

The Alliance Advocate

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

Formerly San Diego Alliance for the Mentally Ill

February 2002

Volume VI, Issue 2

Mental Illness and the Court System

For over 30 years problems presented by persons with mental illness who are homeless, or guilty of frequent law violations attributable to their illness, have been of growing public concern. Pressure generated by the failure of community mental health services to deal with this population, coupled with the inability of the traditional law enforcement procedures to deal effectively with increasing numbers of offenders with mental illness, is leading to changes in the system in some places. Some successful diversion operations have been active for over a decade. It is only in the last few years, however, that pioneering efforts in different parts of the country are being replicated at a meaningful rate.

A number of different approaches to diversion that can be employed independently or in concert with each other are now being deployed.

- Outreach programs – those that involve contacts made, usually by teams comprised of police and mental health workers, to bring individuals with mental illness into treatment before they become actively involved in unlawful behavior. There are two Homeless Outreach Teams (HOT) in San Diego.
- Crisis intervention – Programs in which teams of police with special training, or mental health workers

(Continued on page 4)

Education & Advocacy Meeting

Thursday February 7th

6:30—8:30 p.m.

- ◆ Social Hour begins at 6:30 pm,
- ◆ Business and Advocacy Meeting starting at 7:00 pm
- ◆ Starting at 7:15 pm, a Panel Discussion on “**Mental Illness and the Court System**” will be moderated by **Pat Richardson** of the League of Women Voters of San Diego County.

Four of the Superior Court seats are contested this year. Nine candidates for those seats will appear on your March ballot.

Do you know who you will vote for?

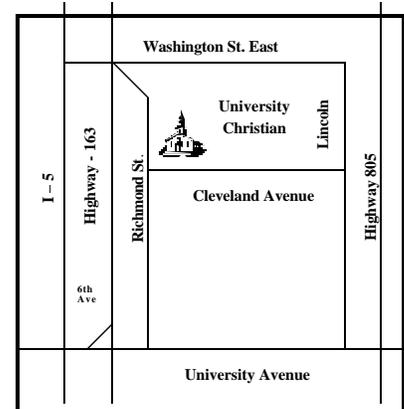
Eight of the nine candidates have confirmed that they will participate in the panel discussion.

The League of Women Voters is a non-partisan organization whose purpose is to promote political responsibility through informed and

Coming Attractions:

March 7th: “ECT, What Really Happens” by Eric Raimos M.D., and Paul Cumming, Sally

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



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

January at-a-Glance

Bettie Reinhardt, Executive Director

Family Members Needed

If you are interested in augmented services in Board and Care facilities and you are willing to serve on a committee to identify the best providers of these services, call Kathleen Sherber, County Case Management, 619.401.5401, NOW. The committee will meet in late February and early March.

Texas Medication Algorithm Project (TMAP)

A number of us had the opportunity to meet with Joe Lovelace of NAMI Texas and discuss the experience of NAMI Texas with this project. You can look back at your December newsletter for a description of TMAP but you can also come hear Joe and other representatives from Texas in the near future. Read future newsletters for more details.

Psychosocial Rehabilitation (PSR)

County Mental Health is training clinicians in this model of growth and recovery. As those of you who have taken the Family-to-Family class or the Schizophrenia class know, NAMI believes that psychosocial rehabilitation is absolutely necessary. Ask your/your relative's mental health professional if he or she has taken the PSR classes yet. Ask what it will mean to you.

PERT Program Has New Director

Suzanne MacKenzie, R.N./MPH, has been appointed as the Psychiatric Emergency Response Team's Executive Director. She has extensive experience in acute care and crisis management as well as collabo-

orative work with law enforcement.

Family-to-Family for Families of Young People

A big thanks to Kathy Smith-Brooks and Anna Edwards for coming down from NAMI North Coastal to teach a class especially for the families of young people 16 to 25 years old.

New Support Group

Depressive Manic Depressive support group
El Cajon Public Library
Every Thursday beginning February 14, 2002
5:30 – 7:30 p.m.

Scheduled Classes

Family-to-Family

February 6 – April 24
VA Hospital
Families of VA Clients

March 4 – May 20, 2002

Gethsemane Lutheran Church, Serra Mesa

April 1 or 8 – June 24 or July 1, 2002

Health Services Complex, Rosecrans St.

Schizophrenia: Education for Families & Caregivers

February 26 – April 2, 2002

In Our Own Voices – April 9, 2002

Grossmont Hospital

Call the Albright Center, 800.523.5933 for more information and to register.

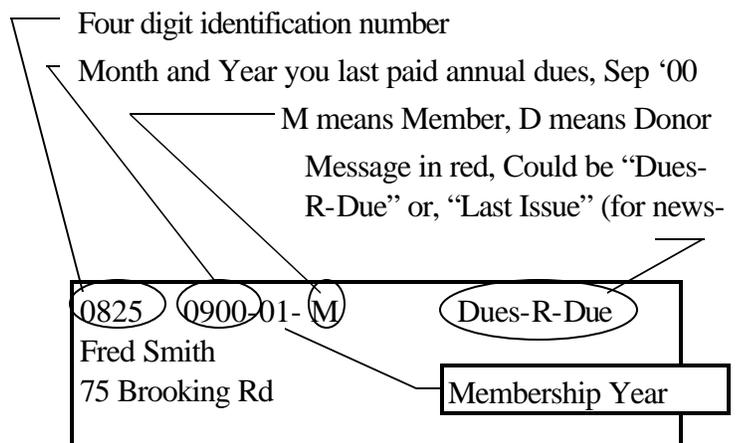
To register your opinion on any of these issues, call Bettie Rein-

Breaking the Code, "Dues-R-Due"

This newsletter is addressed to you with a mailing label which we now use to communicate individual messages regarding such matters as timing of membership dues. By this means we anticipate saving the cost of mailing separate notices. This note explains how.

The message is contained in the first line of the mailing label as illustrated to the right.

Please check your label for messages



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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Consumer Education & Outreach Coordinator

Chuck Sosebee

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E-mail: sdami@adnc.com

Message From NAMI San Diego's President

I would like to take this opportunity to introduce myself and welcome you all to an exciting year. I have been a NAMI board member since 1999 and began working in the psychiatry field in 1969. My husband is a psychiatrist in the correctional system. Most of my friends who aren't teachers, work in the mental health field. Committed, hard working, people amidst constant change and cut backs. Now for the good news, we are moving forward as an organization with a tremendous board and new home. This creates a great opportunity to do what NAMI does on a bigger, hopefully more stable footing. My plans for the next year will be to make NAMI more visible and a first resource that people will know to call when mental health issues arise. We have that ability only with the membership's continued support. If this is the year that you have been thinking about volunteering or giving financial gifts, now is the time. We will be filling you in about the move and our housekeeping needs. I will also inform you regarding the many boards that I sit on as a NAMI representative. Once again the county has some new ideas for managing the mental health needs of our community. NAMI has been asked to participate in some of the discussions. Take care and thank you for this opportunity

"Kindness is the golden chain by which society is bound together." Goethe

A big THANK YOU to all who responded to the annual holiday appeal letter! And, another big THANK YOU to those folks who contribute throughout the year.

NAMI San Diego has existed in our community for almost twenty-five years, largely because of the support of money and time of people, like you, who are concerned for the welfare of the mentally ill!

We have seen a reduction of contributions in some areas, perhaps as a result of the September 11 tragedy. We encourage everybody to do what they

Vehicle Donations

A number of people have donated vehicles – cars, motorcycles, motor homes – to NAMI San Diego. It is an easy thing to do:

- Call Bettie and leave your name, address, telephone, and description of the vehicle including the make, year, and model.
- Bettie will notify the auto auction company.
- The auto auction company will call you and arrange a mutually agreeable time to pick up the vehicle (be sure you have the "pink" slip).
- NAMI will acknowledge your donation for your tax purposes when the vehicle is picked up. The date of the donation is the date that you first called NAMI San Diego about the donation.
- The auto auction company will help you finish up the DMV paperwork.

(Continued from page 1)

or both, respond to calls involving psychiatric emergencies, and if possible, resolve problems without an arrest. [There are Psychiatric Emergency Response Teams (PERT) throughout San Diego County]

- Jail-based diversions – Programs in which trained personnel screen and evaluate jail detainees to identify cases where diversion is appropriate and action can be taken to route them into treatment rather than retain them in jail.
- Court ordered intervention (mental health courts) – Programs in which the court, working with mental health providers, supervises treatment programs ordered in lieu of incarceration.
- Post-incarceration support (linkage) – Programs in which mental health workers cooperate with jail personnel in linkage of released prisoners with the services needed to help prevent future offenses. [The San Diego County Sheriff’s Department is operating a small program funded by the Mentally Ill Offender Crime Reduction Grant called Connections]

There is experience to indicate that successful intervention protocols can be initiated at any of the above points and activities can be varied to meet the special circumstances in different localities. From Innovative Justice System Diversion Programs, NAMI Ohio, June 2001

Legislative Update

February, 2002 by Caroline Hamlin

Parity Bill

The discouraging news is that the Wellstone-Dominici mental illness insurance parity amendment to the Labor-HHS Appropriations bill did not pass. This bill would have expanded the 1996 Mental Health Parity Act to give full parity for mental illness. Instead, the original 1996 federal law that covered parity for annual and lifetime dollar limits only, was renewed. However, California is among a small number of states that has its own parity law. AB 88 was passed in August, 2000, in the California legislature, giving full parity to residents of our state. The Department of Managed Care oversees its implementation.

AB 1424, New Laws Change Lanterman-Petris-Short Act

On January 1, 2002, new statutes went into effect that broaden the types of information regarding the historical course of a person's mental illness that must be considered for the purposes of determining grave disability or danger to self or others. The information must include medical and psychiatric records, as well as other relevant information when determining whether a person can be involuntarily detained for 72-hour treatment and evaluation. Now, for example, information provided by the family, patient, and mental health providers must be considered. In addition, the new statutes prohibit the use of a person's voluntary or involuntary inpatient admission status to be used for the purpose of determining eligibility for claim reimbursement.

NAMI-SD Walkathon

Get your sneakers out and practice your stride! The annual NAMI Walk-A-Thon has been scheduled for June 15 in Balboa Park.



The event will be bigger and better than last year with music, prizes, vendors and fun in the sun!

Participants will be able to collect pledges to support NAMI’s work in San Diego. Forms will be available in May. Tell your friends, neighbors, co-workers and family. Everyone will want to join in the celebration and fun. So mark your calendars and lace up your shoes. The NAMI-SD Walk-A-Thon is coming.

The Walk-A-Thon committee will welcome your help. To volunteer call Bettie Reinhardt at 619-294-9941 (e-mail exudir@namisandiego.org) or Deborah Conklin at 858-453-4564 (e-mail deborahcturk555@aol.com).

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

Evening NAMI-SD Support Group
Third Thursday, 6:45 p.m.
Suspended until March

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

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

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

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

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

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

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

La Mesa

**NAMI NORTH INLAND
SAN DIEGO COUNTY**
P. O. Box 300386
Escondido, CA 92030-0386
(760) 745-8381

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

On February 12th at 7pm our speaker will be Arlene Cawthorne. Arlene provides community liason for Behavioral Health Services at Palomar/Pomerado Arlene has a Masters degree in Family Therapy and experience in crisis counselling. We will learn what is available in our community for our loved ones For further information please call (760) 745-8381

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

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

NAMI PATTON
c/o Patton State Hospital
3101 E. Highland Avenue
Patton, CA 92639
Fax: (714) 963-9961

Third Sunday, 11:45 a.m. - 1:15 p.m.
Administrative Meeting Room
3101 East Highland Avenue
Patton, CA (909)425-7000

**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.

The education meeting topic will be
"Thinking Clearly About Dual Diagnosis"
The speakers will be:

Fred Berger M.D., Psychiatrist

Medical Director of Behavioral Health at
Scripps McDonald Center for Alcohol
and Drug Treatment

Dr Tom Brown, Psychologist

Administrative Director of the Behavioral
Health Care Center at Scripps Memorial
Hospital.

Jeff Hebb,

Program Manager at the Behavioral
Health Out Patient Program of Scripps
Memorial Hospital

Share & Care

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

Share and Care

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

Pastoral Share & Care

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

**NATIONAL DEPRESSIVE &
MANIC DEPRESSIVE ASSOCIATION**

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

**San Diego-La Jolla Chapter
Sponsored by**

Dr. John Kelsoe, UCSD

Every Monday at the
VA Hospital La Jolla,
Room 2011 – 6:00 – 8:00 p.m.
(858) 535-4785
Toll Free: 1-888-274-3637

Always wear a Silver Ribbon™

To show you care about someone with a brain disorder!
To help break down barriers to treatment and support!
To help eliminate the stigma against those who suffer!
To show you believe there is HOPE

Contact the NAMI San Diego office
to buy your silver ribbon

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 and are limited to the income from the

The Meeting Place, Inc.

The Meeting Place, Inc. is a consumer run clubhouse that provides socialization and vocational rehabilitation and placement. We are proud to announce the addition of a new service and a new staff member to our team who has joined us in the capacity of Social Security Advocate.

Our goal is to help anyone who may be eligible for Social Security Benefits. The application and follow-up process can be very confusing, frustrating and time consuming. Our advocate can provide a great deal of help to make sure the consumers get the benefits they need and deserve.

Along with the Social Security Advocate, we also have a Job Coach, Vocational Counselor, and a Computer Instructor. All are here to assist anyone that may be looking for work, interested in going to school, or to work on your computer skills.

We are located at 4034 Park Blvd, San Diego and may be contacted at 619-294-9583. We look forward to seeing you.

The Consumer Center for Health Education and Advocacy

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

The Meeting Place, Inc.

4034 Park Blvd., San Diego
(619) 294-9582
Open Monday - Saturday
10:00 am. - 4:00 p.m. *Monday to Friday*
11:00 am - 3:00 p.m. *on Saturday*

Corner Clubhouse

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

Friend to Friend

1009 "G" Street
San Diego
(619) 238-2711
Open Monday - Saturday
10:00 a.m. - 6:00 p.m.
A peer advocate is available
Thursday, Friday (morning) and Saturday

Mariposa Clubhouse

560 Greenbrier, Suite .102, Oceanside
(760)439-6006
Open Monday - Friday
8:00 a.m. - 4:00 p.m.
Open Saturday & Sunday
10:00 a.m. - 2:00 p.m. *Brunch*

Friends

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

East Corner Clubhouse

562 East Main St., El Cajon
(between Mollison and Avocado)
(619)401-6902
Fax: (619)401-1751
Open :
Mon., Tue, Thur, Fri..
8:00 a.m. - 2:00 p.m.

Wednesday 8:00 a.m. - 6:30 p.m.
Saturday - 10:00 a.m. - 2:00 p.m.

Visions @ 5th and H

499 "H" Street, Chula Vista
(619) 420-8603
Open Mon., Wed., Fri., Sat.
Noon - 7:00 p.m.
Sun. -- Noon - 5:00 p.m.

Employment Services

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

The Access Center of San Diego

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

The Creative Arts Consortium

P. O. Box 3053
San Diego, CA 92163-3053
Admin—Call Jane (858) 481-7069
Art—Call Michelle (619) 589-2434
Literature—Call Jim (619) 299-1753

Job Options

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

San Diego Parks and Recreation Disabled Services Program:

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

Patient Advocacy Program

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

The Access & Crisis Line

1-800-479-3339

24-hours a day 7 days a week

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

Chuck Sosebee Hired by NAMI National

Exemplifying the fact that people with mental illness can recover and go on to fulfill their dreams, NAMI San Diego is pleased to announce that Chuck Sosebee, our coordinator of Consumer Education and Outreach, has been hired by NAMI National as a Consumer Peer Education and Support Specialist.

Twelve years ago, Chuck had no hope that he would ever be able to work again. Suffering from untreated bipolar disorder, Chuck was one of the many people with mental illness living in San Diego's streets. "People reached out to me. They taught me about my illness and how it could be treated. They saved my life and now I have the opportunity to pass that help on to others. Could life be any better?" said Chuck.

Chuck will continue to be based in the NAMI San Diego office and will continue part-time work for NAMI San

Our New Home

NAMI San Diego was officially recorded as a property owner on Friday, January 4, 2002. The moving date to 4480 30th Street is scheduled for March 15 and 16. This means that a crew of willing hands and backs, hand trucks, and pickup trucks is needed on Saturday, March 16. Please call the Albright Center to volunteer.

Kay Redfield Jamison in San Diego

Dr. Jamison will speak at the Vista Hill Women's Council on Mental Health on Tuesday, March 12, 2002 at the Hyatt Regency La Jolla at Aventine, 3777 La Jolla Village Drive, San Diego. Dr. Jamison is the author of several outstanding books: *An Unquiet Mind*, *Touched with Fire: Manic-Depressive Illness and the Artistic Temperament*, and the standard medical text on bipolar disorder. A psychologist and professor, she speaks openly about her own bipolar disorder.

Reservations are required no later than March 4. Tickets for the luncheon program are \$38. To make your reservations directly with Vista Hill, call Linda Jones at 858.514.5143 or go to www.vistahill.org. To sit at the NAMI San Diego table, send your check made out to Vista Hill Women's Council to Emy Alhambra, 1094 Cudahy Place, Suite 120, San Diego, CA 92110 by February 28.

Depression in Elderly

When medication is needed to treat depression in the elderly, Expert Consensus Guidelines developed by experts in the field of geriatric psychiatry recommend the SSRIs (selective serotonin reuptake inhibitors). For situations in which medical comorbidity contributes to depression, the experts recommend adding an antidepressant to treatment of the medical condition if the condition is not likely to respond promptly to treatment. If a medication is a likely contributor to depression, most of the time the psychiatrists would recommend switching to another medication. Westport, Ct (Reuters Health) Oct. 26, 2001

NIMH Calls for Study Participation

Members can participate in two new studies being done by the National Institute of Mental Health.

The Family/Genetic Study of Bipolar Disorder involves an interview and a sample of blood. For more information, call Elizabeth Maxwell toll free at 866.644.4363.

The Family/Genetic Study of Obsessive-Compulsive Disorder involves a confidential questionnaire packet, an interview, and a sample of blood. For more information, call Diane Kazuba at 866.644.4363.

Dental Care and Antidepressants

Dry mouth, a side effect of some antidepressants, can lead to cavities caused by the decreased salivary flow. It is recommended that a topical fluoride be used on a daily basis by consumers experiencing this problem.

One of the following fluoride products would be helpful:

- Ge-Kam, a toothpaste, over the counter (OTC)
- Act, a rinse, OTC
- Fluorigard, a rinse, OTC
- Prevident, a gel, by prescription only

My dental hygienist gave me this recommendation. I confirmed it in *The Journal of Practical Hygiene*, Nov/Dec 2001. The products may be available at your pharmacy. I checked with my pharmacy and was told they stock each item.

Please speak to your own dental professional about the use of fluorides and dry mouth.

.....*Paul D. Cumming*

The Alliance Advocate

Vol. VI, Issue 2--February 2002



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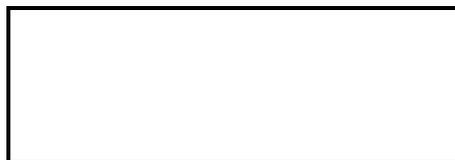
Our New Board of Directors

A Home of Our Own

Legislative Update

Calendar of Events & Meetings

Focus on Mental Illness and the Court System



NAMI San Diego

2002 MEMBERSHIP APPLICATION

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

Name: _____

Street: _____ Home Phone # _____

City, State, Zip: _____ Work Phone # _____

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

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

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

ANNUAL SUSTAINING DONORS

- ____ Bronze Donor – up to \$99.00 _____ Benefactor – \$500.00 – \$999.00
____ Silver Donor – \$100.00–\$249.00 _____ Patron – \$1,000 +
____ Gold Donor – \$250.00–\$499.00 _____ I prefer my contribution to be anonymous

Check relation to client:

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

____ Please send me volunteer