

The Alliance Advocate

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

Formerly San Diego Alliance for the Mentally Ill

December 2001

Volume V, Issue 12

Texas Medication Algorithm Project

The Texas Medication Algorithm Project (TMAP) could be coming to San Diego. Should you fight or should you welcome it? You will likely be able to hear from Joe Lovelace, past president of NAMI Texas, in the near future and that will help you decide. Or you may have already heard Joe and Dr. Steven Shon, Medical Director, State of Texas, present at the NAMI California conference in September. Mark Refowitz, Mental Health Director, thinks this would be a good opportunity to improve treatment outcomes and is giving all of us the opportunity to learn more about TMAP.

Dr. Shon presented the project to a group of mental health professionals, consumers, and family members at the Health Services Complex on October 17. He clarified that the project is not just for medications but addresses disease management. He laid out the philosophy as follows:

- ◆ Most efficacious/safest treatments first
- ◆ Simplest interventions first
- ◆ Subsequent interventions tend toward increased complexity and increased risk
- ◆ Multiple options for physicians when appropriate
- ◆ Patient preference

For more information, go to www.mhmr.state.tx.us/centraloffice/medicaldirector/TMAPover.html or type texas medication algorithm project into your

Our New Home

The excitement is growing as the moving date of mid-March grows closer. We are beginning to think about what we will need to furnish it. We have received a refrigerator. With more space in which to gather, a refrigerator will be handy for the refreshments. Comfortable occasional chairs would be good, too. Any ideas for good office furniture? We have chairs that slope, chairs that sink, and chairs that tip.

The focus of our excitement is 4480 30th Street.

Education & Advocacy Meeting

6:00—8:30 p.m.

Our Speaker is – Assistant Chief Bill Maheu, S D Police Department

THE LAW ENFORCEMENT/MENTAL
HEALTH COMMUNITY INTERFACE

or

"What Happens When They Meet?"

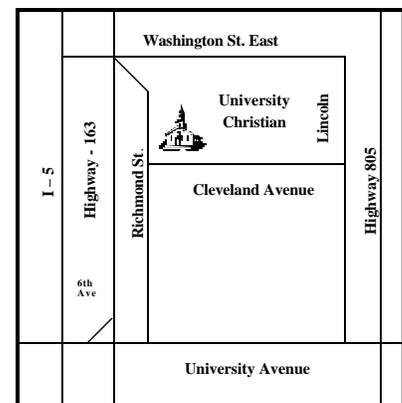
Assistant Chief of Police Bill Maheu graduated from the University of San Diego in 1983 with a Bachelor of Arts degree in Psychology. He has been a member of the police department for 21 years. During his tenure with the department Bill has had many assignments but two of particular interest are the development of the Psychiatric Emergency Response Team and the development of the Homeless Outreach Team

This is the occasion for our Annual Meeting and Potluck Supper. Please see the notice on page four for further information

Coming Attraction:

January: NAMI-SD's own "Living with Schizophrenia and other Mental Illnesses" program will start off the year!

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 Avenue San Diego, California



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

NAMI CARE

NAMI San Diego is again leading the way. We have received a grant to train 16 to 20 Consumers who will be able to offer the peer-based, mutual support group model. It is based on the Family-to-Family Support Group, now called NAMI Support Group, model. The consumers who are chosen to lead a support group will be provided a 3 day training and will be willing to commit to holding a Support group meeting once a month.

NAMI CARE Consumer Support Groups are:

- ◆ Alliances of individuals who have in common the experience of living with mental illness. In NAMI CARE, we share our experiences and use them as learning opportunities for ourselves and others. Our goal is to support the process of personal recovery among people who have been diagnosed with a serious mental illness.
- ◆ Sponsored by local NAMI affiliates.
- ◆ Not illness-specific, that is, not for people of just one diagnosis. They focus on the challenges that all consumers face, regardless of diagnosis: low self-esteem, social isolation, and stigma.
- ◆ Not intended to replace, but rather to complement, appropriate medical treatment for the various diagnoses shared by members.

We plan to do our first Support group training for facilitators after the first of the New Year. For more information please call me at the NAMI San Diego Office 619-275-7165

Chuck Sosebee

Dear Alliance Advocate Editor,

As you have read in this month's newsletter, NAMI San Diego is going ahead with two new Consumer programs. Peer-to-Peer and NAMI CARE. And, as well, NAMI San Diego supports the Living with . . . program. I just want to say "Thank You" to Our Board of Directors, Our Executive Director, and to the Membership of NAMI San Diego for getting behind these programs with a vision and a passion that makes me very proud to be a Member of NAMI San Diego. In addition, in my role as a Board Member of NAMI California and the NAMI National Consumer Council Executive Committee it is an honor to say and to point with pride to what a local affiliate can do. I thank you again for your vision, your support, and your courage. If you have any questions please feel free to call me,

Chuck Sosebee

NOVEMBER-AT-A-GLANCE

Mental Health Courts

We mentioned these special courts back in October. Since then, people from the San Bernardino Mental Health Court presented their program at the Mental Health Coalition. In November, Congress gave final approval to legislation allocating \$4 million as part of the FY 2002 budget for the Justice Department for the federal mental health courts program. NAMI estimates that as many as 12 to 15 mental health courts can be funded in 2002. The establishment of mental health courts is rapidly emerging as one of the most successful strategies to address the stark reality that jails and prisons have become the nation's depository for people with severe mental illnesses.

Celebrate Mental Health! 2002

We're moving on up! The Celebrating Mental Health! Fun Walk and Resource Fair have outgrown the Ocean Beach site. We are headed for Balboa Park on Saturday, June 15, 2002! Each month will bring more details and news about how you can get involved. The Resource Fair committee has been pretty mum about their plans but just enough has slipped to indicate that it will be FUN as well as informative.

Board News

The Board reluctantly resolved to increase membership dues by \$5 beginning January 1, 2002 (see related story). At the same time, it welcomed the news that two new consumer programs have definite start times. The Board meets in Suite 314 in the 1094 Cudahy office building. Meetings are always open.

Cultural Competency

NAMI San Diego is undertaking top-to-bottom cultural competency. We are in Phase I – 'Where are we now?' That means that we are looking at the composition of our Board, our staff, our volunteers, our membership, our friends and collaborators, and the people that need our services. We are identifying cultural competency training opportunities, multi-language library materials, and bi-lingual teachers and facilitators for classes and support groups. Most of all, we are looking for input. How would you suggest that we increase our cultural competency? Contact Sylvia Padilla at 619.275.8374 or spadillanamisd1@aol.com.

Web Pages

Do you surf? Here are some sites that may become favorites. The Harvard Mental Health Newsletter is at www.health.harvard.edu/newsletters/mtltext.shtml. For information on medications, go to medscape.com. For articles, go to psychiatry.medscape.com. You can register to receive regular e-mails about current stories. That site recently had a good article on post-partum depression. If you cannot find it in the archives, let me know and I will e-mail it to you or print it and mail it to you. You can also get to the Schizophrenia: Wellness Center from the [medscape](http://medscape.com) site.

Class Information

The class schedule has grown too long and complex for this site. Look for the class schedule story.

**Our objective this year:
do more of what NAMI does well – better, and in more places.**

To register your opinion on any of these issues, call Bettie Reinhardt at 294-9941 or write to P.O. Box 710761, San Diego, 92171 or fax to (619)543-1498 or

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:

President - Marjorie Joramo
Vice-President - Karen Gurneck
Treasurer - Carol Venable, Ph.D.
Secretary - Dorothy Shelton, Esq.

Directors at Large

Deborah Conklin
Paul Cumming
Paul DeMartini
Margaret England
Hugh Pates, Ph.D.
Mary Truman
Judy Wasik, M.S.
Stephanie Watson, M.S., C.R.C.

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

Education & Development Director

Sylvia Padilla

Consumer Education & Outreach Coordinator

Chuck Sosebee

**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**

TTY: (619) 275-7164

E-mail: sdami@adnc.com

Web Site: www.namisandiego.org

The Alliance Advocate Editors:

Bettie Reinhardt and Pete Truman

E-mail: sdami@adnc.com

Fax: (619) 294-9598

Message From NAMI San Diego's President

This will be my last newsletter column as NAMI San Diego president. I want to thank you for the honor of serving on our board, and for all of the support and encouragement you have given to me through the years.

It seems like only a few months ago since I asked to examine a long list of documents and accounts before I would agree to serve on our board. It has been five years (3 as treasurer and 2 as president)!

When I first started we were administering many programs that we no longer manage: such as PERT, I & R line, Suicide hot line, AIDS hot line.

Today we are administering many programs that we did not have 5 years ago such as: Family to Family, Living with Schizophrenia and Other Mental Illnesses, several new payee programs, HIV/AIDS financial and housing assistance.

Looking toward the future some of our board's ongoing challenges are to determine:

1. when to take on a new program to meet the needs of our membership.
2. how a proposed new program fits into our mission.
3. when to launch a program off on its own -- such as we did with PERT.
4. how to keep the balance between our grass roots membership needs and the need to remain a viable financial organization.
5. how to keep nimble enough to be able to move in whatever direction is the best for our members.
6. how to strengthen the financial base for NAMI San Diego.

But you will not be rid of me! I plan to join the past presidents of our organization as a mentor, encourager, advocate, watch dog, and supporter. I also plan to serve as past president on the board with Karen as president this coming year. It will be fun to be able to make motions and vote again at our board meetings!

Hope to see you all at our holiday pot luck on December 6th.

Marjie Joramo

Good News for VA Consumers and Physicians

You may remember that Bettie and I wrote an op-ed piece, back in August, for the San Diego Union-Tribune stating our concern about the Veterans Administration's plans to implement national guidelines restricting the use of the new atypical antipsychotics. You may even remember that Secretary of the VA Anthony Principi replied to the U-T with a letter to the editor essentially calling us lackeys of the pharmaceuticals.

Fortunately, Congress sees things our way. The appropriations bill approved on November 8 contains specific directives to the VA to ensure that physicians in the VA system will be able to exercise clinical judgment when prescribing atypical antipsychotic medications without fear of reprisal from the VA when recommending a more expensive medication.

For more information, see NAMI E-News, Vol. 02-30, dated November 11, 2001. You can subscribe directly to NAMI E-News at www.NAMI.org/update/enewslst.htm or read the hard copies in the Albright Center.

Wanted: Your Old Car

Yes, we will accept the donation of your old vehicle (auto, boat, motorcycle, motor home) – running or not. Please call Bettie at (619) 294-9941 for more information.

Omega-3 Fatty Acids in the Treatment of Depression

(From an article in The Harvard Mental Health Letter, October 2001.)

A copy of the October issue may be ordered on the www.health.harvard.edu/newsletters site. A copy of the article may be requested by calling the NAMI San Diego offices at 619.294.9941.)

Please note that NAMI San Diego does not recommend specific treatment, even dietary ones. Any treatment, medical or alternative, should be discussed with the treating physician.

Recent studies lead researchers to the conclusion that consuming omega-3 fatty acids, found in such foods as cold-water fish and flaxseed oil, are correlated with reduced depression. That is, people in the studies were less likely to become depressed and less likely to relapse. Some physicians have reported episodes of mania or hypomania possibly induced by omega-3 fatty acids but many of their patients were taking flaxseed oil, which may not contain enough of the derivatives EPA and DHA to prevent bipolar mood swings.

How high doses of omega-3 fatty acids might work to relieve mood symptoms is not known. One theory is that they act like the selective serotonin reuptake inhibitors (SSRIs), antidepressant drugs that increase the availability of the neurotransmitter serotonin in the spaces between neurons. Another theory is that omega-3 fatty acids work in somewhat the same way as the mood stabilizer lithium, by altering signal transduction.

Much research will be needed before anyone can say confidently that an antidepressant nutrient has been discovered. The next step involves large, long-term experiments comparing omega-3 supplements with placebos and standard antidepressant or mood stabilizing drugs. Meanwhile, there are many other reasons to favor foods containing omega-3 fatty acids. There is strong evidence that they help to prevent sudden death from heart attacks, probably by smoothing out irregular heart rhythms. They may also promote resistance to cardiovascular disease, strokes, and arthritis by reducing inflammation and preventing the formation of blood clots. Even some cancers may be affected.

Recommended daily allowances (RDAs) for omega-3 fatty acids have not been established; researchers suggest that 100-200 mg daily of DHA and 200-400 mg of EPA are adequate for most adults. An average serving of salmon contains 1 gram of EPA and 2 grams of DHA; the American Heart Association recommends at least two servings of fish per week, along with a limited intake of saturated fats. For those who want more – and relieving depression may require as much as 5 – 10 grams daily – omega-3 fatty acid supplements are available in a variety

Legislative Update, December 2001

by Caroline Hamlin

VA-Hud Bill Passes Congress

The VA-Hud-Independent Agencies Appropriation Bill, (HR 2620), passed both houses of Congress and is expected to be signed by the President. It contains both the \$30 billion HUD budget and the \$23.8 billion VA budget for FY 2002. It provides significant increases for housing and veterans' programs that serve individuals with severe mental illness. The following are some of the highlights of the bill:

Housing Programs:

1. Increases funding for the HUD Section 811 program by \$28.2 million. This program provides funding to non-profit organizations to develop housing options that serve people with severe disabilities including severe mental illness.
2. It expands Section 8 Vouchers for people with disabilities by \$40 million.
3. The bill allocates an additional \$100 million for McKinney-Vento Homeless Assistance Act to renew all expiring operating subsidies under the Shelter Plus Care (S+C) program. This additional \$100 million will insure that thousands of formerly homeless adults with severe mental illness, and co-occurring substance abuse disorders, will not be placed at risk of losing subsidized housing and will ensure that there will be adequate funds for new permanent housing.

Veterans' Programs:

The final VA-Hud Appropriations bill increases overall spending for the Veterans Health Administration by more than \$1 billion.

1. It includes funding for 172 medical centers and 876 outpatient clinics which provide medical and psychiatric services.
2. It sets out new treatment guidelines for atypical antipsychotic medications for veterans with schizophrenia.

Annual Meeting Holiday Dinner & Get-Together

Business meetings are important and even pleasant when a slate of directors such as the one listed below is offered for election:

NAMI San Diego Proposed Board of Directors Calendar Year 2002:

Deborah Conklin
Paul D. Cumming
Margaret England
Karen Gurneck
Marjorie Joramo

Carolina Gonzalez-Garcia, LCSW
Dixie Galapon, Ph.D.
Hugh Pates, Ph.D.
Dorothy Shelton, Esq..

Mary Truman
Carol Venable, CPA, Ph.D.
Judy Wasik, M.A.
Stephanie Watson, M.S.

However, add a speaker you will not want to miss and FOOD and you have a great evening for the whole family! Bring a dish large enough to share, maybe a friend or two, and your appetite. Table ware and drinks will be furnished.

Thursday December 6, 2001 DINNER AT 6:00 P.M.

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, Dec 6 at 6:00 pm
Our annual potluck dinner and general meeting begins at 6 pm (see page 5 for more information).
Education will be provided by Assistant Chief Bill Maheu of the San Diego Police Department (see page 1 for more information)

Evening NAMI-SD Support Group

Third Thursday, 6:45 p.m.
University Christian Church, Room 104
3900 Cleveland Ave., San Diego

Morning NAMI-SD Support Group

Third Tuesday, 10:00 - 12:00 a.m.
University Christian Church, Chapel
3900 Cleveland Ave., San Diego

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) 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

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

Our annual holiday meeting will be on Tuesday 11th December at the Kinesis Building on 474 West Vermont Ave in Escondido at 7:00 pm.

Join us as we recognize the various achievements of some of our very special consumers. There will be plenty of holiday spirit with Winnie Mattes leading her talented Kinesis Bell Chimers, along with delicious party refreshments, the singing of carols, and plenty of "good news".

**The public is invited to attend.
For further information please call
(760) 745-8381**

Share & Care

First, Third, Fourth & Fifth Tuesday
4:00 - 5:30 pm. at Joslyn Senior Center
210 East Park Ave, Escondido
Call (760)745-8381

Alpine Special Treatment Center NAMI Support Group

Last Wednesday - 6:00 - 7:30 p.m.
Community Room
(619) 445-2644, ext. 20 or
800-427-5817 (voice mail)

NAMI PATTON

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

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.

January 16 at, 7:00 p.m.

Speaker: Dr. Daniel Sewell

Topic: "Depression in Older Adults"
Dr Sewell specializes in geriatric psychiatry. He is an Associate Clinical Professor in the UCSD Psychiatry Department, and is Medical Director for the UCSD Thornton Hospital Senior Behavioral Health Inpatient Unit.

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.

NATIONAL DEPRESSIVE & MANIC DEPRESSIVE ASSOCIATION

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

San Diego-La Jolla Chapter

Sponsored by
Dr. John Kelsoe, UCSD
Every Monday at the
VA Hospital La Jolla,

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

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 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

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*

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 :

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.

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.

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) 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.

The Access & Crisis Line

1-800-479-3339
24-hours a day 7 days a week
• **Professional counselors**

PEER TO PEER

By *Chuck Sosebee*

In February 2002 NAMI San Diego, in partnership with NAMI National, NAMI California, and four other NAMI Affiliates across California, will be giving a long awaited Valentine to Consumers and Family members. We will be holding the first training of **mentors, or** teachers, for the Peer-to-Peer Education Course. For those of you who are not familiar with Peer-to-Peer, here is a little about the program:

Peer-to-Peer is a unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery. The course was written by Kathryn Co-han-Haerry, a person with a psychiatric disability, who is also a former provider and manager in the mental health field and a longtime mutual support group member and facilitator. An advisory board, comprised of consumer members of NAMI in consultation with Joyce Burland, Ph.D., author of the successful NAMI Family-to-Family Education Program, guided the curriculum's development.

- ◆ Peer-to-Peer consists of nine two-hour units and is taught by a team of three trained "mentors" who are personally experienced at living well with mental illness.
- ◆ Mentors are trained in weekend-long training sessions, supplied with teaching manuals, and are paid a stipend for each course they teach.
- ◆ Participants come away from the course with a binder of hand-out materials, as well as many other tangible resources: an advance directive; a "relapse prevention plan" to help identify tell-tale feelings, thoughts, behavior or events that may warn of impending relapse and to organize for intervention; mindfulness exercises to help focus and calm thinking; and survival skills for working with providers and the general public.

Each class contains a combination of lecture and interactive exercise material and closes with Mindfulness Practice (techniques offered to develop and expand awareness). Each class builds on the one before: attendance each week, therefore, is required. For more information about NAMI's Peer-to-Peer Education Course, give me a call here at NAMI San Diego **619-275-7165**. You can also visit the web at www.NAMIOrg, and surf the drop-down menu at "Education" on the left, through "Education and Training Programs" to "Consumer Education". There you'll find a link to "Peer-to-Peer Recovery Program".

Dues, Memberships, and Donations

Members report wondering where their dues go and why they receive solicitations from their local affiliate, San Diego, as well as from NAMI California and NAMI National. The explanation has to begin with a reminder that NAMI is a national organization comprised of grass root affiliates, state organizations, and a national headquarters that share common goals and methods. Thus, one person can testify at a congressional hearing on behalf of more than 200,000 members. The nitty-gritty of how this works is that dues are paid to the local affiliate and the local affiliate passes on the members' names and a portion of their dues to the state and national organizations.

Dues History

Year	San Diego Dues	California Dues	National Dues	Remaining in San Diego
1989	25.00	1.00	2.50	21.50
1994	35.00	5.00	7.50	22.50
2001	35.00	5.00	10.00	20.00
2002	40.00	10.00	10.00	20.00

As the chart above shows, no level of NAMI receives enough in dues to cover member costs* let alone provide public services such as a toll-free number, brochures, classes, or a library. Each level produces a newsletter – National's is so full of information that it takes a month to read it, lucky it only comes out quarterly. San Diego's costs \$15 a year per person to print and mail. To provide the services that help NAMI reach for its goals, NAMI San Diego, California, and National all ask for additional contributions.

As of January 1, 2002, NAMI California is raising its dues to \$10. The NAMI San Diego Board is consequently raising San Diego's dues to \$40 in order to keep \$20 of dues money (none of this is adjusted for inflation, of course).

* Consumers pay \$10.00 dues. Part of the cost of a family/friend

NAMI-SD is in the process of creating an **OUTREACH TEAM** comprised of volunteer consumers, family members, and community professionals. This team will assist the **NAMI-SD** office personnel with public relations and publicity in the office, as well as with annual and special community events.

If you have any questions or comments or would like to be part of the team, please call Sally Shepherd at **(619) 659-9160** or Diana Waugh at **(619) 466-2665**. We are excited about this project and look forward to working with you.

Family-to-Family Schedule

January 8 – March 26, 2002 _____ VA families at VA hospital

March 4 – May 20, 2002 _____ At a central location, yet to be announced

Schizophrenia: Education for Families & Caregivers

February 26-April 2, 2002 _____ at Grossmont Hospital

The Alliance Advocate

Vol. V, Issue 12--December 2001



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

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

RETURN SERVICE

Inside This Issue:

Two New Programs

A Home of Our Own

Legislative Update

Calendar of Events & Meetings

Annual Meeting and Pot-Luck



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
____ 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

Check relation to client:

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

____ Please send me volunteer