

The Alliance Advocate

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

Formerly San Diego Alliance for the Mentally Ill

February 2001

Volume V, Issue 2

The Criminalization of the Mentally Ill

In November 2000, the Little Hoover Commission, a bipartisan state oversight commission created by the state legislature, issued a report "*Being There, Making a Commitment to Mental Health.*" The report contains their findings and recommendations after more than a year of study. Some of those findings relate to the problem of criminalizing the mentally ill.

Finding: One consequence of an inadequate mental health system is the criminalization of behavior associated with mental illness. The criminal justice system is too often the only resource -- the only safety net -- available to mental health clients and their families in times of crisis.

Finding: Local and state agencies have failed to integrate and coordinate mental health and criminal justice services -- and as a result people with mental health needs leaving jails and prisons do not receive adequate services and are too often rearrested.

California's prisons and jails hold an estimated 30,000 mental health clients. The majority are incarcerated for non-violent crimes of survival. California spends between \$1.2 billion and \$1.8 billion each year to process, treat and hold these individuals. When they are released, they are left alone to negotiate California's network of community mental health systems. Mental health programs and community parole and probation programs do not work together to reintegrate clients into their communities.

(Continued on page 7--Criminalization)

Education & Advocacy Meeting

Thursday, February 1, 2001

6:30 - 8:30 p.m.

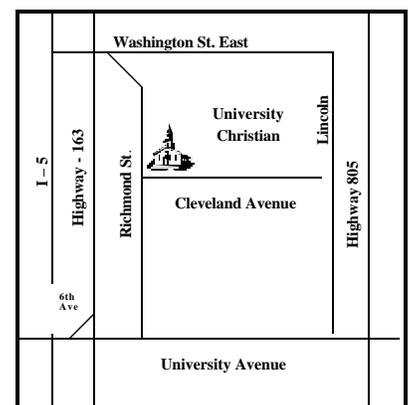
Speaker: Alan A. Abrams, M.D., J.D., FCLM

Topic: Treatment After Trial

Dr. Abrams will talk about the possibilities for mental health treatment after criminal felony conviction and the increasing use of civil commitments for convicted mentally ill offenders, such as the Mentally Disordered Offender Act and the Sexually Violent Predator Act. He will provide suggestions on how to help family members receive needed mental health treatment in prison.

Dr. Abrams is currently employed with the California Department of Corrections as the Chief Psychiatrist at Centinela State Prison in El Centro. He has been practicing psychiatry since 1979 when he completed his residency at UCSD. Dr. Abrams attended medical school at UCSD and law school at UC Berkeley. He also completed a fellowship in psychopharmacology at UCSD, where he is on the clinical faculty. Dr. Abrams is board certified in general psychiatry, forensic psychiatry and addiction psychiatry. His private practice is centered on forensic evaluations, both criminal and civil. Dr. Abrams is the co-president of the San Diego Psych-Law Society, with his wife, Karen Gurneck. Dr. Abrams also serves on the San Diego Juvenile Justice Commission, the Board of

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 the University Christian Church, Friendship Hall, 3900 Cleveland Avenue San Diego, California (see map)



Registered Nursing Diversion Evaluation Committee and the board of the California Correctional Health Service Association. The doors open at 6:30 p.m. with everyone sharing information and welcoming newcomers. At 7:00 p.m. there is a half-hour information session on NAMI San Diego activities, mental health services and related news. The featured program is from 7:30 to 8:30 p.m.

January-at-a-Glance

Bettie Reinhardt, Executive Director

Thank You

NAMI San Diego has received some restricted and some unrestricted grants during the past year that are helping us on our way to providing the support, education, services, and advocacy needed to help improve the quality of life of those affected by the serious mental illnesses:

- ◆ Baldwin Family Fund of the Fidelity Investments Charitable Gift Fund for "Family to Family" as well as other education programs, \$15,000.
- ◆ The San Diego Foundation Al and Alma Brosio Family Fund, \$5,000.
- ◆ NAMI for "Living with Schizophrenia & Other Mental Illnesses," \$2,000.
- ◆ Eli Lilly for "Living with Schizophrenia & Other Mental Illnesses," \$2,000.
- ◆ NAMI, following coordination of volunteers for national conference, \$1,000.
- ◆ NAMI, following coordination of client focus groups, \$1,000.

We will print those donations made in memory or in honor of individuals next month.

Thank You to Our Volunteers

The NAMI San Diego Board of Directors and administration hosted a thank you continental breakfast for over 50 volunteers on Monday, January 8, 2001 in the University of San Diego Law School. Volunteers were startled and amused to hear themselves parodied in a skit starring Karen Gurneck, Patrick Cremeens, and Chuck Sosebee. Those in attendance received thank you gifts. Volunteers that were unable to attend are encouraged to stop by the Albright Center and pick up their gifts. The gifts cannot match the value of the effort of our volunteers but we hope they shed light on how much each and every volunteer is appreciated.

Family-to-Family Education

A central region series began on January 22 and an East County series will begin on February 20, 2001 at Sharp-Grossmont Hospital. More classes will be scheduled as soon as there are enough enrollees. Call the Albright Center for more information and to register.

Schizophrenia: Education for Families and Caregivers

The next class is scheduled for Wednesday, March 7, 14, 21 and April 4, 11, 18. Register for this series on understanding and coping with schizophrenia by calling the Albright Center NOW.

Advocacy Works

Our first full-day Advocacy Works workshop is scheduled Saturday, February 10, 2001. Call the Albright Center to see if any spaces have opened up.

Living with Schizophrenia & Other Mental Illnesses

Training for new presenters takes place Saturday and Sunday, February 17 – 18, 2001 at the Health Services Complex at Rosecrans. Interested client consumers should call program coordinator Chuck Sosebee at 619.275.7165 immediately. Call Chuck to schedule a presentation to your group.

To Register for Classes

Call the Albright Center at 800.523.5933 or 619.543.1498 to sign up for any class or workshop described above. All of the classes are provided at no charge.

Newly Trained Teachers and Facilitators

Six people spent their M. L. King, Jr. Birthday weekend learning to teach Family to Family classes and six more people spent the same weekend learning to facilitate support groups. A big thank you to those people! The result will be more Family to Family classes and more and better support groups.

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

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

The Alliance Advocate

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

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

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Bettie Reinhardt
exudir@namisandiego.org

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

Mailing Address:

P.O. Box 710761
San Diego, CA 92171-0761
Phone (619) 294-9941 or
800 523-5933
Fax: (619) 294-9598 or
(619) 543-1498
E-mail: sdami@adnc.com
Web Site: www.namisandiego.org

The Alliance Advocate Editor:

Emy Alhambra
E-mail: emynal@aol.com
Fax: (619) 294-9598
Submission of articles must be received

A Message From NAMI San Diego's President

I've been thinking lately about psychiatrists. Especially those who regularly treat people who suffer from mental illnesses.

They have to go through college, medical school, internships, and residencies before they specialize in psychiatry. They invest many, many years and lots of money before they can even begin to practice their profession.

Why do you suppose a person is motivated to go into psychiatry? I have met psychiatrists who have loved ones, family members or friends who suffer from these illnesses. I have even met psychiatrists who have one of the illnesses themselves.

Many of us, consumers, family members, and other loved ones, (myself included) do a lot of complaining about the 10-15 minute medication appointment. Have you ever wondered about what these doctors think about these appointments? I have met psychiatrists who feel:

bitter because what they do in the real world isn't what they want to do;

frustrated because there are so many needs and problems they can't address;

restrained because they have so much debt to pay back from school;

inadequate because they don't have enough time to record as much as they would like about each patient's visit;

disappointed because they don't get to work with a patient long enough to actually see real growth.

I don't think that I have yet met a psychiatrist who didn't have a heart for each patient.

Next time you go in for a short medication appointment give a little thought to the doctor who is a real person who invested a great deal to become a psychiatrist and consider how you can work together more. We have tried to establish partnerships with the psychiatrists in our family's lives and work toward a team approach.

I have seen information in several NAMI publications about how to make the best of your 10 minute medication appointment. We have another opportunity to learn about how we can be better advocates for ourselves and loved ones coming up this month in the one day NAMI San Diego workshop on Saturday, February 10, 2001. Call the Albright Center for information and reservations.

*Marjorie Joramo
President*

Report of the Surgeon General's Conference on Children's Mental Health

Opportunity to Improve Treatment and Services for Children with Severe Mental Illnesses

Last September, the Surgeon General, David Satcher, M.D., held an historic conference on children's mental health, attended by NAMI and other concerned professional and advocacy groups. On January 3, the Surgeon General released a report on the conference. The report comes on the heels of the Surgeon General's Report on Mental Health released a year earlier and soundly identifies the public health crisis caused by our nation's failure to recognize and treat childhood mental illnesses.

The report has generated long overdue attention to the remarkable absence of appropriate screening, treatment and services for children and adolescents with mental illnesses. Local and national media continue to feature reports and articles confirming the crisis our children face as a result of the failure of a fragmented mental health system.

It is important that NAMI members and advocates take this opportunity to educate policymakers and the media about the Surgeon General's report and recommended action agenda. NAMI has condensed information from the report that will facilitate this process. Members are encouraged to use this material to advocate for evidence-based screening, treatment and services with their state legislatures and media editorial boards. The full report can be accessed at <http://www.surgeongeneral.gov/cmh/childreport.htm>

The following talking points, principles, and goals have been excerpted from the Report:

A National Action Agenda

(Edited excerpts from the report)

o The burden of suffering experienced by children with mental health needs and their families has created a health crisis in this country. It is time that we as a Nation took seriously the task of preventing mental health problems and

treating mental illnesses in youth.

o In the United States, 1 in 10 children and adolescents suffer from mental illness severe enough to cause impairment. Yet, in any given year, fewer than 1 in 5 of these children receives needed treatment.

o According to recent evidence compiled by the World Health Organization, by the year 2020, childhood neuropsychiatric disorders will rise proportionately by over 50 percent, internationally, to become one of the five most common causes of childhood morbidity, mortality, and disability.

o Concerns about inappropriate diagnosis -- either over or under-diagnosis of children's mental health problems -- and about the availability of evidence-based, scientifically-proven treatments and services for children and their families have sparked a national dialogue around these issues.

o There is sweeping evidence that the nation lacks a unified infrastructure to help these children and many are falling

Continued on page 8--Children's

Legislative Update by Caroline Hamlin

Ticket to Work and Work Incentives Improvement Act:

On December 28, 2000, the Social Security Administration (SSA) issued draft rules to implement the Work Incentives Improvement Act. As you recall, this bill will allow people with disabilities on SSI, SSDI, Medicare and Medicaid programs to work without losing their medical coverage. SSA's office of Employment Support Programs has developed a new staff service position to help beneficiaries who desire to work and participate in SSA's work incentive program. This position is called the Employment Support Representative (ESR). You may contact your local representative by going to the internet: <http://www.ssa.gov/work/esr.html>

Family Opportunity Act:

The Family Opportunity Act, (S2274), which we took action to support in December, 2000, did not get support from leaders in the Senate and has, therefore, been put on hold temporarily. This bill would have given middle income families who have a seriously mentally ill child the opportunity to buy into the Medicaid program on a sliding scale.

A New Look and Sound

Supporting each other has been the cornerstone of NAMI since our organization's inception. We quickly learned how important it is to be heard by people who understand and how useful it is to gain from our peers' experiences. We are justly proud of this Sharing and Caring. We have also learned that support groups should always include constructive input and help the participants develop and maintain the ever-necessary HOPE.

NAMI National has developed a structure that assures that everyone is heard, that the group wisdom is tapped, that problems get solved, that group members understand and utilize the principles of support, and that meetings start and stop on time. Six people spent a January weekend learning to facilitate the new structure and are very enthusiastic about its potential for improving our groups.

Several groups will be adopting the new format at their next meeting time. Try it out. You'll like it.



Schedule of Meetings

NAMI SAN DIEGO

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

First Thursday, February 1
6:30 - 8:30

Speaker: Alan A. Abrams, M.D.,
J.D., FCLM

Topic: Treatment After Trial

Third Thursday, 6:45 p.m.
Sharing & Caring

Morning Sharing and Caring:

Third Tuesday, 10:00 - 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

Sharp Mesa Vista Hospital Sharing and Caring

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

Sibling and Adult Children's Group

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

Clairemont Area Sharing and Caring

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

La Jolla Sharing & Caring

First Tuesday, 7:15 - 9:00 p.m.
La Jolla Presbyterian Church Lounge
7715 Draper Avenue, (858) 459-4905
(Entrance on Kline St.)

El Cajon (East County)

Second & Fourth Wednesday
6:30–8:00 p.m., 562 E. Main St., El
Cajon,
Call Donna Hawkins: (619) 401-5500
or Forough, Douraghi: (619) 401-5440

South Bay—Spanish

Fourth Monday, 6:00 - 8:00 p.m.

Call Luz Fernandez (East County clinic)
for location (619) 401-5500

Filipino Family Support Group

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

Alpine Special Treatment Center Sharing & Caring

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

El Centro Sharing and Caring

Contact Dr. Ng's office for
date/time/location (760) 352-8171

NAMI NORTH INLAND SAN DIEGO COUNTY

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

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

Third Tuesday, February 20
7:00 p.m.

Speaker: Pharmacist Gerald Graf, Ph.
D., R.Ph., F.A.S.C.P.

Topic: Understanding Medication
Interaction

Share & Care

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

NAMI NORTH COASTAL SAN DIEGO COUNTY

P. O. Box 2235
Carlsbad, CA 92018
(760)722-3754
St. Michael's by the Sea Episcopal
Church Parish Hall, 2775 Carlsbad
Blvd.
(760) 722-3754 or (800) 523-5933

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

Wednesday, February 21
7:00 p.m.

Speakers:

Patty Petterson, Ph.D.
Executive Director, PERT Inc.
Connie Sol, Director,
Vista Sheriff Dept.

Topic: Psychiatric Emergency
Response Team (PERT)

Share & Care

Fourth Tuesday - 5:00-6:30 p.m..
North Coastal Mental Health Center
1701 Mission Avenue #A, Oceanside
(760) 967-4475 or (760) 722-3754

Share and Care

Second Thursday at 6:00 - 7:00 p.m.
Tri-City Medical Center, Mental Health
Unit, 4002 West Vista Way
Oceanside (760)940-5700

Pastoral Share & Care

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

PATTON AMI

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

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

NATIONAL DEPRESSIVE & MANIC DEPRESSIVE ASSOCIATION

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

Depressive and Manic Depressive

Client Corner

SCHOLARSHIP FUNDS AVAILABLE

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

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

Applications up to \$500.00 will be considered.

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



Living with Schizophrenia And Other Mental Illnesses

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

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

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



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

The Consumer Center for Health Education and Advocacy

If you need help getting mental health care services, please call or write us. We are ready to help you.
1475 Sixth Ave., 4th Floor
San Diego CA 92101
1-877-734-3258 Toll Free

The Meeting Place, Inc.

4034 Park Blvd., San Diego
(619) 294-9582
Open Tuesday - Saturday
10:00 a.m. - 4:00 p.m.

Corner Clubhouse

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

Friend to Friend

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

Mariposa Clubhouse

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

Friends

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

East Corner Clubhouse

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

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

Visions @ 5th and H

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

Employment Services

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

The Access Center of San Diego

1295 University Avenue
San Diego, (619) 293-3500

The Creative Arts Consortium

P. O. Box 3053
San Diego, CA 92163-3053
Admin—Call Jane (858) 481-7069
Art—Call Michelle (619) 260-1288
Literature—Call Jim (619) 299-1753

Job Options

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

San Diego Parks and Recreation Disabled Services Program:

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

Patient Advocacy Program

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

The Access & Crisis Line

1-800-479-3339
24-hours a day 7 days a week

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Criminalization

Recommendation: The State should establish a California Council on Offenders with Special Needs to investigate and promote cost-effective approaches to meeting the long-term needs of mentally ill offenders. The council, comprised of state and local officials, should:

- **Identify treatment strategies.** The council should propose policies for improving the cost-effectiveness of services for offenders with special needs within jails and prisons, including service coordination and data sharing among community mental health and criminal justice programs.
- **Promote coordination.** The council should document the need to coordinate mental health services and improve the ability of clients to transition successfully between corrections-based and community-based treatment programs.
- **Provide technical assistance.** The council should develop a technical assistance and resource center to document best practices and provide information and training to improve the efficiency and effectiveness of state and local programs serving mentally ill offenders.
- **Develop incentives.** The council should identify incentives that will motivate state and local agencies to coordinate mental health and criminal justice services.

(Source: *Little Hoover Commission, Being There Making a Commitment to Mental Health*, November 2000.)

Custody-based vs. Community-based Treatment	
Prison	
Custody	\$21,243
Treatment	\$7,346
Total	\$28,589
Jail	
Custody	\$19,700
Treatment	\$7,100
Total	\$26,800
Parole	
Supervision	\$2,182
Treatment	\$3,600
Total	\$5,782
Community	
Total, including housing:	\$1,500 - \$35,000

The average custody costs in the equations above do not reflect additional expense associated with severely mentally ill inmates who require special supervision. Figures also do not include law enforcement and court costs.

2001 MEMBERSHIP RENEWAL

Complete the 2001 Membership application mailed to you in December or the application on page 10 and send to

NAMI San Diego Today!

Basic Biology of Mood Disorders and Schizophrenia

Rebecca McKinney, UCSD Genetics Research Program

Presented at NAMI San Diego Education & Advocacy Meeting on January 4, 2001

The presentation, "Basic Biology of Mood Disorders and Schizophrenia," provided information about these illnesses from a biological perspective in addition to new research currently underway at the Kelsoe Research Program at UCSD. One educational goal of this talk was to help alleviate some of the mystery surrounding brain function in mental illness. Much information is available regarding the behavioral aspects of mood disorders and schizophrenia, but many individuals are without an understanding of the basic chemical imbalances in the brain, how medications work to improve symptoms, and why there can be so much frustration involved in finding an effective treatment. Other clinical issues discussed included new information about mixed mood states, rapid cycling, substance use, and the concept of a bipolar symptom spectrum.

A second component to the presentation was an illustration of the genetic, or inherited, aspects of mood disorders and schizophrenia. Recent developments in molecular genetics and the human genome project have provided an exciting new direction in studies of psychiatric genetics. Molecular genetics refers to the direct biochemical study of the genetic material or DNA. Each person has about 100,000 genes that describe who they are from a genetic standpoint. These genes are made up of approximately 3 billion bases, which are like letters in the genetic alphabet. A mistake in a single base can make a gene malfunction and cause a genetic disorder. DNA markers can be studied in families in order to see if a particular gene or region on a chromosome is always inherited along with a genetic illness. Such markers have made possible the identification of genes for many genetic illnesses such as cystic fibrosis and Huntington's disease. This approach, called positional cloning, is now being used to try and

identify genes for psychiatric disorders. Such a strategy may identify genes that were not previously known, or not known to be involved in a mental disorder. Such new genes could be the basis for drugs that act in completely new ways. The knowledge of new genes may also considerably advance our understanding of the chemical imbalance in the brain that causes these disorders. Psychiatric disorders are likely very complex genetic disorders involving many genes. Already, however, clues have been found to the location of several possible genes.

For example, over the last several years Dr. Kelsoe's group has scanned the entire genome in a set of bipolar families attempting to identify a chromosomal region that was consistently associated with the illness. This led to very strong evidence for the presence of a gene on chromosome 22. The surprising aspect of this analysis was that this region has already been implicated in many studies of schizophrenia. This is consistent with other data arguing that many genes may contribute to the susceptibility for both these disorders, and that they may be more alike genetically than had been previously suspected.

Subsequently, Dr. Kelsoe's group used a different, more specific, approach to find which genes on chromosome 22 could be implicated in these disorders. After studying a model of mania and psychosis in relation to amphetamine, they found a gene and what they believe are several abnormalities that prevent it from working properly in a portion of the people with bipolar disorder. This gene's normal role is to regulate the response and level of sensitivity to several neurotransmitters, including dopamine. It has long been argued that supersensitivity to dopamine may play a role in these illnesses. They believe they have identified one of the

probably several mechanisms at the molecular level which cause this. It is their hope that this will aid in the discovery of new and more effective medications, new methods of treatment, and better diagnostic tests.

The Kelsoe Research Program at the UCSD Department of Psychiatry is currently conducting genetics research and is looking for families with multiple cases of bipolar disorder and schizophrenia (especially siblings with bipolar disorder) to volunteer. Participation involves a confidential research interview with a trained clinician and a blood sample. For further information, please call toll free 1-888-274-3637 or 858/535-4786.

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Children's Mental Health

through the cracks. Too often, children who are not identified as having mental health problems and who do not receive services end up in the juvenile justice system.

- o Fifteen percent of all youth mandated or incarcerated in "boot camps" have a serious mental illness such as bipolar or schizophrenia.

- o Another recently published report indicates that fifty to seventy-five percent of the children in juvenile justice institutions are youngsters of color who have never had access to mental health screening or treatment.

- o Children and families are suffering because of missed opportunities for prevention and early identification, fragmented treatment services, and low priorities for the necessary resources.

- o Mental health is a critical component

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Research Studies

National Institute of Mental Health and University of Chicago
Invite you to join their research

The Family/Genetic Study of Obsessive-Compulsive Disorder
Families with one or more members who have experienced obsessive-compulsive disorder are invited to participate.

The Family/Genetic Study and Bipolar Disorder
Families with two or more siblings who have experienced bipolar disorder are invited to join this study. Parents are asked to participate.

Call Mrs. Maxwell at:
Call Collect (301) 496-8977
Toll Free 1-866-644-4363

Volunteers Needed. Make a Difference.

**Wanted:
Individuals who want to**



**make a difference.
Training provided.**

Call NAMI San Diego at
(800) 523-5933 for an
application.

NAMI San Diego
&

The County of San Diego
Health and Human Services Agency
Mental Health Services
Present
Schizophrenia: Education for
Families and Caregivers

A six-week free educational program for families, loved ones and caregivers of people with schizophrenia

**Wednesdays, 6:00 PM - 8:00 PM
March 7, 14, 21 & April 4, 11, 18**

County of San Diego
Health Services Complex
Coronado Room
3851 Rosecrans Street
San Diego CA 92110

Call NAMI San Diego at
(619) 294-9941
for reservations and information

Contributions through United Way

NAMI's code for United
Way/CHAD contributions is

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Children's Mental Health

of children's learning and general health. Fostering social and emotional health in children as a part of healthy child development must be a national priority.

To address identified critical issues, the Office of the Surgeon General held a conference on Children's Mental Health: Developing a National Action Agenda on September 18 - 19, 2000 in Washington, DC.

(Source: NAMI E-News, Jan 11, 2001, Vol. 01-62)

ALBRIGHT INFORMATION & REFERRAL CENTER

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

Do you need information about
mental illness?

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

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

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

Visit NAMI San Diego Offices

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

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

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

The Alliance Advocate

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NAMI San Diego

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

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NAMI San Diego

2001 MEMBERSHIP APPLICATION

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

Name: _____

Street: _____ Home Phone # _____

City, State, Zip: _____ Work Phone # _____

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

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

- _____ Regular Membership – \$35.00 Check one: () New Member () Renewal
- _____ Professional Membership – \$75.00 (includes office display of NAMI brochures)
- _____ Consumer Membership – \$10.00 _____ Newsletter Subscription Only – \$15.00
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Check relation to client:

- _____ Parent of Adult
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- _____ Sibling
- _____ Spouse
- _____ Professional
- _____ Other _____
- _____ Self

_____ Please send me volunteer