



**A Card Shower for
Helen Teisher**

Helen Teisher, co-founder of this affiliate, has informed us that she is terminally ill. She has also informed us that she does not want anyone doing a memorial service for her after her death. It will be hard to not band together to support each other emotionally because Helen has been the heart and soul of our mental health community for more than 25 years. Yet, when Helen speaks, we still listen! Helen is receiving hospice care and that helps support Hank and her beloved children and grandchildren, also.

Helen has let us know that we are in her thoughts just as she is in ours and that she welcomes receiving our cards and that she wants her family to have our cards, not a ceremony, to comfort them. Do send her a card, whether you just sign your name or write a note to tell her how she has touched your life. We will get the cards to Helen and her family on a regular basis. Helen has given us yet one more blessing by giving us the opportunity to say "thank you" and "good by" and to add to the legacy that Helen leaves her family.

*A related article
appears on Page 4*

Education & Advocacy Meeting

Thursday February 6, 2003

Social and New Visitors – 6:30 pm

Business and Advocacy – 7:00 pm

Program – 7:30 pm

“Family and Patient Rights in the Inpatient Setting”

Federal and state laws protect patients’ rights. The Patient Advocacy Program is there to see that the laws are observed.

Are the laws adequate?

State laws also protect family rights.

NAMI works for the implementation of those rights.

Is the proper balance struck?

**How can we pull it all together
to have the best outcome for the consumer?**

Speakers:

Karen Ross, L.C.S.W., Manager of Intake and PET Services, Sharp Mesa Vista Hospital, and recently elected member of the NAMI San Diego Board of Directors.

Patti Jakobcic, L.C.S.W., Manager of Social Services, Sharp Mesa Vista Hospital, & past member of the NAMI San Diego Board of Directors.

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

March 6, 2003 Speaker:

Neal Swerdlow, M.D., Professor, UCSD School of Medicine

**Additional NAMI meetings in the San Diego County area
are listed on Page 6**

January at-a-Glance

Bettie Reinhardt, Executive Director

Congratulations to The Meeting Place

The Meeting Place has been awarded the County contract to operate the consumer "warm line". Set to begin operations on January 24, the line is staffed from 5 pm to 11 pm. Since it provides services very much like the Albright Information & Referral Center's line, staff from the Albright Center have been helping with TMP staff training. The Meeting Place also has other job openings, listed below:

The Meeting Place, Inc. has job openings for a Social Security Advocate, Computer Instructor, Job Coach and Peer Counselor for the Warm Line.

The Peer-to-Peer Social Security Advocate will provide assistance and support to non-general relief mental health consumers in the Central Region seeking to apply for and secure Social Security benefits, help obtain medical records and supporting documentation, track the progress of applications, and will assist with the appeals process as needed for all consumers whose applications are denied.

The Computer Instructor provides computer instruction for the members of The Meeting Place, Inc. This position requires basic knowledge of various Microsoft programs. The Computer Instructor will work approximately 12 hours per week, Monday through Friday. Preference will be given to those who have are diagnosed with a mental illness.

The Job Coach assists members of The Meeting Place, Inc. in learning skills and retaining specific employment in a variety of job settings. Job Coaching will be done on or off the job site. This is a 20-hour per week position, and also requires being able to work on Saturdays. Preference will be given to those who have are diagnosed with a mental illness.

Peer-to-Peer Counselors for the Warm Line will provide non-crisis peer support, and information and referrals to services. This position is part time and requires the applicant be willing to work evening and weekend hours.

If you are interested in any of the above positions, please come to The Meeting Place, Inc. 4034 Park Blvd, San Diego, CA 92103 and fill out an application. If you have any questions you may call 619-294-9582.

Youth Suicide Prevention

The County of San Diego Children's Mental Health Services and its Office of Violence Prevention is presenting a program for San Diego high school personnel, mental health contract providers, and families to provide an orientation on a theory-based, comprehensive school-based suicide prevention program. The event is free, includes a continental breakfast, and will be held at the Scottish Rite Center, 1895 Camino Del Rio South, 8:30 a.m. – 1 p.m. Fax the following registration form by Wednesday, February 12 to 858.581.5810 or call the office for an e-mail form. Please fill out a separate form for each person registering.

Attendee's Name:	Title:	
Phone:	Fax:	E-mail:
School/Organization Name:	Address:	
	City:	Zip:
Phone:	Fax:	E-Mail:

California Endowment Grant for Peer-to-Peer

Thanks to all of you that helped make the first two Peer-to-Peer classes possible, we have been awarded a two-year, \$190,000, pilot-project grant from The California Endowment for Peer-to-Peer!! The funds are for 20 classes throughout the county during the next two years and will provide compensation (as required by NAMI National) for the mentors, training for additional mentors, a half-time Education Director and a half-time Peer-to-Peer Coordinator, and a very important evaluation of the effectiveness of the program. Funds for renovation of the classroom at the NAMI offices is also included.

This means that it is possible to provide relapse-prevention skills to 400 people and to develop the database that will support funding applications all over the country.

Thank you, donors! Thank you, The California Endowment! Thank you, Peer-to-Peer mentors and participants! Thank you, Kathryn Cohan-Haerry and NAMI National! Thank you, Marjie Joramo, Development Director!

Helen Teisher Quilt

Kay Lanz was the lucky person holding the winning ticket for Helen Teisher's quilt when we held the drawing at our Annual Meeting on December 5. We understand that Kay's granddaughters are even luckier because they are receiving the quilt as a special gift.

Mental Health Board

The site of the February meeting has been changed to University Community Medical Center (formerly Villa View Community Hospital), 5500 University Avenue, San Diego. The meeting will be held in the cafeteria at 6 pm on February 26, 2003.

www.namisaniego.org

The website continues to have the most up-to-date information about our meetings and classes as well as links to other useful sites.

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

The Alliance Advocate

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

NAMI San Diego is an affiliate of
NAMI and NAMI California

Board of Directors:

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

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Executive Director

Bettie Reinhardt
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The Alliance Advocate is a monthly publication of NAMI San Diego,
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San Diego, CA 92116

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Web Site: www.namisandiego.org

The Alliance Advocate Editors:

Bettie Reinhardt and Pete Truman

E-mail: namisd@sbcglobal.net

And trumana@worldnet.att.net

Fax: (619) 584-5569

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

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

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

PRESIDENT'S MESSAGE

On December 5, 2002, at our general membership meeting our new Board of Director's was installed. After that meeting the board met to elect their officers. I will be returning as the President of the Board. Judy Wasik will be the Vice President, David Charapp will serve as Treasurer and Margaret England will return as Secretary. Our Directors at Large are: Deborah Conklin, Paul Cumming, Karen Ross, Beth Olin, Allison Cook and Sally Shepherd.. I would like to thank, Hugh Pates, Dixie Galapon, Mary Truman and Carol Venable for their past service on the board.

This year our board will continue to supervise our budget, promote the mission statement, continue with our outreach, oversee programs and to include more and new members. We are in the process of formulating our new committees and if you are interested in getting involved let me or Bettie know. We have outreach, membership, scholarship, fundraising, and library opportunities.

Facing this years budget crisis will be a challenge and we still don't know the plans for the implementation of AB 1421. I will keep you informed as things develop.

I wish you all a healthy and peaceful new year.

Karen Gurneck, Board President

Legislative Update, February, 2003

By Caroline Hamlin

Legislative Visits

The three NAMI's of San Diego County, as well as the League of Women Voters, are in the process of making visits to newly elected state senate and assembly legislators, and also the newly elected San Diego District Attorney. These are follow up visits to our "Meet the Candidates" forum held in October. We are taking this opportunity to voice our concerns about proposed state budget cuts which will adversely affect our county mental health system. We hope to discuss the need for supportive housing for mentally ill clients and to voice our desire that seriously ill persons receive treatment in appropriate facilities rather than jails or prisons.

State Budget Cuts

You have all undoubtedly heard about the drastic cuts looming on the mental health horizon owing to the historic state deficit. This 2003-2004 budget will be debated for the next six months, but it is inevitable that cuts will occur. The Governor has introduced his budget and now it goes to the legislature and its various committees. Write to your legislators and tell them how these cuts may affect your family if services become even less available than they are now:

The Honorable Herb Wessen (Assembly Speaker)
State Capitol Building, #3013
Sacramento, CA 95814

The Honorable Jenny Oropeza (Chair, Assembly Budget Committee)
State Capitol Building, # 2196
Sacramento, CA 95814

I Am Not Sick, I Don't Need Help!!

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

Tribute to Helen Teisher by Karenlee Robinson, Chief Operations Officer for Sharp Mesa Vista Hospital, at the May 2002 Opening of NAMI-San Diego's New Office Building

On behalf of Sharp Mesa Vista Hospital, I am very pleased and honored to have the opportunity to speak today at this celebratory occasion of a new home in the life of NAMI-SD.

It is my privilege to look back a bit and recall a bit how NAMI-SD got here and to recognize one of the people who has played such a leadership role in the NAMI-SD organization and in our San Diego mental health community. The woman I am speaking of is none other than Helen Teischer.

Helen, for me, has always been a soft-spoken, tiny grandmotherly looking person – but don't judge a book by its cover. I've come to know and regard her as a true giant in the Mental Health field. Her wisdom and caring, her writing, her lectures, her actions, her vision, her deep caring for people struggling with mental health issues are enormous. For many of us she has been an inspiration and an enormous force for positive change, always sharing from her heart.

Helen is a mother of 3 sons and 1 daughter, grandmother of 6 and great grandmother of 1. She received a Masters Degree in History and English and taught school for 35 years.

In the mid 1970's when her son became ill, she began to get involved as an advocate for mentally ill persons, working to diminish stigma and improve the quality of care for persons suffering with schizophrenic mental illness.

In 1978, 32 family members met and formed the Parents of Adult Schizophrenics with the hotel meeting room funded by the Teischers. Shortly thereafter, the Teischers were contacted to form the San Diego affiliate of the newly formed California NAMI. The NAMI-SD was born in the Teischer home. Hank, Helen's husband, was Treasurer and Membership Coordinator. Board Meetings were held there, the newsletter was typed and copied there, and consumer groups were held in the living room and speakers were planned.

The first speaker was Dr. Robert Moore, Medical Director of Mesa Vista. This began a long and continuing relationship with Mesa Vista. It was Dr. Moore who recognized the legitimacy and importance of Helen's cause and the family movement. According to Helen, for several years Dr. Moore and the late Don Allen, Administrator of Mesa Vista, made sure that the Alliance got \$25,000 a year to keep going. Until 1985, the NAMI-SD address and phone numbers were Hank and Helen's home. Then in 1985, the Albright Information and Referral Center was established as the first real office for NAMI. Helen also shared with me, it was with Dr. Moore's and Don Allen's support that the VHF provided the matching funds and acted as initial fiscal agent for the County demonstration project grant money that established the Albright Center.



Helen Teisher

Karenlee Robinson

Helen went on to get involved on a statewide level. With the beginnings of statewide NAMI California, she became the NAMI California President for 4 years. She also served as NAMI-SD President for 4 years and the NAMI National Vice-President for 6 years. She has served on several national mental health committees and was awarded the APA's most distinguished Warren Williams Award in 1990. While her work with families has been incredibly important to help people one by one through the worst crisis of their lives, it is her advocacy, along with hundreds of other committed dedicated NAMI members, that today results in the strength of NAMI. It is NAMI's voice that is indeed changing the entire Mental Health field. For me as a Mental Health professional, I am keenly aware that it is NAMI today that is the architect of national mental health policy, it is NAMI that is setting the agenda, defining the issues. NAMI is truly the most important, strongest force within the mental health community, speaking out on parity, the need for increased research, decreased stigma, funding of evidence based treatment interventions – it is NAMI leading the way – and Helen and her Hank played no small role in making that come to pass today.

On a personal level – Helen is a woman filled and overflowing with grace, wisdom, caring, and compassion about those individuals and families struggling with mental illness. Every time I hear her speak, I am moved to action. She is still out there working to change people's minds about mental health issues by touching their hearts.

So Helen, on behalf of Sharp Mesa Vista Hospital and Dr. Moore with whom you have such a long relationship, his picture for many years hung in both our hospital and NAMI-SD office, I am honored to present your portrait to NAMI-SD as a recognition of the leadership you have contributed to create NAMI-SD and know that your image will serve as an inspiration for all that is yet to be done for families who have loved ones suffering with mental illness.

Education and Training Opportunities

Advocacy Works	
Saturday, March 29th, 9 a.m. – 3:30 p.m.	VA Hospital in La Jolla
Sunday, March 30th, 9 a.m. – 3:30 p.m.	VA Hospital in La Jolla (for family members with VA connection or family members of relatives with VA connection)
<ol style="list-style-type: none"> 1. Common problems advocates face and how to overcome them. 2. What a Historical Chronology is and how to make it work for you and your family. 3. How to set goals with your relative for recovery. 4. How to take care of yourself and begin healing your family relationships. 	
Saturday conference sponsored by NAMI SIT (Schizophrenics in Transition) and the VA.	
Sunday conference sponsored by NAMI Veterans Committee with a grant from Eli Lilly and the VA.	

Schizophrenia: Education for Families and Caregivers	
Tuesday, 5:30 – 8 p.m., February 11 – March 25, 2003	Health Services Complex, 3851 Rosecrans, San Diego, Coronado Room
Thursday, 5:30 – 8 p.m., February 13 – March 27, 2003	Grossmont Health Care District Medical Library, 9001 Wakarusa Street, La Mesa
Six-week lecture series about schizophrenia, the illness and the recovery.	
Sponsored by NAMI San Diego and San Diego County Mental Health Services.	

Peer-to-Peer	
Thursdays, February 20 through April 24	Carlsbad Community Church 3175 Harding Street, Carlsbad, CA 92008
Saturday, March 8 – May 10, 2003, 9 – 11 a.m.	Gethsemane Lutheran Church, San Diego
Nine-week interactive class focused on relapse prevention, for consumers and by consumers.	
Sponsored by NAMI San Diego and NAMI North Coastal with assistance from The California Endowment.	

Family-to-Family	
Thursday, January 9 – March 27, 2003	In progress
Tuesday, January 14 – April 1, 2003	In progress
Thursday, March 6 – May 22, 2003	Spanish language
Thursday, March 27 – June 12, 2003	3851 Rosecrans, San Diego
Wednesday, April 2 – June 18, 2003	Grossmont Medical Library, La Mesa
Wednesday, April 9 – June 25	Springfield College, San Diego
Tuesday, May 13 – July 29	3851 Rosecrans, San Diego
Wednesday, June 25 – September 10	University of San Diego
Twelve-week interactive class for immediate family members of people living with mental illnesses. Wide array of information about brain disorders as well as how-to workshops to improve the quality of life of everyone involved.	
Sponsored by NAMI San Diego.	

NAMI C.A.R.E. Facilitator Training	
Friday, February 28 – March 2, 2003	Site to be determined
Training by National experts. Facilitators trained are expected to conduct NAMI C.A.R.E. support groups for at least the two years.	
Sponsored by NAMI San Diego and The Catholic Worker	

*Call the Albright Center to register for any of these classes or trainings.
619.543.1434 or 800.523.5933*

Schedule of Meetings

NAMI SAN DIEGO

See Page 3 for NAMI-SD's address

NAMI-SD's Education and Advocacy meeting takes place the First Thursday of each month at University Christian Church, 3900 Cleveland Ave., San Diego
See page 1 for information about this month's program.

Evening NAMI-SD Support Group

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

Morning NAMI-SD Support Group

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

Sharp Mesa Vista Hospital Sharing and Caring

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

Sibling and Adult Children's Group

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

Clairemont Area NAMI Support Group

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

La Jolla NAMI Support Group

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

El Cajon (East County)

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

South Bay Spanish

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

La Mesa, Date & Contact Change !!

2nd Tuesday . Time 6:30-8:00.
San Carlos Library, 7265 Jackson Drive
Contact: Karen Robinson at
619 698-4711 or krstd@cox.net

NAMI PATTON

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

NAMI NORTH INLAND SAN DIEGO COUNTY

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

Second Tuesday each month,
7:00 pm. Education Meeting

For Tuesday February 11th we will meet at the Kinesis Building at 474 W. Vermont Ave. in Escondido

Our speaker will be
Dr. Timothy Murphy,
a psychiatrist with a practice in Fallbrook for the past 16 years.

Among other things, Dr Murphy is an active member of the San Diego Psychiatric Society where he served as president in 2000-2001 and is currently the Society's State Legislative Affairs Representative.

For further information please call
(760) 745-8381

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

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

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

Wish List Update

Do you remember the story about the woman who sold her hair so she could buy her lover a watch chain but he had already sold his watch so he could buy her a comb for her hair? Well, we finally received a nice supply of gardening tools and even a watering hose that will reach from the spigot to our new, gorgeous tree but now we have no volunteers that want to do gardening work..

So – needed: yard work volunteers.

NAMI NORTH COASTAL SAN DIEGO COUNTY

P. O. Box 2235
Carlsbad, CA 92018
(760)722-3754

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

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

On Thursday February 20th,
Gabrielle Cerda, MD. Will talk about
"Maternal Depression
and it's effect on children"

Members and Family are invited.

Share & Care

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

Share and Care

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

Pastoral Share & Care

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

TARA Borderline Personality Disorder Support Group

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

Schizophrenics in Transition-AMI

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

Schizophrenics in Transition-AMI (SIT-AMI)

has the following under its umbrella:

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

Consumer Corner

IN OUR OWN VOICE

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

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

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

Kamala Castle
At 619 584-5568

Mariposa Clubhouse

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

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

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

East Corner Clubhouse

Located in Heartland Center
1060 Estes Street
El Cajon, CA, 92020
Tel (619) 440-5133
Fax (619) 440-8522

Open :

Mon. & Fri.: 8:00 a.m. - 4:00 p.m.

Tue. & Thu. 8:00 a.m. - 2:00 p.m.

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

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

The Consumer Center for Health Education and Advocacy

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

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

The Meeting Place, Inc.

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

Open Monday - Saturday

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

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

Corner Clubhouse

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

Open Monday - Friday

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

Friend to Friend

1009 "G" Street

San Diego

(619) 238-2711

Open Monday - Saturday

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

A peer advocate is available

Thursday, Friday (morning) and Saturday

Employment Services

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

Visions @ 5th and H

499 "H" Street, Chula Vista

(619) 420-8603

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

Noon - 7:00 p.m.

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

Patient Advocacy Program

5384 Linda Vista Road, Suite 304

(619) 543-9998 or 1-800-479-2233

Mon. - Fri. 8:00 a.m. - 5:00 p.m.

The Access Center of San Diego

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

The Creative Arts Consortium

P. O. Box 3053

San Diego, CA 92163-3053

Admin—Call Jane (858) 481-7069

Art—Call Michelle (619) 589-2434

Literature—Call Jim (619) 299-1753

Job Options

2727 Camino del Rio South
San Diego

(619) 688-1784 (Valorie)

Open Monday - Friday

8:00 a.m. - 5:00 p.m.

San Diego Parks and Recreation Disabled Services Program:

Ask for "The Leisure Seekers" group activities and calendar. No formal registration. Simply call ahead of event and say

"I want to sign up for the event"

(619) 525-8247

Scholarship Funds

Call the Albright Center for information about scholarship funds.

(619) 584-5564

Friends

144 Copper Ave. Vista

(760) 941-2153

Open Saturdays

1:00-4:00 p.m.

NAMI c.a.r.e Group

Consumer Support Group

Consumer -lead

All Consumers welcome

1st Tuesday of Month, 6pm—7pm.

NAMI San Diego Meeting room

4480 30th Street, San Diego

PEER TO PEER

Peer-to-Peer is a unique learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery for themselves. Peer-to-Peer consists of nine two-hour units and is taught by a team of three trained "mentors" who are personally experienced at living well with mental illness. Each class contains a combination of lecture and interactive exercise material and closes with Mindfulness Practice techniques.

To sign up, call the Albright Center, 619.543.1434.

Remember, seating is limited.

NAMI C.A.R.E.

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

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

For information, please call: 619.584.5564.

COME JOIN US!

Development at NAMI San Diego

You may not know it, but NAMI San Diego has more than one calendar year. Our membership year is January 1st through December 31st. Our fiscal year (for audits and tax forms and several contracts) is July 1st through June 30th. Some of our contracts are still different such as: from March 1st through February 28th.

Our annual report covers the July 1st thorough June 30th year. In it we have lists of people who gave to NAMI San Diego during that year.

Personal income tax time is coming up soon for most of us. This year I have gone through our records and attempted to determine how much each of us has given to NAMI San Diego during the 2002 calendar year. You should be receiving a letter from me about this soon.

In doing your personal taxes remember that besides the cash you gave to NAMI, you can deduct any driving that you did for the organization and in-kind donations you may have given.

Be aware that if it is unlikely that the amount listed in our annual report and the amount I give you in the letter will be the same because of the different calendars that they are covered.

Marjie Joramo

NAMI San Diego

STRIDES FOR MENTAL HEALTH WALK AND RESOURCE FAIR CELEBRATING HEALTHY MINDS AND BODIES

April 26, 2003
Balboa Park at 6th & Laurel
San Diego
8:30 a.m. – 12:30 p.m.

This 4th annual event will kick off National Mental Health Month in San Diego.

FEATURING:

Photo Text Exhibit

“Nothing to Hide: Mental Illness in the Family”

Created by the Family Diversity Projects, Inc.

This powerful exhibit travels nationwide to schools, colleges, universities, corporations, libraries and faith house in an effort to help dispel harmful stereotypes, myths and misconceptions about mental illness.

Resource Fair featuring San Diego organizations that deal with all aspects of health.



Prizes for individual walkers and walker teams

Live Bands

Pet Friendly (dog food/water & prizes)



SAVE THE DATE

COME JOIN THE FUN AND HELP US REMOVE
THE STIGMA OF MENTAL ILLNESS

For more information:
Call NAMI San Diego at 619 584-5564

DIRECTOR'S REPORT per Mark Refowitz

Adult and Older Adult Mental Health Services Updates

The impact of the **Governor's proposed budget** cuts on mental health programs continues to be a focus.

Effective December 2002, staff from the Forensic Psychiatry Clinic in Adult/Older Adult Mental Health Services (A/OAMHS) began assisting the **Drug Court** with evaluation of cases where defendants appear to have a serious mental disability in addition to a substance abuse problem. Drug Court is a post sentencing diversion project lasting 18 months. The assigned staff will assist with the two to five dual diagnosis cases identified each month by the Drug Court. The team evaluates the defendants, makes a diagnosis and recommends an appropriate course of treatment. *Because successful completion of Drug Court and ongoing sobriety can result in a participant's conviction being expunged, Drug Court contributes to the decriminalization of the mentally ill.*

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

The much-needed project to remodel the main corner double-door entry at the new (to us) NAMI San Diego office on 30th Street organized by recent Family-to-Family graduates Rachel and Jerry Levens now has \$2,400 in the coffers. The estimated cost of the improvements is approximately \$5,000.

The entrance will be named a "Gateway to Wellness" in honor of the Family-to-Family Program. Donors that we did not thank in the December newsletter are:

Susan & Terry Carlson	Fen-Hui Chen, DDS
Patricia Helsing	Mary Hydrick
Kathleen Spittel	Joan Williams
Julia Butsko	Sherry & Marty Bloom (memory of Mary Rader)

To help with this project, checks should be payable to: NAMI San Diego and marked "Entry Remodel Project". Mail to NAMI San Diego, P.O. Box 710761, San Diego, CA 92171-0761.

Or...to help with labor or material contributions, call the Levens family at 619.466.0070, e-mail them at Levens1@aol.com or leave a message at the NAMI San Diego office, 619.584.5564.

The Alliance Advocate

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NAMI San Diego

2003 MEMBERSHIP APPLICATION

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

Name: _____

Street: _____ Home Phone # _____

City, State, Zip: _____ Work Phone # _____

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

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

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

ANNUAL SUSTAINING DONORS

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

_____ Donation for Open Door Memberships (\$ _____)
(to help consumer, consumer family & friends in financial need)

Check relation to client:

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

_____ Please send me volunteer information and application.