

Annual Meeting/ Potluck!

Thurs., December 4, 2003

Dinner - 6:00 pm
Business & Election - 6:45 pm
Program* - 7:15 pm

*"I Need Mental Health Services. How Do I . . . Get an Appointment? Get Services I Can Afford? Get the Medicines and Other Treatment I Need? Access the System? (What System?)"

Emmy Gill Garnica, LCSW, Behavioral Health Services Liaison, Kaiser Permanente
Gail Georgescu, MA, Executive Director, PERT, Inc.
Kurt Robbins, MFT, Program Manager, San Diego County Mental Health Services
Karen Ross, LCSW, Manager of Intake and Psychiatric Intake Team, Sharp Mesa Vista & Grossmont Hospitals

Panel Presentation PLUS Individual Consulting Time

Bring Good Eats!

University Christian Church
Friendship Hall
3900 Cleveland Avenue
San Diego, California

Proposed Board Member Profiles

By Karen Gurneck

The following individuals have been nominated for positions on NAMI's 2004 Board of Directors and will stand for election at the December 4, 2003 annual membership meetings.

Alan A. Abrams M.D., J.D.

Dr. Abrams has served on our medical advisory board, is currently a psychiatrist, a past president of the Psych and Law Society, former commissioner of the San Diego Juvenile Justice Commission and advocate for the treatment of incarcerated mentally ill.

Anthony "Tony" Alkire

Tony is a general contractor with over 30 years experience in general construction. He is a current board member and has served on our building committee to help oversee our current projects.

David Charapp Esq.

David is an attorney, board member and our current treasurer. He has been active on our membership, by-laws and executive committees.

Alison Cook L.C.S.W.

Alison is a current board member, has chaired our Walk Committee, served on the by-laws committee and is Program Manager of Adult Protective Services, Inc., case management services.

Paul Cumming

Paul is an active board member, community member on numerous advocacy groups and active on our outreach committee.

Karen Gurneck

I have been the president for the past two years, a retired county employee, former nurse and social worker. I have also served on the PERT board, Psych and Law board, Medical Society Board, and am on the outreach committee, executive and scholarship committees.

Gloria Harris Ph.D

Gloria is a psychologist in the community, current board member, active with Jewish Family Services and on numerous community boards and groups.

Wendy McNeill

Wendy is currently our newsletter editor. She comes to us with a wealth of experience in fund raising, program coordination and artistic abilities.

Karen Ross, M.S.W.

Karen is currently a board member, active in our fundraising and currently our monthly program planner. She is currently employed by Sharp Mesa Vista as the program manager for PHP and Social Services.



Sally Shepherd, R.N., M.A.

Sally is an active board member, chair of our outreach committee and older adult advocate. She participates on many community boards and activities to get our information out.

Judy Wasik, M.A.

Judy has served on our board and the executive committee. She has been an active member and co-chair of our Strides for Mental Health Walk. She comes to us with a wealth of knowledge in program development, training and organization.

Mary Wilson

Mary is currently the operations coordinator for the Grossmont Union High School District, East County Career Center. She has experience in grant writing, budget administration and program development.

Leaving the board will be Deborah Conklin, Beth Olin, L.C.S.W., and Reverend Margaret England. Thank you so much for your service.

November

At-a-Glance

By Bettie Reinhardt, Executive Director

NAMI Reaches Out to Community!

This is really a review of Outreach activities, not just November and not just this year.

To set the stage, if you are reading this article, YOU already know that NAMI is a very useful organization that provides effective and invaluable services.

Need for Outreach

Dr. Stephen Mayberg, California's Director of Mental Health, testified before the Senate in November that, "In any given year, about 5-7% of adults have a serious mental illness. . . . A similar percentage of children and youth, from 5-9%, have a serious emotional disturbance in any one year. I'm referring to illnesses that not only meet the diagnostic criteria for mental illnesses . . . , but illnesses that also substantially hinder one or more life's activities." We know that we need to let everyone affected by these illnesses know they are not alone and what we have to offer. We also know that we do not accomplish that goal by just sitting in an office – even an office with a wonderful helpline and resource center like our Al-bright Information & Referral Center.

Outreach Programs

The *In Our Own Voice* presentations that Chuck Sosebee initiated and that Kamala Castle now coordinate were recounted in the 2002/2003 and previous Annual Reports so you know they are reaching many people. I want to demonstrate here the very significant job that Sally Shepherd and the Outreach Committee are doing in educating our community.

Sally established the Outreach Committee in September, 2001 and began tracking outreach. Between that date and June 30, 2002, there were 29 outreach events. The

sites ranged from our own open houses to work places to college campuses. It is especially heartening to see that we are reaching students and 17% of the 29 presentations were to students.

*Those suffering
from mental illness
are not alone.*

outreach events (I am not counting exactly because some of us – not naming names – occasionally forgot to give Sally our report forms). Even this sizable increase in presentations does not tell the story. Four were at sites attended by a large number of people such as the *10 Leadership Day* event in the Qualcomm stadium parking lot or our photo/text exhibit in Seaport Village. Presentations continued to be made to students and a lot of materials were distributed at resource fairs. Two people made a trip to Washington, D.C. to speak for mental illness research funding. The presentation subjects and audiences became more varied as topics began to include co-occurring disorders such as HIV and mental illness and special populations such as older adults.

Meet the Press

The big increase in outreach cannot truly be counted because it includes mass media: two TV interviews, four radio shows, and a newspaper story. (We are not talking about the times I get called for a quote about a particular news story.

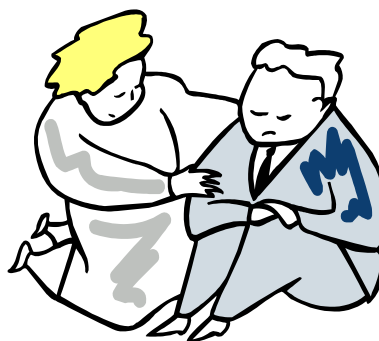
We are talking about feature segments or entire shows.)

Just the Facts

I hope you have seen the terrific one-page fact sheets and the program brochures that Sally and the committee developed. If you haven't seen one in person, click the Education button on our website, www.namisanidiego.org. (Thank you, Brad, for developing and maintaining the best local NAMI website in the country!!) They were born of necessity. The outreach folks were doing their job so well that they could not stay within their materials budget and had to find a way to decrease purchased brochures.

Thanks!

Several people have been able to help Sally with all this work. The names Diana Waugh, Jerry Levens, and Kelly Levens pop up most often on the list but a number of other folks have also worked hard on outreach.



NAMI Needs You!

There are plenty of spaces for more names. How about YOURS?!! The Outreach Committee urgently needs to recruit new members in order to meet the ever-increasing demand for speakers and written material we are experiencing. If you would be willing to staff a NAMI booth at a community fair, to help with the First Contact Project, or even to try your hand at making presentations to groups in the San Diego community, please contact Sally or Bettie!

The Advocate

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

NAMI San Diego is an affiliate of
NAMI and NAMI California

Board of Directors:

President - Karen Gurneck
Vice-President - Judy Wasik
Treasurer - David Charapp
Secretary - Margaret England

Directors at Large

Tony Alkire
Alison Cook
Deborah Conklin
Paul Cumming
Gloria Harris, PhD
Beth Olin
Karen Ross
Sally Shepherd

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Alan Abrams, M.D., J.D., FCLM
Kristin Cadenhead, M.D.
Gabrielle Cerda, M.D.
Dan Sewell, M.D.

Executive Director

Bettie Reinhardt
exudir@namisandiego.org

The NAMI San Diego Advocate
is a monthly publication of

NAMI San Diego
4480 30th Street
San Diego, CA 92116
Mailing Address:
P.O. Box 710761
San Diego, CA 92171-0761

Phone: (619) 584-5564 (administration)
800 523-5933 (peer support)
Fax: (619) 584-5569

E-mail: namisd@sbcglobal.net
Web Site: www.namisandiego.org

The NAMI San Diego Advocate Editor:
Wendy McNeill

E-mail: whirlofswing@hotmail.com
Fax: (619) 584-5569

Articles received by the 15th will be considered for publication in the following month's newsletter.

The opinions expressed in the newsletter do not necessarily reflect those of NAMI San Diego.

To register your opinion, call Bettie Reinhardt at 619 584-5564 or write to P.O. Box 710761, San Diego, 92171 or fax to (619)584-5569 or email at exudir@namisandiego.org or contact any of the people mentioned in the articles.

Thank You DONORS

United Way Givers Are the Greatest!

By Marjie Joramo
Development Director

The following list represents individuals who have designated NAMI San Diego by giving at their workplace and companies who match all or part of each employees' donation. Our San Diego United Way code # is 96470.

Katherine Anderson
John Andrade
4 Anonymous
Ernestina Arellano
Lara Asato
Mackenzie Bell
Virginia Biewer
Gloria Bishop
Lawrence Bookbinder
Diane M. Brown
N. Bryant
Sandy L Buston
Patricia Crawford
Marisa Farpon-Friedman
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Ruben Luna
Meg McGilley
Diana C. Medlin
Vicki G. Meeks
Linda Moreno
Cheryl Noncarrow
Irma Nunez

Lenore Linda R. Nygaard
Soudabeh Gesa Pace
Tim Parrott
Pfizer La Jolla
Janet Placido
Deidre M. Porter
J. Preston
Ruth Prystash
Jayashree Pyati
Roseaine R. Reza
Leonard Rodin
Pamela Sample
John V. Schwegel
Cynthia Scott
Brenda Settles
Roderick Sherwood
E. Simon
Kimberly Sinha
Kimberly Speak
Murray B. Stein
Patricia K. Stewart
Diane J. Tindall
Mary Truman
Malvina Vainer
Joe K. Viskoe
Philip W. Weck
Paul J. Weiss
Adele West
Nancy L. Wilcox
Marisa A. Wise
Peggy Wood

These companies matched all or a portion of their employees' gifts.

Costco - Morena #401
Costco - Vista #124
SDG&E Energy for Life
Hewlett-Packard
Kaiser Permanente
San Diego National Bank
SBC Communications
Union Bank of California
Wellpoint/Unicare

*In Honor of
Family to Family Teachers*

Emy Alhambra and Judy Wasik
by Dr. Fen-Hui Chen

NAMI San Diego Meeting Schedule

NAMI San Diego

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

NAMI-SD's Education and Advocacy
meeting takes place the First Thursday
of each month at University Christian
Church, 3900 Cleveland Ave.,
San Diego. (Additional info, pg. 5.)

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

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

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

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

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

El Cajon (East County)
Second Wednesday, 6:30–8:00 p.m.
Heartland Center, 1060 Estes Street
(off Chase)
Dale or Judi at (619) 401-5500

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

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

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

NAMI-SIT

Schizophrenics in Transition

Board Meeting
3rd Wednesday at Noon
144 Copper Avenue, Vista 92083
(760) 941-2153

NAMI-SIT includes the following :

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

NAMI North Inland

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

Second Tuesday
7:00 pm. Education Meeting
Speaker: Karen Black, Attorney
Topic: "Special Needs Trusts"
Bradley Center (Kinesis North)
474 W. Vermont Ave, Escondido
(760) 745-8381 or 1-800-523-5933

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

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

Wednesday Weekly in Fallbrook
Wednesday, 5:00—6:30 p.m.
Fallbrook
Call for address (760) 745-8381

NAMI North Coastal

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.

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—6:30 p.m.
Carlsbad Community Church
3175 Harding Street, Carlsbad CA 92008
(760) 729-2331

NAMI C.A.R.E. Support Group

4480 30th Street
San Diego, CA 92116
(619) 543-1434 or 1-800-523-5933

Second and Fourth Tuesdays, 6-7p.m.
Consumer Led—By and For
Consumers
No need to register; come to meeting.

Warm Line

1-800-930-9276
Daily 5:00 p.m.—11:00 p.m.

Call us. We are fellow consumers of mental health services who have been there, done that. Listening and talking are what we like to do.

Partnership 4 Chances

P.O. Box 927548
San Diego, CA 92192
www.partnership4chances.org
Contact: Shannon Jaccard
(858) 361-3632

DBSA Support Groups Depressive Bipolar Support Alliance Support Groups

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

Special Programs

Learn, Share, Be Educated & Grow

C.A.R.E.

Consumers Advocating Recovery through Empowerment (C.A.R.E.) – A support group led by consumers, for consumers, designed to empower its members. Groups are available throughout the county for individuals facing the challenges of any serious mental illness.

Upcoming needs are consumers interested in facilitating a C.A.R.E. support group. There will be C.A.R.E. Facilitator training held on January 23, 24, 25, 2004. Anyone interested in being a facilitator should contact Les Kang or Mary Lou Erwin at the NAMI San Diego Office, 619-584-5564.

*“Learn about
mental illness from
people who have
been there.”*

In Our Own Voice

This group is the stigma buster gang. Trained consumer presenters give a recovery education presentation for other consumers, family members, friends, professionals, and lay audiences. These presentations provide the community with the opportunity to learn about mental illness from people who have been there. Coming up in February there will be training available for consumers that wish to help break the stigma of mental illness. If you want to make a difference, please call the NAMI office at 619-584-5564 and let Kamala or Mary Lou know that you are interested.

Peer-to-Peer

Do you want to learn how to “live well” with your mental illness? Do you want to avoid another relapse? Do you want to talk with others that experience mental illness just like you do? Then signing up for an upcoming Peer-to-Peer Class is what you need to do.

This education series is ten weeks long, offered throughout the county, and taught by peer consumers that are “living well with what they’ve got”. Please call the NAMI office to acquire additional information or sign up for a class at 1-800-523-5933.

Family-to-Family

Learn how families unite together against brain disorders (mental illness) through this twelve-week education course that is taught by families for families. We already have classes scheduled for 2004. Please call the NAMI office for further information or to register for a class at 1-800-523-5933.



Legislative Update

By Caroline Hamlin

Mental Health Initiative

In November state Attorney General Bill Lockyer approved title and summary of the Mental Health Services Act, thus clearing the way for signature gathering with the goal of placing this initiative on the November, 2004 ballot. So what is this initiative and who is behind it?

It was sponsored by the California Council of Community Agencies with input from NAMI-Ca, the Mental Health Association, Assemblyman Darrell Steinberg, and other interested mental health groups.

The initiative uses the Integrated services model created by AB 34, authored by Darrell Steinberg in 1999. It would:
--provide a range of services such as outreach, medical care, housing, prescription drugs, vocational training, psychosocial rehabilitation, including self help. --expand mental health programs for children and adults --offer services to persons and families without insurance --prevent parents from having to relinquish custody of their children in order to qualify for treatment --create an oversight and accountability commission.

The bill, if enacted, would be financed by a 1% surcharge or tax on those who have a taxable income above one million dollars. The money generated would not replace realignment funds.

Watch for this initiative. The goal is to collect 600,00 signatures in order to qualify for the November ballot.



your community Resources

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
6:00 a.m. - 6:00 p.m.
Sunday 8:00 a.m.—4:00 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., Thurs., 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.

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

1060 Estes Street (off Chase Avenue)
El Cajon, 92020
(619) 440-5133

Fax: (619) 440-8522
Open: Mon., Tue, Thur, Fri..
8:00 a.m. - 2:00 p.m.
Wednesday 8:00 a.m. - 6:30 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 (Clubhouse)

144 Copper Ave. Vista
(760) 941-2153
Open Wednesdays 1:00 p.m.-4:00 p.m.
Saturdays 9:00 a.m. - 4:00 p.m.

NAMI C.A.R.E. Group

Consumer Support Group
2nd & 4th Tuesday of Month, 6pm—7pm.
NAMI San Diego Meeting room
4480 30th Street, San Diego

The Bayview Clubhouse

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



NAMI Membership

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.

Memorial Gifts

In Memory of:

Dora Aguilar
by Helen Bergen
by Janice & Dan Karsh
by Judith Wasik

Shannon Chiamp
by Sheila K. Martin

Neil Dodson
by Ruby Dodson

Mary Rader
by Sherry & Marty Bloom
by Wendy Rader

Rick Saville
by Helen Saville

E.H Scripp
by Joan Cairncross

Helen Teisher
by Sherry A. Bloom
by Judge Robert C. Coates
by Mary Cobb
by Community Research Found.
by Dr. Donald & Margaret Duff
by Steven Gardner
by I. Thorine Gulbrandsen
by Karen Haas
by Janice & Daniel Karsh
by Tenny & Jeanette Keil
by Josephine S. Kenney
by Geraldine L Kreisler
by Bertha E. Roe
by Charlotte L Ryde
by Helen E. Saville
by Edith A. Wagner
by Byron Wishnek

Stefan Eric Wahrenbrock
by Dr. Michael & Laura Lardon
Afra Warneke
by Susan & James Tuckwell

In Memory/Honor Gift Coupon

Enclosed is \$ _____ as a gift to NAMI San Diego

_____ In memory or _____ In honor of:
Name of person remembered/honored:

_____ Date of person's death (if applicable) ____/____/____

Send acknowledgement of gift to:
Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Your relationship to the person remembered/honored:

Donor(s): _____ Address: _____

City: _____ State: _____ Zip: _____

Phone _____ Email _____

The Advocate

Vol. VII, Issue 10, Decmeber 2003



NAMI
San Diego

4480 30th Street
San Diego, CA 92116

Non-Profit
Organization
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San Diego, CA
Permit No. 2695



Return Service Requested

Scholarships!

NAMI San Diego's Scholarship Fund exists to assist mental health clients in achieving their individual educational goals. The maximum amount that the committee can award to any one individual is \$500.00 per year although most awards are considerably less so we can serve more people. A year is considered to run from August 31 through August 31 of the following year.

Awards are targeted to pay for fees

and required course materials. Tuition is generally excluded as there are other scholarship sources for tuition reimbursement.

Application forms for scholarships may be requested from NAMI San Diego, 800.523.5933. Completed form should be submitted to the Scholarship Committee of NAMI San Diego at 4480 30th Street, San Diego, California, 92116.

Application forms are to be submitted by August 31 for the Fall semester, and by January 31 for the Spring semester. Applicants will be informed whether they will be receiving scholarship funds, and in what amount, by September 15 for the Fall semester, and February 15 for the Spring semester.

Previous awards do not assure future awards.

