

NAMI THE ALLIANCE ADVOCATE

San Diego

San Diego's Voice on Mental Illness

Formerly San Diego Alliance for the Mentally Ill

Vol. IV, Issue 2
February 2000

JANUARY-AT-A-GLANCE

Bettie Reinhardt, NAMI San Diego Executive Director

Celebrate Mental Health! at a Swingin' Street Fair

Set aside May 20! Plan to join us in Ocean Beach for a great celebration of today's greater opportunities for improved mental health. Usually sleep in on Saturdays? Not this time -- start the day by walking or running on the beach in the clubhouse walk/run. Booths of all sorts -- information to food -- will await you on Newport Avenue. Watch your Advocate for more information but mark your calendar NOW.

New Share and Care Group

The new group begins February 24, 2000, and will meet the 4th Thursday of each month from 6:30 to 8:30 p.m. in the Executive Conference Room at Sharp Mesa Vista Hospital. This increased availability of our most valuable commodity, our ability to support each other, is very exciting.

Sunshine and Shadow

The Creative Arts Consortium presented a very special film about mental illness and the arts, featuring CAC members Jeannie Branscomb, Kim Brudvig, David Webb, and John Hood on January 9th. Winner of several prestigious awards, including an EMMY nomination, "Sunshine and Shadow" is a stunning film that has already been shown on PBS. Film producer Jack Ofield and the film's stars were on hand for a post-showing discussion. We were so wowed that we bought a copy for the Albright Center library. Check it out!

Family and Caregiver Education on Schizophrenia Series

More series are scheduled!

- The East County series begins March 7th, 6:00 – 8:00 p.m. and runs through April 11th. Call the Albright Center to register and for more information..
- The San Diego area series begins April 5th at 6 p.m. through May 10th at the Health Services Complex on Rosecrans. Call the Albright Center to register.

Family to Family

It is never too early to put your name on the list for Family to Family education. The number of people in each Family to Family class is limited so the members can interact. Call the Albright Center for more information and to leave your name so that you will be contacted when the next class is scheduled.

Living with Schizophrenia and Other Mental Illnesses

(Continued on page 2--At-a-Glance)

2000 MEMBERSHIP RENEWAL

A Friendly Reminder—if you have not renewed your 2000 membership or would like to become a member, please take a few minute to complete the application on Page 11 and mail the application to NAMI San Diego today.

NAMI San Diego's membership year is based on the calendar year.

Membership dues received during the period October 1999 through September 2000 will be credited for the 2000 year.

Your membership also include NAMI & NAMI California membership and subscriptions to their newsletters.

EDUCATION & ADVOCACY MEETINGS

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

**Thursday, February 3, 2000
6:45 p.m.**

**Speaker: Dorothy Gordon
Managing Director
Horizon Transitional Programs
Topic: Successes in Independent
Living
(See Page 4 for details.)**

**Additional AMI meetings
in the San Diego County area
are listed on Page 10.**

(Continued from page 1—*At-a-Glance*)

It seems that I am using a lot of exclamation marks and superlatives this month but I am really excited about the work we are doing. Living with Schizophrenia is, all by itself, a truly terrific program. Please see the position postings with program description on Page 7.

UBH Consumer and Family Advisory Board

United Behavioral Health's CFAB held its January meeting at the Albright Center. The Board is a group of clients and family members whose charge is to provide UBH with information about how well the mental health system is, or is not, working and what we believe can be done to make it better. Albright Center volunteers and staff were more than happy to provide the Board with feedback. The Board meets the first Wednesday morning of each month. I recommend your participation. Call (619)641-6809 for location and further details.

Directions to the Albright Information and Referral Center

Have you visited the **Albright Center** in its new home yet? The address is **1094 Cudahy Place, Suite 120**. If you take the Morena Boulevard exit from I-5 or I-8, stay in the left lane, which branches into West Morena Boulevard. Turn left on Buenos Avenue. The three-story building called the Morena Business Center will immediately be on your left. If you come down I-5 from the north, exit at Tecelote Road, turn right on Morena Boulevard and right again at the first traffic light. You will be on Buenos. Cross West Morena Boulevard and the office building will immediately be on your left. After all that, if you know where Toys R Us is, you will find it easier to find by looking just one block south of Toys R Us.

To register your opinion on any of these issues, call Bettie Reinhardt at 294-9941 or contact any of the people mentioned in the article.

Simple Changes in Depression Treatment in Medical Clinics Produce Significantly Better Results

NAMI E-News
January 14, 2000, Vol. 00-77

It is widely known that only 25% to 35% of people with depression get good care, in spite of the availability of effective treatments. The World Health Organization's report on the global burden of disease expects depression to become the second leading cause of disability worldwide in the coming decade, emphasizing the need for better access to effective treatments. The problem has been to find ways to improve the recognition and treatment of depression — and thus improve patient outcomes.

In a study conducted by Dr. Kenneth Wells of the RAND Corporation and reported this month in the Journal of the American Medical Association, 27,000 patients in a wide range of primary care settings across the country were screened for depression. More than 1300 patients with depression were identified. Some clinics were assigned to treat these patients as they usually would, while other clinics were asked to form teams to train other staff and to identify, treat, and monitor patients.

Interestingly, although these teams received training in working collaboratively and in helping other staff identify and treat patients, there were no specific treatment protocols. Instead, sites with research groups chose to change the way they provide services in a variety of ways, including educating staff about the treatment of depression, offering on-site rather than off-site counseling, having a nurse monitor treatment compliance, and eliminating co-payments for visits.

These simple and relatively inexpensive interventions — screening, changing the way care was provided in the clinic, and modestly increasing resources to educate patients and staff — had

(Continued on page 4—*Depression*)

(Continued from page 2—*Depression*)

President's Corner

How much do you know about the Albright I & R Center? Have you ever called or dropped in? I always marvel at the variety of volunteers and the range of subjects they cover.

We are looking for a few more volunteers to staff the phones and interact with visitors.

The qualities needed to do this job are ability to listen; willing to learn; an accepting, responsible and professional attitude; and respect for confidentiality.

Many members that I have spoken to feel they do not have the knowledge to be phone volunteers. Our Executive Director conducts regular training sessions and there is usually a staff member available to answer questions.

We truly need more volunteers. Several of our current volunteers have been with us for many years and it is difficult to schedule time off or vacations because we do not have other volunteers to take their place. We are fortunate compared to other NAMIs because we have paid staff to cover in an emergency. The paid staff is hired to do other tasks so we don't want to take advantage of their good will.

Please consider volunteering at the Albright I & R Center. The work is very rewarding. The volunteers, their loved ones and families benefit from the knowledge they receive.

Please contact our Executive Director, Bettie Reinhardt at (619) 294-9941 about this rewarding opportunity to volunteer and help someone just like yourself.

Marjie Joramo

Summary NAMI San Diego

Education & Advocacy Meeting

by
Rebecca Allen

At the January 6, 2000, Education and Advocacy Meeting, we had the pleasure of hosting PATH (Parents for Addiction Treatment & Health) Co-Directors Gretchen Burns Bergman and Sylvia Liewerant, as well as Assistant Director Tom O'Donnell.

PATH is a voluntary organization of concerned parents of individuals suffering from the disease of addiction. Their purpose is to partner with health care professionals, the justice system, recovering addicts, and concerned members of society to seek better understanding of the illness and "therapeutic justice" for substance-related criminal activities. Their goal is to reduce recidivism, save lives, heal families, and move toward a healthier society.

Studies show that crimes of over 85% of all California inmates are drug or alcohol related. PATH proposes alternative sentencing, such as long term mandatory rehabilitation in a structured alcohol and drug-free recovery environment for non-violent offenders. If the nature of the crime does not allow for this alternative, sentencing should include immediate placement in a rehabilitation and recovery program within the prison system. Also, upon release from prison or recovery homes, substance abusers should be mandated to a transitional program in a sober living environment to prepare them to re-enter society. Studies show that treatment works, and it is also cost effective — Arizona taxpayers saved \$2.5 million in one year by treating people rather than incarcerating them.

PATH and NAMI share a common bond in advocating for appropriate treatment of those lost in the criminal justice system. Studies show that 40-50% of the mentally ill try to "self medicate" with drugs or alcohol.

PATH meetings are on the first Tuesday of each month at 7:00 PM at Charter API Hospital, located at 7050 Parkway Dr., La Mesa, CA. For information, you can contact Gretchen (619) 670-1184 or Sylvia (858) 459-0062. Join them in finding a new PATH!

INVOLUNTARY OUTPATIENT COMMITMENT PAYS LONG-TERM BENEFITS

The Associated Press
December 22, 1999,

Court-ordered involuntary commitment of mentally ill people to outpatient treatment may save them from hospitalization later on, according to a study led by Duke University Medical Center researchers.

Marvin Swartz, an associate professor at Duke's department of psychology and behavioral science studied patients who had already been hospitalized involuntarily.

Upon release, the patients were randomly divided into two groups. One was told sheriff's deputies would take them to outpatient treatment if they refused to go on their own. The other group was simply released.

Swartz found the 135 people who were just released had the same rate of re-hospitalization as the 129 committed by court order to outpatient treatment, if the order lasted just a few months.

But when the commitment was lengthened to at least six months, patients averaged 57 percent fewer hospital readmissions and 20 fewer hospital days, compared to those released without a commitment. The study was published in the December issue of the American Journal of Psychiatry.

"This study suggests that there is a subgroup of patients, with severe psychotic disorders, who with six months or more in the involuntary outpatient commitment program, with a fair amount of treatment, do better at staying out of the hospital," Swartz said. We show that the commitment, the court order, does exert an effect."

"This is a promising legal tool, but it doesn't substitute for high intensity treatment," he said. About 40 states, including North Carolina, have involuntary outpatient commitment laws under which a physician can petition a court to ensure a severely mentally ill patient gets treatment. The patient is treated at a mental health center and if he or she does not comply, law enforcement officers take the patient there.

Swartz's group plans to use the same data to look at whether patients in involuntary outpatient commitment programs are

less violent and less likely to be victimized, and whether their families face less stress. Preliminary results show the rates of violence and victimization decreased, he said.

Vicki Wieselthier of MadNation, a group that works for social justice and human rights in mental health, said Swartz's study impressed her but she was concerned about applying the findings too broadly. She also wondered how much of the results stemmed from the fact that the patients had received intense treatment, rather than the court order. "I'm just concerned about the general increase in the repressiveness of our culture," she said.

Michael Allen, a senior staff attorney with the Bazelon Center for Mental Health Law, also questioned the study because it did not analyze availability of quality mental health services. He also warned that involuntary outpatient commitment destroys the relationship between doctors and patients, because the system is built on trust and faith.

Editor's Note: This article describes yet another study that demonstrates that outpatient assisted treatment effectively reduces hospitalization. The Bazelon Center comment at the end of the article completely discounts the fact that for individuals who refuse services there can be no relationship between doctors and patients without assisted treatment. The comment also ignores the data which shows that the majority of patients retrospectively agree with an assisted treatment decision

(Source: Treatment Advocacy Center Newsletter 12/23/99)

Successes in Independent Living



Dorothy Gordon, the founder and managing director of Horizon Transitional Programs, will speak at the Education and Advocacy Meeting on Thursday, February 3, 2000, at 7:00 p.m. Some say that Dorothy has set the gold standard in our community for independent living programs. During her presentation, Dorothy will share some of what she has learned and developed along the way. Besides the details of admission criteria, she will talk about the problems they have discovered, the importance of nutrition, medication management and one-to-one time, and the successes of the programs' graduates.

substantial effects. Rates of counseling and appropriate use of medications increased by 30%, recovery rates improved significantly, patients' quality of life improved, and more patients remained on the job.

The Wall Street Journal reported on the study in Tuesday's edition, reminding us of the progress being made both in destigmatizing depression and in making the business community aware of the impact of depression on its employees and the availability of effective treatments.

Legislative Update

by
Caroline Hamlin

The Lanterman-Petris-Short (LPS) reform act, formerly entitled AB 1028, has now been reintroduced into the State Assembly by Helen Thomson as AB 1800. The reason for the change is to remove the bill from the fast track which would have required assembly passage by January 31. Now the bill, essentially unchanged, is on the regular legislative schedule and doesn't have to be brought before the assembly floor until June, although some predict it will be sooner. We will keep you informed as the bill begins its journey through the maze of assembly committees. To refresh your memory as to the changes being proposed, here's a summary prepared by Assemblymember Thomson:

- ◆ Creates a voluntary contractual 6-month Assisted Outpatient Treatment Program for those who have been certified for involuntary commitment and qualify for treatment on an outpatient basis.
- ◆ Appropriates \$350 million to provide the community services necessary to implement the program.
- ◆ Allows greater access to community mental health services by expanding the criteria for "gravely disabled" when the patient's prior history of mental illness again presents clear evidence of a recurrence which poses a serious risk of substantial deterioration that is likely to result in serious harm to the person in the absence of treatment.
- ◆ Streamlines the hearing process by combining in one probable cause hearing the certification that the person meets the commitment criteria and a determination of whether he/she has the capacity to consent to or refuse psychotropic medication.
- ◆ Eliminates the separate "Riese" hearing which requires the determination of capacity only in the event the patient refuses medication.
- ◆ Provides that the burden of proof at trial for determining grave disability or a danger to others be by clear and convincing evidence.
- ◆ Extends the 14 day hold to 28 days and eliminates the second 14 days.
- ◆ Extends the post-certification period to one year for those demonstrated to be dangerous to others to provide more consistent and effective treatment as is provided those in conservatorships for grave disability.
- ◆ Requires treatment criteria in prison to conform to the new community standards.

As we announced in the last Advocate, NAMI California is supporting LPS reform. NAMI San Diego Board of Directors also voted to support the reform at their January board meeting.

NAMI 2000 ANNUAL CONVENTION

June 14 – 18, 2000
Town and Country Resort Hotel
500 Hotel Circle North
San Diego CA 92108

PRELIMINARY CONFERENCE **SCHEDULE**

Please note that this is a preliminary schedule and, as such, is subject to change.

WEDNESDAY, JUNE 14

ALL DAY

State Presidents Meeting
State Executive Directors Meeting
Consumer Council Meeting

THURSDAY, JUNE 15

MORNING

Open Mike with NAMI Board
First Timers Orientation
Estate Planning Seminar

Workshops

A series of workshops designed to help local and state leaders and future leaders build strong affiliates.

Family-to-Family Institute
IRB Training
Seminar on Cognitive Neuroscience
Voter Empowerment Project Training
Optional Sightseeing Tours

AFTERNOON

Consumer Orientation and Networking
Special Interest Networking Meetings
Candidates Speeches

Opening Plenary Session

EVENING

State Caucuses
Consumer Reception & Dance

FRIDAY, JUNE 16

MORNING

Research Updates
Ask-the-Doctor Sessions

AFTERNOON

Symposia
Workshops

EVENING

Arts and Media Festival

Celebrating talented NAMI artists and outstanding coverage in the national news media.

SATURDAY, JUNE 17

MORNING

Workshops
Hot Topics

AFTERNOON

Plenary Session on Criminalization
Unity 2000: Building a Strong NAMI
for the 21st Century

EVENING

Father's Day Picnic

An outdoor family picnic to honor all our NAMI dads.

SUNDAY, JUNE 18

Ecumenical Worship Service (morning)

Call the NAMI San Diego at (619) 294-9941 for copy of the registration rates and forms.
Every four hours of volunteering at the conference buys you one day's admission to the conference.

See page 11 for volunteer form.

Mentally Ill Are Squeezed by Parsimony

The New York Times
December 20, 1999
By Joyce Purnick

Looked at one way, the surgeon general's new report is a comprehensive analysis of the sorry state of America's mental health care.

Looked at another way, it is a primer in two political truisms: one, follow the money; two, beware every policy's unintended consequences.

Consider the money trail: the report faults private insurance companies for failing to cover mental illness as much as physical ailments. But it fails to tell you that the federal government itself is guilty of the same stinginess. Medicaid, the government's insurance program for the poor, does not reimburse the states for the cost of treating most patients who need long-term care in state psychiatric hospitals. "It's federally sanctioned discrimination against the mentally ill," says D. J. Jaffe, a board member of the Treatment Advocacy Center, a public interest law firm for the mentally ill based in Arlington, Va.

Now look at the unintended consequences: When Medicaid began in 1965, excluding reimbursement for institutions for mental disease — the state hospitals — seemed to make sense. But the policy went its own wrong way, with sad, sometimes tragic consequences. The policy encouraged the cost-cutting discharge of patients from state mental hospitals. As the surgeon general, Dr. David Satcher, notes, the federal government thought it was wise to keep responsibility for the mentally ill with the states, where it had traditionally been. And it offered subsidies to encourage states to move patients into smaller, more humane community residences. The lack of federal dollars and the earlier development of drugs that can stabilize many mental patients stimulated the states to aggressively empty the big hospitals. Medicaid did offer reimbursement for care in smaller residences, defined as those caring for

16 or fewer patients.

The theory was perfect: move patients out of inhumane warehouses and into the more caring surroundings of group homes. The unforeseen troubles were numerous. Communities balked at developing group homes. Those that were created generally reject the sickest, most troubled and sometimes violent patients. And the states generally refused to pass along to localities the money they were saving by releasing patients from big institutions. Result: a drastic shortage of smaller residences. States have pushed out huge numbers of patients from large hospitals.

Nationwide, 60,000 people live in state psychiatric hospitals today, compared with 500,000 in 1965. In New York State, just under 5,000 patients live where 93,000 were cared for in 1953.

If all those released and those never admitted were now getting good, sustained treatment, fine. But many live in the streets or move in and out of jail. At any given time, for example, 3,000 of the 20,000 inmates in Rikers Island are judged to be mentally ill.

Many people in need of long-term care lack the supervision to provide them with medication. The consequences can be tragic. Andrew Goldstein, a man suffering from schizophrenia, was living without care in a basement apartment in Queens, even though he knew he was sick and had begged for hospitalization. As the world now knows, he stopped taking his medication and wound up pushing Kendra Webdale to her death in front of a subway train. Mr. Goldstein kept asking to be returned to a group home on the grounds of Creedmoor Psychiatric Center. But there was no room for him, because New York never developed a viable system to care for the severely mentally ill outside the big hospitals, which fell out of favor in part because the federal money was no longer there. Nor is it likely to be available soon.

Donna E. Shalala, the secretary

of health and human services, said in an interview on Friday that while President Clinton wants to renegotiate contracts with federal workers to give them better mental health coverage, she knows of no plan to revise Medicaid's reimbursement policy. So the responsibility remains with the states, which have done such a bad job. Especially New York. Last month, in response to the bad publicity created by the Goldstein case and specific criticism of his budget cuts, Gov. George E. Pataki provided more money for care of the mentally ill and called a halt to the permanent elimination of beds in state mental hospitals. But the discharge of hospital patients into the "community" continues.

Will the Pataki initiative catch up with 34 years of misguided policies? Will it take another tragedy to give the severely mentally ill the help they -- and we -- need?

To find the answer to that question, a suggestion: follow the money.

(Source: Treatment Advocacy Newsletter, 12-23-99)

Do You Have Appreciated Assets?

Gifted assets that have appreciated is a win/win situation. We can accommodate gifts of stock and possibly other appreciated assets.

Please contact Marjie Joramo (858)484-9411 about giving appreciated assets.

**JOB POSTINGS
CONSUMERS WANTED**

Living with Schizophrenia and Other Mental Illnesses is a recovery-education program presented by trained consumer presenters/facilitators to other consumers, families and 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 disorders while recovering and reclaiming productive lives with meaning and dignity.

Position: Coordinator

Coordinator Responsibilities:

Work with the NAMI-SD executive director: set up the February training, recruit initial volunteers and presenters, locate initial presentation sites and schedule presentations, communicate and follow up with all parties (trainees/presenters, NAMI national, NAMI CA and other affiliates, presentation sites, volunteers);
Support presenters;
Lead skills meetings of presenters to practice with each other;
Seek out new sites for presentations;
Find and train new presenters;
Maintain records.

Requirements for Position — Consumer who can carry out above responsibilities.
Time and Compensation: 10 – 20 hours a week. \$8.50/hour. Mileage.

Position: Trainee/Presenter

Training:

Anticipated Date — Monday, February 28, 2000
Anticipated Time — 10:00 a.m. – 4:00 p.m. (lunch is provided)

Presenter Requirements:

Consumer with bipolar disorder, depression, schizophrenia, schizo-affective disorder, or obsessive compulsive disorder.
Willing to speak publicly about own illness and recovery
Commitment to make at least one presentation each month

Stipend: \$20.00 per presentation. Mileage.

For application—contact:

Bettie Reinhardt, Executive Director
NAMI San Diego
1094 Cudahy Place, Suite 120
San Diego CA 92110
(619) 294-9941, Fax: (619) 543-1434

Interview will be scheduled.

NAMI San Diego is an Equal Opportunity Employer

NEW CARING AND SHARING MEETING

4th Thursday of Each Month
Beginning February 24, 2000
6:30 – 8:30 p.m.

Executive Conference Room

SHARP MESA VISTA HOSPITAL
7850 VISTA HILL AVENUE
SAN DIEGO

For Information Call:
(858) 278-4110

Liturgy of Rest and Healing

Welcome

to a Liturgy of Rest and Healing especially for all with mental illnesses, their families and friends.

These services are held on the fourth Sunday of each month at 5:00 p.m.

The address is:

Gethsemane Lutheran Church
2696 Melbourne Drive
San Diego CA 92123
(619) 277-6572
(it is just up hill from stadium)

Call Helen Bergen for directions at
(619) 222-7346

Project Heartbeat Information and Referral Line

by
Jamie Steiger

On January 19th, Project Heartbeat Information and Referral Line is celebrating its one year anniversary of operation. Since that date one year ago, Project Heartbeat Information and Referral Line has taken nearly 2,000 telephone calls from family members and professionals searching for advocacy, support groups, counseling, parenting classes, and information on various topics.

Additionally, Project Heartbeat Information and Referral Line has continued to maintain partnerships that were built with community based organizations throughout the year. This was proven through one late afternoon phone call this month. The mother of a child in the East County was looking for immediate mental health interventions. Although her child was not in crisis, there was still a need for immediate services. After working in collaboration with a local organization, the Project Heartbeat Information and Referral Specialist was able to assist this family member in obtaining an appointment for her child the very next morning.

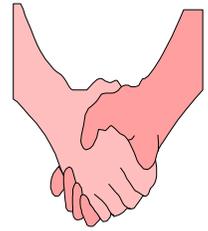
**Please contact us at:
(619) 615-7676
1-888-843-5800 (Toll Free)**

If you are in need of mental health services for your family, youth, or children.

or

If you are interested in having the Project Heartbeat Information and Referral Line present a description of their services within your organization or community.

Sibling
and
Adult



Children's Group

In the process of dealing with our loved one's severe mental illness, caregivers can become easily overwhelmed, feel hopeless and constantly waiting for "the other shoe to drop." It is extremely important to recognize when we, as caregivers, are reaching or have reached this level of "burn out."

Some of the strategies for avoiding burnout include — listening to other observations; educate ourselves; keep a journal about daily events that create stress in our lives; avoid isolation from others who may offer support or simply distraction; retain as much of a routine as possible; and maintain a life outside the caregiving role.

One major way to avoid burnout is to seek support and help from those who have experienced or are experiencing the same feelings.

If you are a sibling or adult child of a mentally ill loved one and interested in attending one of our meetings, please call:

Monica Astorga at (858) 483-9370 for more information.

Let us offer you a "helping hand."

We meet the second Wednesday of each month:
7:00 - 9:00 p.m.

Scripps Well Being Center
Adjacent to the University Towne Centre Mall

We can all help and support each other as we help our mentally ill loved ones.

CLIENT CORNER

SCHOLARSHIP FUNDS AVAILABLE



Mental health clients may apply to SDAMI 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 and are limited to the income from the scholarship fund.

CONSUMER VIEWPOINT

Family members frequently consider what their aging may mean to the mental health consumers in their families. Sometimes you just worry about who will be there to care and support and provide the cash for the extras that you do and sometimes you take action to assure that someone else will be there when you can't.

The panel at the NAMI convention that will look at aging caregiver issues, chaired by Agnes Hatfield, has an opening for a consumer. This is a call for a client who wants to speak to the subject from a client's perspective.

Please call Bettie Reinhardt (619) 294-9941 if you are interested.

The Consumer Center for Health Education and Advocacy

(If you need help getting mental health care services, please call or write us. We are ready to help you.)

1475 Sixth Ave., 4th Floor
San Diego CA 92101
1-877-734-3258 Toll Free

The Meeting Place, Inc.

4034 Park Blvd., San Diego
(619) 294-9582
Open Tuesday - Saturday
12 Noon - 4 p.m.

Corner Clubhouse

2852 University (at Utah)
San Diego (North Park) #7 Bus Line
(619) 683-7423
Open Monday
8:00 a.m. - 12:00 p.m.
Tuesday - Friday
8:00 a.m. - 4:00 p.m.

Friend to Friend

1009 "G" Street
San Diego
(619) 238-2711
Open Monday - Friday
12:00 - 6:00 p.m.

Mariposa Clubhouse

560 Greenbrier, Suite .102, Oceanside
(760)439-6006
Open Monday - Friday
8:00 a.m. - 8:30 p.m.
Saturday & Sunday
10:00 a.m. - 5:00 p.m.

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. - 4:00 p.m.
Wed 8:00 a.m. - 6:00 p.m.
Sat 10 a.m. - 2 p.m.

Visions @ 5th and H

499 "H" Street, Chula Vista

(619) 420-8603

Open Mon., Wed., Fri., Sat. & Sun.
Noon - 7:00 p.m.
Closed Tues. & Thurs.

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
For General info, call: (619) 692-8417
Art—call Michelle (619) 260-1288
Literature—Call Jim (619) 299-1753

Job Options

2727 Camino del Rio South
San Diego
(619) 688-1784 (Valorie)
Open Monday - Friday
8:00 a.m. - 5:00 p.m.

San Diego Parks and Recreation Disabled Services Program:

Ask for "The Leisure Seekers" group activities and calendar. No formal registration. Simply call ahead of event and say "I want to sign up for the event" (619) 525-8247

Patient Advocacy Program

5384 Linda Vista Road, Suite 304
(619) 543-9998 or 1-800-479-2233
Mon. - Fri.
8:00 a.m. - 5:00 p.m.

Schedule of Meetings

NAMI SAN DIEGO

1st and 3rd Thursday each month
University Christian Church
3900 Cleveland Ave., San Diego
Call (619)543-1434 or 1-800-523-5933

1st Thursday, 6:45 p.m.
Education and Advocacy

Thursday, Feb. 3 at 6:45 p.m.

Speaker: Dorothy Gordon

Managing Director

Horizon Transitional Programs

Topic: Successes in Independent Living

(See Page 4 for more information)

3rd Thursday, 6:45 p.m.
Sharing and Caring

Morning Sharing and Caring:

Third Tuesdays
10:00 a.m. to 12:00 a.m.
Albright I & R Center, 1094 Cudahy Place,
Suite 120, Morena Office Center
(West Morena & Buenos Ave.)
(619)294-9941 or (619) 543-1434

NEW—Sharp Mesa Vista Hospital Sharing and Caring

Fourth Thursdays, 6:30 p.m. – 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 Wednesdays
7:00-9:00 p.m.
Scripps Well Being Center
Adjacent to the UTC Mall
Call Monica Astorga at (858)483-9370

La Jolla Sharing & Caring

1st Tuesday each month, 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)

2nd & 4th Wednesday each month
6:30 p.m., 562 E. Main St., El Cajon,
Call Donna Hawkins: (619) 401-5500
or Forough, Douraghi: (619)401-5440

South Bay—Spanish

4th Monday each month 6:00-8:00 p.m.
Call Luz Fernandez (East County clinic)
for location (619)401-5500

Filipino Family Support Group

UPAC

1031 25th St., Broadway & 25th
2nd & 4th Thursdays 2:30 - 3:30 p.m.
Call Maria Lopez (619)235-4282

Alpine Special Treatment Center Sharing & Caring

For information on date/time/place
call (619) 445-2644, ext. 20

El Centro Sharing and Caring

2nd and 4th Wednesdays at 6:30 p.m.
St. Peter & Paul Episcopal Church
5th & Orange, El Centro
(parking by Holt Street)
Contact: Vicki (760) 359-3323

NAMI NORTH INLAND

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

1st, 2nd, 4th & 5th Tuesday
4:00-5:30 p.m., Share & Care
210 Park (Senior Center), Escondido
Call (760)745-8381

3rd Tuesday, 7:00 p.m.
Education Meeting
Bradley Center (Kinesis North)
474 W. Vermont Ave, Escondido
(760)745-8381 or 1-800-523-5933

Tuesday, Feb. 15 at 7:00 p.m.

**Topic: Housing Alternatives for the
Mentally Ill**

Panel Presentation

**Speakers will review the range of
housing for the mentally ill.**

All meetings are followed by refreshments and
Share & Care for family members

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., Carlsbad
(760) 722-3754 or (800) 523-5933

3rd Wednesday at 7:00 p.m.
Education Meeting
followed by Share & Care at 8:40 p.m.

Wednesday, Feb 16 at 7:00 p.m.

Speaker: Judge Robert Coates

San Diego Municipal Court Topic: The Street is Not a Home

4th Tuesday - 5:00-6:30 p.m..
Share & Care
North Coastal Mental Health Center
1701 Mission Avenue #A, Oceanside
(760)967-4475 or (760)722-3754
2nd Thursday at 6:00 - 7:00 p.m.
Share and Care
Tri-City Medical Center, Mental Health Unit
(760)722-3754

Pastoral Share & Care

4th Thursday - 7:30 p.m.
2807 Ocean St., Apt. 301, Carlsbad
Jane or Tim Hird, (760)435-2536
Call first for security reasons.

PATTON AMI

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

3rd Sunday of each month
Administrative Meeting Room
11:45 a.m. -1:15 p.m.
3102 East Highland Avenue
Patton, CA (909)425-7392

NATIONAL DEPRESSIVE & MANIC DEPRESSIVE ASSOCIATION

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

The Access & Crisis Line

1-800-479-3339

24-hours a day, 7 days a week

- **Professional counselors**
- **Multi-lingual capability**
- **Spanish speaking
counselors**

The Access and Crisis Line is a service
of United Behavioral Health, the
Administrative Service Organization for
the County of San Diego Mental Health
system of care for adults and older
adults.



NAMI San Diego

2000 MEMBERSHIP APPLICATION

Make check payable to SDAMI and mail to: P. O. Box 710761, San Diego, CA 92171-0761
 Check one: () Individual or Family \$35.00 () Client \$10.00 () Newsletter Only \$15.00

Check Relation to Client: Parent of Adult ___ Parent of Child (under 18) ___ Sibling ___
 Spouse ___ Professional ___ Other _____

Check one: () New Member () Renewal Contribution: \$ _____

Name _____ Phone (home) _____

Street _____ Phone (work) _____

City, State, Zip _____

VOLUNTEERS:

We are always in need of volunteers. Please take a moment and mark the activities that interest you:
 () Phone Volunteer () Legislation () Fund Raising () Office Work

**NAMI 2000 ANNUAL CONVENTION
 June 14 – 18, 2000
 Town and Country Resort Hotel
 San Diego, CA**

We need 100 volunteers to assist in various tasks before and during the conference.

Volunteers will have free registration for a conference day of their choice for volunteering four (4) consecutive hours.

Volunteer registration rate for other conference days is \$50/day.

Free registration does not include meals at the conference.

If you are interested, please call Emy Alhambra (Volunteer Coordinator) at (619) 294-9941 or complete the following form and mail or fax to:

Emy Alhambra, NAMI San Diego
 1094 Cudahy Place, Suite 120,
 San Diego CA 92014-3932.
 Fax: (619) 294-9598.



NAMI CONFERENCE VOLUNTEER FORM

Name: _____

Last First

Address: _____

Street/City/State/Zip

Organization: _____

Phone: Home () _____ Work: () _____

Please check date(s) you will be available. You will be contacted prior to the conference to confirm date(s) and duties.

Date(s) available: ___ Wed., June 14 ___ Thurs., June 15 ___ Fri., June 16 ___ Sat. June 17

___ Tues., June 13 (preparing conference packets)

SEE PAGE 5 FOR PRELIMINARY CONFERENCE SCHEDULE

The Alliance Advocate

Vol. IV, Issue 2 February 2000

San Diego Alliance for the Mentally Ill
1094 Cudahy Place, Suite 120
San Diego, CA 92110-3932

Non-Profit
Organization
U. S. Postage
Paid
San Diego, CA
Permit No. 2695

RETURN SERVICE REQUESTED

Inside This Issue:

January-At-A-Glance
(Update on NAMI San Diego Programs)

Legislative Update

Involuntary Outpatient Commitment Pays
Long-term Benefits

Mentally Ill Are Squeezed by Parsimony

Address label

The Alliance Advocate
is a monthly publication of
The San Diego Alliance for the Mentally Ill
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 1-800 523-5933
Fax: (619) 294-9598
or (619)543-1498
E-mail: sdami@adnc.com

The Alliance Advocate Editor:
Amy Alhambra
E-mail: emynal@aol.com
Fax: (619)294-9598

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

The opinions expressed in the newsletter do
not necessarily reflect those of SDAMI.

ALBRIGHT INFORMATION & REFERRAL CENTER

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

Do you need information about
mental illness?

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

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

Attend NAMI San Diego meetings
listed in this issue "Schedule of
Meetings" and receive educational
materials to send to your far away
family members who do not
understand.

The San Diego Alliance for the Mentally
Ill is a tax-exempt, non-profit
organization.

A self-help advocacy and support group
of families, friends, consumers and
professionals, dedicated to the care,
treatment, rehabilitation and cure of
persons with mental illness.

NAMI San Diego is an affiliate of
NAMI and
NAMI California

Board of Directors

Marjorie Joramo: President
Vice President: Paul DeMartini
Treasurer: Carol Venable, Ph.D.

Directors at Large:
Paul Cumming
Stephen Davis, M.D.
Karen Gurneck

Patti Jakobic, L.C.S.W.
Hugh Pates, Ph.D.
Dorothy Shelton, Esq.
Neal Swerdlow, M.D., Ph.D.
Laurie Van Tassel
Judy Wasik, M. S.

Executive Director
Bettie Reinhardt