543-1498 or email at exudir@namisandiego.org or contact any of the people mentioned in the article.

ALBRIGHT INFORMATION & REFERRAL CENTER

1094 Cudahy Place, Suite 120
San Diego, CA 92110-3932

Do you need information about
mental illness?

Talk to someone who understands
Call the Albright I & R Center
(619)543-1434 or
1-800-523-5933
7 Days a Week
24 Hours a Day

We have a library of books and tapes available for you.

**Attend NAMI San Diego meetings
listed in this issue
"Schedule of Meetings"
and receive educational materials
to send to your far away family
members and friends who**

2001 MEMBERSHIP RENEWAL

Once again it is time to
renew your membership
to NAMI San Diego.
Membership year is based
on the calendar year.
Membership dues
received during the period
October 2000 through
September 2001 will be
credited for the 2001
year.

Complete the 2001
Membership application
on page 10 and mail

Visit NAMI San Diego Offices

1094 Cudahy Place, Suite 120, San
Diego, CA 92110

*Directions to the office and the
Albright Information
and Referral Center:*

- 1 Going north on I-5 toward I-8, take the Morena Boulevard exit from the east bound I-8 ramp.
- 2 Going west on I-8 toward I-5, take the Morena Boulevard exit just before the I-5 exit.
- 3 Stay in the left lane of Morena Boulevard, which becomes West Morena Boulevard.
- 4 Turn left on Buenos Avenue. The three-story building called the Morena Office Center 1094 will immediately be on your left.
- 5 Going south on I-5 toward I-8, exit at Tecolote Road/Sea World. Go left on Tecolote Road and right on Morena Boulevard and right again at the first traffic light (Buenos Avenue). Cross West Morena Boulevard and the office

The Alliance Advocate

Vol. IV, Issue 12, December 2000



NAMI San Diego

1094 Cudahy Place, Suite 120
San Diego, CA 92110-3932



Happy

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

RETURN SERVICE

Inside This Issue:

Holiday Potluck Party

November-at-a-Glance

Legislative Update



NAMI San Diego

2001 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 – \$35.00 Check one: () New Member () Renewal

_____ Professional Membership – \$75.00 (includes office display of NAMI brochures)

_____ Consumer Membership – \$10.00 _____ Newsletter Subscription Only – \$15.00

ANNUAL SUSTAINING DONORS

Check relation to client:

- _____ Parent of Adult
- _____ Parent of child (under 18)
- _____ Sibling
- _____ Spouse
- _____ Professional
- _____ Other _____
- _____ Self

_____ Please send me volunteer