



Mental and physical health; the vital connection

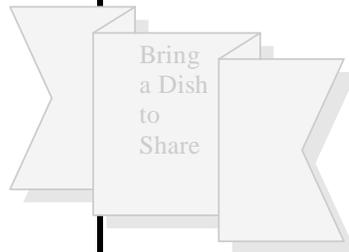
By Peter Beitchman

One of the positive developments within the mental health system is the new emphasis on a public health approach, combining physical health and mental health concerns. This approach views persons with serious mental illness holistically—having multiple mental health, physical health and rehabilitation needs.

For many years, epidemiological studies have found that persons with serious mental illness have higher rates of serious medical illness and premature death than the general population. There are multiple explanations for this reality. Lifestyle has been an important factor, as so many persons with serious mental illness have had periods of homelessness and self-neglect. Poor nutrition, exposures to the elements, and an often-sedentary lifestyle can all contribute to poor health.

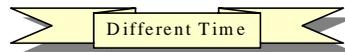
In this area, smoking has been a particularly salient and controversial issue. The health consequences of the high rates of smoking among persons with serious mental illness are well-documented. The professional, family and advocacy community have engaged in a very intense

(Continued on page 8)

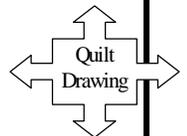


Education & Advocacy Meeting

Thursday December 5th, 2002



6:00 pm Potluck Dinner
 7:00 pm Annual Meeting
 7:15 pm Program as follows



“The Interrelationship of Mental and Other Physical Illnesses: The Brain and the Rest of the Body”

Clark Smith, M.D.

Dr. Smith is the Medical Director of Sharp Vista Pacifica and is prominent in the San Diego Psychiatric Society.

As the Bylaws direct, officers and directors shall be elected at each annual meeting of the members (specified in the Bylaws as being held in December). Candidates receiving the highest number of votes shall be elected as directors. New officers and directors' terms shall begin and out-going officers and directors' terms shall end at the annual meeting. Proposed for the 2003 NAMI San Diego Board of Directors are:

- David Charapp, J.D. Deborah Conklin Allison Cook, LCSW
- Paul Cumming, Margaret England Karen Gurneck Beth Olin, LCSW
- Karen Ross, MSW., Sally Shepherd, MA Judy Wasik, MA



BRING THE FAMILY TO THE DECEMBER AND JANUARY MEETINGS

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

See the new “In Our Own Voice: Living with Mental Illnesses” video and updated presentation at the January Education and Advocacy Meeting on Thursday, January 2, 2003. Hear new speakers and warm to new stories.

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

November at-a-Glance

Bettie Reinhardt, Executive Director

Helen Teisher Quilt

The day we have been waiting for since May 29 (when Helen donated her hot-off-the-quilting frame quilt at our Open House) is upon us. The drawing for the quilt will be held at the Annual Meeting on December 5. Drawing tickets will be available that evening. The suggested donation for the tickets is \$1/ticket or \$5/6 tickets or \$10/12 tickets or \$20/25 tickets. Of course, you will not have to write your name on the tickets you obtain that evening – just hold on to them and wait for your winning number to be read.

If there is someone out there that wonders why a Helen Teisher Quilt is so special, let me say, first, that the quilt is gorgeous. Beyond that, Helen is one of the founders of this affiliate and our state organization and our national organization. Her passion for our mission is unsurpassed. The quilt is touched by her special quality as will be the winner.

Law Enforcement and Mental Health Community Forum

Law enforcement representatives from around the county will be available on Thursday, December 5, 10 a.m., Coronado Room, 3851 Rosecrans, to meet with members of the mental health community. Many of you have had questions about law enforcement procedures and policy and have statements you would like heard. This is your chance!! Parking is scarce at this facility. Car pooling, taking the bus or trolley, or, at least, coming early to look for a spot is recommended.

Mental Health Board (Attention: Date Change for November and December!!!!!!)

The November and December meetings will be combined on Wednesday, December 4, 6 p.m. – 8 p.m., Coronado Room, Health Services Complex, 3851 Rosecrans Street, San Diego.

www.namisandiego.org

Have you looked at our website recently? Please do. Brad Konz is doing a great job of keeping it updated and even giving it a bit of jazz. While you are there, go to the Links page and check out the NAMI California and NAMI National pages. You can now look up Board & Care facilities and other services, by county, on the NAMI California site. Of course, the NAMI National site always has news and things that you thought you “shoulda” known but didn’t.

Classes

Two Family-to-Family classes in the central region will begin in January: one on Thursday evenings, beginning January 9th, and one on Tuesday evenings, beginning January 14th. In addition, a Spanish-language class will begin in the South Bay during that month.

A spring class will begin in March.

If you have signed up for a class, don’t wait to be contacted. Call the Albright Center and state that you are still interested and state what date will work for you.

Future Family-to-Family classes include one in East County and a Saturday morning class.

Call the Albright Center, 619.543.1434, and put your name on the call list for a future version of one of the classes listed in the last month’s menu.

Board of Directors

We are printing early this month because of the Thanksgiving holidays. Consequently there is no November Board of Directors’ news to report. The Board does not meet in December except for a brief meeting after the Annual Meeting to elect officers. The Board meets every month except August and December on the third Tuesday from 5:30 – 7:00 pm in the NAMI San Diego office. Meetings are open to all members.

To register your opinion on any of these issues, call Bettie Reinhardt at 619.584.5564 or write to P.O. Box 710761, San Diego, 92171 or fax to 619.584-5569 or email at exudir@namisandiego.org or contact any of the people mentioned in the article.

WISH LIST

We have volunteers to tend our landscaping, and now we have tools. Thanks to Kay Lanz and the Levens, Rachel, Kelly and Jerry for making our wishes come .

Our need for a replacement tree has now been met. Paul DeMartini is donating a Hong Kong Orchid tree as a memorial to Philip Kenney who passed away unexpectedly this year. Thank you Paul.

I Am Not Sick, I Don’t Need Help!!

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

The Alliance Advocate

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

**NAMI San Diego is an affiliate of
NAMI and NAMI California**

Board of Directors:

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

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

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Kristin Cadenhead, M.D.
Gabrielle Cerda, M.D.
Dan Sewell, M.D.

Executive Director

Bettie Reinhardt
exudir@namisandiego.org

**The Alliance Advocate is a monthly
publication of NAMI San Diego,**

**4480 30th Street
San Diego, CA 92116**

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P.O. Box 710761**

**San Diego, CA 92171-0761
Phone: (619) 584-5564 (administration)**

**800 523-5933 (peer support)
Fax: (619) 584-5569**

E-mail: namisd@sbcglobal.net

Web Site: www.namisandiego.org

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Bettie Reinhardt and Pete Truman

E-mail: namisd@sbcglobal.net

And trumana@worldnet.att.net

Fax: (619) 584-5569

**Articles received by the 15th will be consid-
ered 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 Advocates Push for Action on Parity

Increased attention has been focused on parity since the tragic death of lead Senate sponsor Paul Wellstone of Minnesota in a plane crash on October 25. Our members have loved and admired Senator Wellstone for his tireless advocacy on behalf of people with mental illnesses. Parity is part of a long list of bills that was left unresolved before the election. However, few of these bills enjoy the strong bipartisan support that parity does in both the House and Senate and, most importantly, from President Bush. Only a handful of unpassed bills in the 107th Congress can match the record of accomplishment of the mental illness parity measure: · vocal support from the President, · 67 Senate cosponsors (over two-thirds of the Senate), and · 242 House cosponsors (over half the House).

ACTION REQUESTED

Despite this broad support for parity, there are still pockets of important opposition to parity (mainly from employer and insurance groups) that must be overcome. NAMI advocates are therefore strongly encouraged to contact their members of Congress and urge them to support passage of mental illness parity during the post-election "lame-duck" session. It is especially important that House members be urged to directly contact Speaker of the House Dennis Hastert (R-IL) in support of action on parity during the "lame duck" session. Please remind members of Congress that: · untreated mental illness costs American businesses, government and families at least \$113 billion annually in lost productivity and social costs, · mental illnesses such as schizophrenia, bipolar disorder, major depression, obsessive-compulsive disorder and severe anxiety disorders are real illnesses, · treatment for mental illness works and recovery is possible (treatment efficacy rates for the most severe mental illnesses exceed those for heart disease and diabetes), · there is simply no scientific or medical justification for insurance coverage of mental illness treatment to be on different terms and conditions than other diseases, · discriminatory insurance coverage of mental illness bankrupts families and places a tremendous burden on taxpayers through suicide, homelessness and inappropriate "criminalization" of people with mental illness, parity is affordable - the Congressional Budget Office (CBO) estimates that the current proposal before Congress would increase insurance premiums by less than 1% (a finding that is consistent with numerous previous studies that demonstrate how non-discriminatory coverage is economical and results in better treatment outcomes), and · 34 states have enacted parity laws similar to HR 4066/S 543, but even these laws offer no protection for workers and their families that receive coverage through self-insured ERISA plans

PRESIDENT'S NEW FREEDOM COMMISSION RELEASES INTERIM REPORT

The President's New Freedom Commission released their interim report on the state of the American mental health service system on November 1. The commission report concluded that "the mental health system is an inefficient maze of private, federal, state and local government programs with scattered responsibility for services that frustrates both people with mental illness and providers of care." To access the report on the web, visit http://www.mentalhealthcommission.gov/reports/INTERIM_102902.pdf.

**OLMSTEAD, COMMISSIONER, GEORGIA
DEPT. OF HUMAN RESOURCES, et al. v. L. C.,**

If you haven't heard about the Olmstead decision in places other than this newsletter, you will. Its affect on people living with serious mental illnesses and their families can be significant. A little information follows: In the Americans with Disabilities Act of 1990 (ADA), Congress described the isolation and segregation of individuals with disabilities as a serious and pervasive form of discrimination. Title II of the ADA, which proscribes discrimination in the provision of public services, specifies, that no qualified individual with a disability shall, "by reason of such disability," be excluded from participation in, or be denied the benefits of, a public entity's services, programs, or activities. Congress instructed the Attorney General to issue regulations implementing Title II's discrimination proscription. One such regulation, known as the "integration regulation," requires a "public entity [to] administer ... programs ... in the most integrated setting appropriate to the needs of qualified individuals with disabilities." A further prescription, here called the "reasonable-modifications regulation," requires public entities to "make reasonable modifications" to avoid "discrimination on the basis of disability," but does not require measures that would "fundamentally alter" the nature of the entity's programs.

The Olmstead case was decided in June, 1999. The opinion of the Court was that, under Title II of the ADA, States are required to place persons with mental disabilities in community settings rather than in institutions when the State's treatment professionals have determined that community placement is appropriate, the transfer from institutional care to a less restrictive setting is not opposed by the affected individual, and the placement can be reasonably accommodated, taking into account the resources available to the State and the needs of others with mental disabilities.

States, including California, are now developing plans to implement the Olmstead decision. For more information, check out these websites:

To read the Olmstead decision, go to: <http://supct.law.cornell.edu/supct/html/98-536.ZS.html>.

For information about Olmstead and children, go to: <http://www.olmsteadcommunity.org/Barriers2.pdf> and <http://www.webcom.com/bazon/olmsteadchildren2.pdf>

For information about Olmstead and other services, go to: <http://www.olmsteadcommunity.org/overcoming.html>

Also, CIMH is developing a mental health email list. To get the most current updates on the Olmstead planning process, email mmanus@cimh.org with all your contact information and request to be added to the email list.

**Legislative Update
December, 2002**

By Caroline Hamlin

Governor's Homeless Initiative

The Governor has announced he is allocating 54.9 million in funding to 34 local programs in order to continue and expand the Integrated Service Program (AB 2034), "The goal of this program is to reduce the number of people with mental illness who are homeless by helping them get off the street and into appropriate treatment, permanent housing, and into jobs," said Governor Davis. San Diego will receive approximately 3.5 million. Twenty six existing program have agreed to a 4.5 percent cut to create new programs for seven provisionally funded counties and one new county program.

The Parity Bill

Congress has returned to Washington for a "lame duck" session that will go into December.

The Parity Bill, HR 5320, S2766, which will equalize insurance coverage between physical and mental illness, is still on the table. Write to your members of Congress and urge them to pass this bill. You can cite the following:

- ◆ The major mental illnesses are biologically based brain diseases;
- ◆ The Congressional Budget Office estimates that the parity bill would increase insurance premiums by less than 1%;
- ◆ Discriminatory insurance coverage burdens taxpayers because people with untreated mental illness end up in jails and prisons, shelters, and hospitals;
- ◆ Discriminatory insurance coverage puts an unfair burden on families;
- ◆ Parity has the support of the President. 67 Senate cosponsors and 242 House cosponsors..

Write to:

The Honorable Susan Davis
U.S. House of Representatives
Longworth Building #1517
Washington DC, 20510

Fax: 202 2252 948

The Honorable Duncan Hunter
U.S. House of Representative
Rayburn Building. 2265
Washington DC, 20510

Fax: 202 225 0235

The Honorable Bob Filner
U.S. House of Representative
Rayburn Building. 2463
Washington DC, 20510

Fax: 202 225 9073

Entry Door Remodel Project to Honor Family-to-Family Program, December Update

The much-needed project to remodel the main corner double-door entry at the new (to us) NAMI San Diego office on 30th Street organized by recent Family-to-Family graduates Rachel and Jerry Levens now has \$1,680 in the coffers. The estimated cost of the improvements is approximately \$5,000 and includes the following:

- Removal of existing/unusable doors;
- Installation of new ADA (Americans with Disabilities Act) compliant double doors with tinted glass, security protection, and appropriate signage;
- Exterior and interior re-framing and re-finishing of entryway;
- Plaque honoring all Family-to-Family Leaders and Classes; and
- Reception celebrating completion of project and donors.

Any donated funds remaining after completion of the new entry will be used for other customer-oriented physical improvements at the NAMI San Diego office or

to purchase Family-to-Family resource materials for the lending library. All contributions are tax deductible. The entrance will be named a "Gateway to Wellness" in honor of the Family-to-Family Program. Donors that we did not thank in the November newsletter are:

Brian Bailey Betty Beyster

Additional contributions from \$5.00 to \$500.00 are needed to help us reach our goal to renovate the entry area and honor the Family-to-Family program. If you would like to help Jerry & Rachel make this dream a reality, make your checks payable to: NAMI San Diego and mark it for "Entry Remodel Project". Mail to NAMI San Diego, P.O. Box 710761, San Diego, CA 92171-0761.

If you would like to help with "in kind" labor or material contributions, call the Levens family at 619.466.0070, e-mail them at Levens1@aol.com or leave a message to volunteer for the "Entry Remodel – A Gateway to Wellness" project at the NAMI San Diego office, 619.584.5564.

Was: National Depressive & Manic Depressive Association (DMDA) Support Groups
Is: Depressive Bipolar Support Alliance (DBSA) Support Groups
 Resources for those suffering from depression, bipolar disorder, or other mental illness.

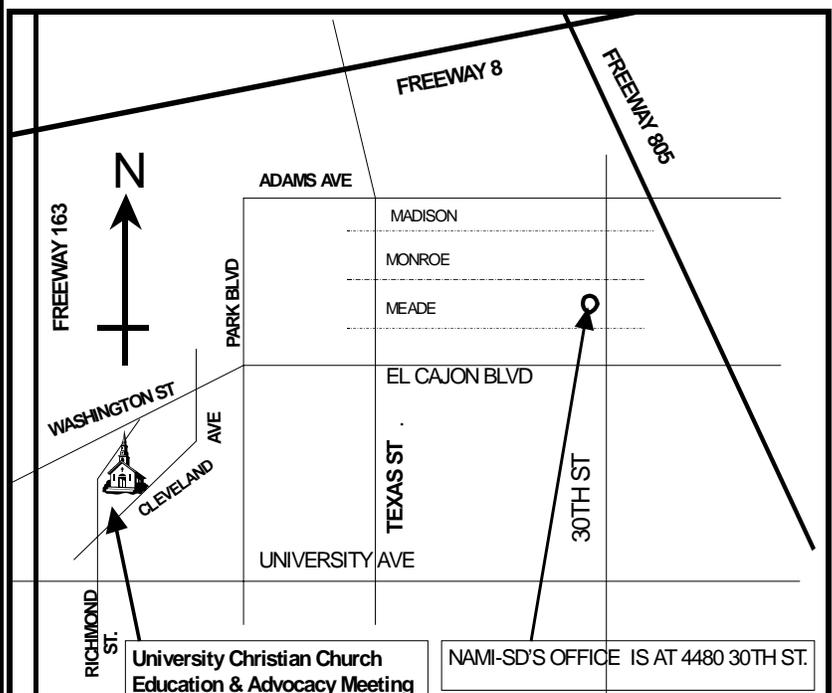
DBSA
 800.826.3632 or <http://www.ndmda.org>

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

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

DBSA Rancho Bernardo,
 Tuesdays and Thursdays, 6:00 – 8:00 pm
 Aurora Psychiatric Hospital
 For more information, 858.487.3200

DBSA La Mesa, Tuesdays 6:00 – 7:00pm
 Alvarado Parkway Institute (API)
 For more information, 619.465.4411



Schedule of Meetings

NAMI SAN DIEGO

See Page 3 for NAMI-SD's address

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

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

Evening NAMI-SD Support Group

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

Morning NAMI-SD Support Group

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

Sharp Mesa Vista Hospital

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

Sibling and Adult Children's Group

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

Clairemont Area NAMI Support Group

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

La Jolla NAMI Support Group

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

El Cajon (East County)

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

South Bay Spanish

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

La Mesa

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

NAMI PATTON

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

NAMI NORTH INLAND

SAN DIEGO COUNTY

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

Second Tuesday each month,
7:00 pm. Education Meeting
Note the December Education meeting
is replaced by the Holiday Night
Program described below.
Bradley Center (Kinesis North)
474 W. Vermont Ave, Escondido
(760) 745-8381 or 1-800-523-5933

Tuesday December 10th
Holiday Star Night, Variety Show
Special Time ! 4:30 to 6:00 pm.!

Various Entertainments. Consumers,
artists will exhibit literature and art-
work.

For further information please call
(760) 745-8381

Monday Share and Care Meeting
Every Monday Except the 2nd Monday
of each month. Starting at 6:30 p.m.
Palomar Pomerado Behavioral Health
Building, 1540 East Valley Parkway,
Escondido. **Call (760) 745-8381 for fur-**
ther information

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

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

**Don't forget to send in
your NARSAD
Artworks holiday card
order.**

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 THURSDAY, 7:00 p.m.
Education Meeting followed by
Share & Care at 8:40 p.m.

For Thursday December 19th we'll hold a
Potluck Holiday Party at 6:00 pm.
Note the Special Time
Members and Family are invited.

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.

TARA Borderline Personality Disorder Support Group

1st Tuesday monthly
Carlsbad Community Church
3175 Harding Street, Carlsbad CA 92008
760-729-2331

Schizophrenics in Transition-AMI

Board Meeting
3rd Wednesday at Noon
144 Copper Avenue, Vista 92083
760.941.2153

Schizophrenics in Transition-AMI (SIT-AMI)

has the following under its umbrella:

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

Consumer Corner

IN OUR OWN VOICE

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

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

If you are interested in training as a presenter or attending a presentation, please call:

Kamala Castle
At 619 584-5568

Mariposa Clubhouse

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

Open Monday - Friday
8:00 a.m. - 4:00 p.m.

Open Saturday & Sunday
10:00 a.m. - 2:00 p.m. Brunch

East Corner Clubhouse

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

Fax: (619)401-1751

Open :

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

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

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

The Consumer Center for Health Education and Advocacy

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

We are ready to help you.
1475 Sixth Ave., 4th Floor
San Diego CA 92101
1-877-734-3258 Toll Free

The Meeting Place, Inc.

4034 Park Blvd., San Diego
(619) 294-9582

Open Monday - Saturday

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

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

Corner Clubhouse

2852 University (at Utah)
San Diego (North Park) #7 Bus Line
(619) 683-7423

Open Monday - Friday

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

Friend to Friend

1009 "G" Street

San Diego

(619) 238-2711

Open Monday - Saturday

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

A peer advocate is available

Thursday, Friday (morning) and Saturday

Employment Services

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

Visions @ 5th and H

499 "H" Street, Chula Vista

(619) 420-8603

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

Noon - 7:00 p.m.

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

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 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

Scholarship Funds

Call the Albright Center for information about scholarship funds.

(619) 584-5564

Friends

144 Copper Ave. Vista

(760) 941-2153

Open Saturdays

1:00-4:00 p.m.

NAMI c.a.r.e Group

Consumer Support Group

Consumer -lead

All Consumers welcome

1st Tuesday of Month, 6pm—7pm.

NAMI San Diego Meeting room

4480 30th Street, San Diego

PEER TO PEER

Peer-to-Peer is a unique learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery for themselves. 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. Each class contains a combination of lecture and interactive exercise material and closes with Mindfulness Practice techniques.

To sign up, call the Albright Center, 619.543.1434.

Remember, seating is limited.

NAMI C.A.R.E.

NAMI C.A.R.E. (Consumers Advocating Recovery through Empowerment) is a mutual support group program for individuals facing the challenges of recovering from mental illness. It is a group for all consumers with any diagnosis of any type of mental illness. It is a support group led by trained consumers.

NAMI C.A.R.E. is now meeting in several programs including the The Meeting Place and REACH. A meeting to all comers, no reservation needed, is at the NAMI San Diego office on the 2nd and 4th Tuesday of each month from 6 to 7 pm.

For information, please call: 619.584.5564.

COME JOIN US!

(Continued from page 1)

dialogue in this area, some defending the right of persons to smoke, others advocating for restrictions and aggressive smoking cessation programs. In recent years, a growing understanding has emerged that specially-designed smoking cessation programs can be effective for persons with serious mental illness. From a public health perspective, these programs need to be expanded.

A second factor leading to diminished health for persons with serious mental illness is their difficulty in navigating the fragmented and highly complex health care system. Long waits in hospital emergency rooms and clinics frustrate all of us, and are even more difficult for persons with serious mental illness. Never seeing the same doctor twice, being referred from clinic to clinic and having to negotiate the almost impossible task of obtaining one's own medical records are just some of the problems that surface, again and again, within the current system.

Many treatment and rehabilitation programs for persons with serious mental illness are also now carefully monitoring weight gain and are designing programs to address it. And the drug manufacturers are responding by developing medications that do not have the same potential side effects. In New York, the creation of the City Department of Health and Mental Hygiene allows a greater opportunity to further the understanding of the dynamic between mental and physical health that has been established in the last decade, especially as it relates to persons with serious mental illness. This, in turn, will open up greater possibilities for creating programs that address these concerns concurrently.

Dr. Peter Beitchman is a member of NAMI NYC-Metro's board of directors, and is the executive director of The Bridge, Inc., the mental health and rehabilitation agency on Manhattan's Upper West Side.

DIRECTOR'S REPORT—per Mark Refowitz

Adult and Older Adult Mental Health Services Updates

AMHS assisted ten clients attend the **California Network of Mental Health Clients' Forum 2002** in Sacramento, November 8-10, 2002. The conference, "Revolution of Empowerment – Lead On, Lead On," focused on providing knowledge and skills to mental health clients, enhancing statewide and regional networking of clients.

Approval was received for a one to two-year contract with Drs. Kenneth Minkoff and Christie Cline to train, consult and assist with the implementation a **dual diagnosis service integration program**.

Employment Readiness Assessment – on October 14th an Employment Services Committee composed of County, contract and family and client representatives met with Steve Ekstrom, a consultant sponsored by the California Department of Mental Health, to begin the process of assessing the mental health system readiness/capacity to develop supported employment services for clients with psychiatric disabilities. Dianna Benson, Employment and Education Coordinator, will be contacting providers and consumers in the next month to set up meeting times for upcoming **focus groups**.

On October 10, over **200 Board and Care home operators** attended a presentation by Debbie Malcarne, the **Biopsychosocial Rehabilitation** Coordinator for MHS, on recovery and wellness for people with psychiatric disabilities. Over the next several months, a series of classes on this subject will be presented by Sharp Grossmont Hospital.

Recently, the **Intensive Case Management (ICM) Client and Family Advisory Board** sponsored a **recognition luncheon for 240 clients**. ICM and YASHI staff helped plan, cook and serve lunch. Mark Refowitz proved to be handy in the kitchen as well as speaking to the group. Honorees were nominated by their participating mental health programs.

Client meeting with Mark takes place on the 1st Friday of the month, 1:00 p.m. – usually at the County Mental Health, Rosecrans location (Harbor Room). (Confirm at 619-563-2709)

USEFUL TELEPHONE NUMBERS

When someone is in danger or for PERT Call 911

For help with a crisis/No-one in danger:

- ◆ Access & Crisis Line (800) 479-3339 or (619) 641 6890
- ◆ Heartbeat (Children) (619) 615-7676
- ◆ Medical Doctor (800) 640-1662 or (858) 565-8888
- ◆ Psychiatric Referral service (858) 656-8161
- ◆ Board and Care Availability Hot Line , (800 814-5002)

The Alliance Advocate

Vol. VI, Issue 11--December 2002



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Inside This Issue:

NAMI San Diego Annual Meeting

Parity Bill

Mental and Physical Health

“Peer to Peer” & “Family-to-Family” Classes

Calendar of Events & Meetings

Mental Health Director’s Report



NAMI San Diego

2003 MEMBERSHIP APPLICATION

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

Name: _____

Street: _____ Home Phone # _____

City, State, Zip: _____ Work Phone # _____

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

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

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

ANNUAL SUSTAINING DONORS

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

Check relation to client:

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

_____ Please send me volunteer information and application.