

## Volunteer Spotlight

By Diana Waugh  
Volunteer Coordinator

We ran out of space last month so I didn't get to acknowledge more of our volunteers.

Kamala Castle volunteers as the "In Our Own Voice" Coordinator and is a role model for many consumers.

Brad Konz continues to manage our wonderful web site as well as do data entry of phone logs as well general handy man "stuff". We really need a *handy man* who will come in on an as needed basis. Jeff Easton and Jacque Valdez also do data entry. Pete Truman, has been managing the membership database for about three years. He was also doing the newsletter until Wendy McNeill took over this year as newsletter editor.

Laura Alhambra does much needed weekly clerical assist for our Payee programs, but we need more people willing to do *filing, faxing and special mailings*.

Consumer and Board Member, Sally Shepherd, heads our Volunteer Outreach Committee comprised of Karen Gurneck, Board President, Jerry Levens, Paul Cumming and myself. We volunteer time speaking and man outreach tables at our monthly Education and Advocacy Meetings and other community events. Jerry and his daughter Kelly often speak at schools about childhood-onset bi-polar disorder.

This *outreach committee* really needs your help. NAMI has taken a larger role in the community to try and serve consumer needs since the drastic budget cuts for mental health services.

*cont. on page 5*

## Call for Best Practices Goes National



By Bettie Reinhardt  
Executive Director

**I**n May 2002, NAMI San Diego began gathering signatures in a call for "best practices" in our public mental health system. The national NAMI organization began a parallel process about the same time that is culminating in the Campaign for the Mind of America that is about, put briefly, about Access to Treatment.

### What is the Campaign for the Mind of America?

NAMI's Campaign for the Mind of America is a grassroots initiative to increase access to mental health treatment services by changing public policies and priorities at the local, state and federal levels.

The Campaign emphasizes our nation's need to:

- Dramatically improve access to treatment particularly among young Americans;
- Assure the positive outcomes associated with early diagnosis and treatment;
- Assure access to a full range of evidence-based practices, including appropriate medications and community-based supports such as supported employment and housing; and
- Improve communities' overall health, education, business and public safety by assuring access to effective mental health services.

### What Can the Campaign Accomplish?

Surveys show that only 4% of the American public see access to mental health services as a priority. Policy makers and leaders rank it more highly – 1/3 see such access as a priority.

People rank most highly problems and disorders that they think:

- Affect a lot of people,
- Could affect their family,
- Strike children and other innocents,
- Are the root causes of other problems, and
- Are solvable.

**"a grassroots initiative."**

Telling people the facts about mental illnesses and treatment change the way they rank them. And that is just what we will all be

doing. The national campaign begins in six eastern and Midwestern pilot states over the next few months. Watch the national website, [www.NAMI.org](http://www.NAMI.org), for details and watch us for action.

Action is what this campaign is really about.



By Bettie Reinhardt  
Executive Director

We spent all of 2003 celebrating our Silver Anniversary. Along the way, we had a marvelous dinner, made a Community Service Award to Carol LeBeau and a Founders Award to Hank Teisher, and, oh, by the way netted over \$5,000 for the continuation of our outstanding program!

Now, we are back at work. You read about the Campaign for the Mind of American on the front page. You have been reading about our call – our cry – for best practices. Best practices are those evidence-based and emerging practices that are demonstrating their effectiveness in helping people toward recovery.

Recovery. What is it? Who can achieve it? What stands in its way? I am dedicating some of this column each month to a discussion of recovery.

Recovery is the process of managing one's illness and disability with the least amount of interference with normal life. It does not necessarily mean being symptom free although recovery, for some people, can mean being able to "pass as a 'normy'" or not having any clinically observable symptoms. Recovery involves increasing competency in psychosocial functioning and cognitive functioning. It is a dynamic, ever-changing process.

This means that everyone can work toward recovery. Rehabilitation, that is, facilitating recovery, should begin on the first day of treatment. We cannot keep doing the same old things, hospitalization, med management, an outpatient group or some day treatment, and expect to not get the same old results. We can do better. Most western countries, including Canada, do a better job of helping people move into recovery.

Recovery requires a paradigm shift, a different way of looking at things. It means that families see themselves as facilitators of recovery rather than caretakers. It means that consumers recognize their strengths and see themselves as the heroes that they are. It means that providers focus on their clients instead of their clients' illnesses.

**"Recovery requires some risk-taking and some letting go."**

Recovery requires some risk-taking and some letting go. It may mean tolerating some increase in symptoms to obtain increased cognitive functioning.

It often means trying something new. It can mean taking a chance and not succeeding. It definitely means making choices.

If you have learned about or discovered first hand some "recovery pearls", I would like to include them in future editions as part of my column or as a "letter to the editor".

**A Conference:  
The Road to Recovery**

The San Diego Psychological Association and Friends of Mental Health are co-sponsoring *The Road to Recovery* on Friday, April 2, 2004 from 10 am to 3 pm at Tom Ham's Lighthouse. Dr. Mary Ann Brummer states, "The conference will present current research on the forms of intervention and therapy that best promote recovery from mental illnesses as well as current research on mental illness and the elderly, issues with incarceration of the mentally ill, and recovery and the role of the faith community".

Registration of \$25 includes a buffet luncheon. Three CEUs for psychologists, MFTs, and LCSWs are an additional \$10. Reservations should be made with the San Diego Psychological Association at 619.297.4825. The registration deadline is March 30, 2004.

**Make a Buck for Science**

**UNIVERSITY OF CALIFORNIA, IRVINE,  
DEPARTMENT OF PSYCHIATRY**

**Principal Investigator:  
William Byerley, M.D.**

**Dr. Byerley is searching for the genes that may predispose people to schizophrenia. The study is funded by the National Institute of Mental Health. This is not a drug study, the time commitment is very short and there is no expense. Participants receive \$100.00**

**TO QUALIFY:**

1. Must have been diagnosed with Schizophrenia
2. Must be at least 18-years-old

**TO PARTICIPATE:**

1. Telephone interview (About 1 ½ to 2 hours)
2. Small blood sample (We will arrange for you)

**CONTACT:**

Lisa T. Lovil, M.A.  
Clinical Research Coordinator  
Toll free 1(877) 906-1700

**A Special Invitation  
For You or Someone You Know**

**NAMI San Diego 101**

Basic information about our organization and it's activities and goals

The 3<sup>rd</sup> Wednesday of every month  
5:30 pm – 6:30 pm

NAMI San Diego  
4480 30<sup>th</sup> Street, San Diego 92116  
RSVP: 619.543.1434

# The Advocate

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

NAMI San Diego is an affiliate of NAMI and NAMI California

## Board of Directors:

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## Executive Director

Bettie Reinhardt  
exudir@namisandiego.org

The NAMI San Diego Advocate is a monthly publication of

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San Diego, CA 92116  
Mailing Address:  
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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](mailto:exudir@namisandiego.org) or contact any of the people mentioned in the articles.

# Knowledge Is Power!

## NAMI Programs Reach Out: Get Involved!

By Mary Lou Erwin

### Family-to-Family

If you wish to unite with other families in learning how to "cope" with your loved one(s), understand the diagnosis that has been given to your loved one(s) and obtain information and support for yourself.

For those of you that are interested in leading a Family-to-Family class, there will be a trainer of trainers 3-day training in March. If you are interested in either of the above mentioned classes, please call the NAMI Office at 1-800-523-5933.

**Wanted:** Volunteer Family-to-Family Coordinator. Good support from Education Director. E-mail Mary Lou at [erwinvm5@gsvcs.com](mailto:erwinvm5@gsvcs.com).

### C.A.R.E : *Consumers Advocating Recovery through Empowerment*

The C.A.R.E. Facilitator training scheduled for January has been postponed. If you are interested in being a trainer it's not too late! Please call the NAMI San Diego Office and speak to Mary Lou or Les. 619-584-5564

### Stigma Buster Members Wanted

The In Our Own Voice Program *needs consumer* to present this exceptional education program to other consumers, family members, friends, professionals, and lay audiences.

In February, there will be training for consumers that wish to help break the stigma of mental illness. If you want to make a difference, please call the NAMI office at 619-584-5564 and let Kamala or Mary Lou know that you are interested.

### Peer-to-Peer

Living well with mental illness can be challenging!

If you would like to gain skills in avoiding relapses, talk with others about how they cope with mental illness and feel that you are not alone in your struggles with mental illness, sign up for an upcoming Peer-to-Peer Class. This education series is offered through out the county.

We are also interested in current programs that wish to sponsor our Peer-to-Peer Program. Please call the NAMI office to acquire additional information or if you wish to sponsor a class in your area. To sign up for a class call 1-800-523-5933 or if you wish to host a class, please call Mary Lou Erwin at 619-584-5564.

### Class and Training Dates

- **Family-to-Family Class**  
2/26 – 5/13/04
- **Schizophrenia Education**  
2/10 – 3/23/04
- **Peer-to-Peer Class**  
2/4 – 4/7/04 (North County)
- **Peer-to-Peer Class**  
2/7 – 4/10/04
- **NAMI C.A.R.E. Leader Training**  
3/5 – 3/7/04
- **In Our Own Voice Training**  
2/20 – 2/21/04
- **Family-to-Family Leader Training**  
3/12 – 3/14/04 (North County)
- **Support Group Facilitator Training**  
3/19 – 3/21/04
- **Peer-to-Peer Mentor Training**  
4/23 – 4/25/04

*Unless otherwise specified, classes and trainings are in San Diego.*

# NAMI San Diego Meeting Schedule

## NAMI San Diego

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

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

**Evening NAMI-SD Support Group**  
Third Thursday, 6:45 p.m.  
4480 30th Street

**Morning NAMI-SD Support Group**  
Third Tuesday, 10:00 - 12:00 a.m.  
4480 30th Street

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

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

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

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

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

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

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

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

## NAMI-SIT

### Schizophrenics in Transition

Board Meeting  
1st Wednesday at Noon  
144 Copper Avenue, Vista 92083  
(760) 941-2153 or  
(858) 481-7069

NAMI-SIT includes the following :

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

## NAMI North Inland

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

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

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

**Wednesday Weekly in Fallbrook**  
Wednesday, 5:00 - 6:30 p.m.  
Fallbrook Healthcare Foundation  
Corner of Mission and Fig  
Call for address (760) 745-8381

## NAMI North Coastal

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

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

Third Thursday, 7:00 p.m.  
Education Meeting followed by  
1. Share & Care,  
2. Share & Care/Living with Spouses  
3. NAMI C.A.R.E.  
at 8:30 p.m.

**Share & Care**  
Fourth Tuesday - 5:00 - 6:30 p.m..  
North Coastal Mental Health Clinic  
1701 Mission Avenue, Oceanside  
(760) 967-4475 or (760) 722-3754

**Share and Care**  
Second Thursday at 12:30 - 2:00 p.m.  
Tri-City Medical Center, Behavioral Health  
Unit, 4002 West Vista Way, Oceanside  
(760) 639-1433

**Share and Care**  
Second Thursday at 6:00 - 7:00 p.m.  
Tri-City Medical Center, Behavioral Health  
Unit, 4002 West Vista Way, Oceanside  
(760) 940-7396

**TARA Borderline Personality Disorder Support Group**  
First Tuesday monthly at 6:30 - 9:00 p.m.  
Carlsbad Community Church  
3175 Harding Street, Carlsbad CA 92008  
(760) 729-2331

## Volunteer Spotlight Cont.

We need volunteers who are willing and able to talk to politicians, the police and other community leaders; to sit at outreach tables where we educate the public and help make posters for presentations. (The San Diego Sheriff's department has asked NAMI to do posters for all their sites).

We also need committee members for *hospitality* (bring refreshments and greet new members at the monthly Education and Advocacy Meeting as well as events at the NAMI office)

Jan Karsh has been coordinating the *newsletter mailing* for many years as well as her volunteer work on phones for the Albright Center. She has asked for someone to take over for her to do the mailing. She has a dedicated staff that work under her supervision affixing labels and sorting by zip code. Jan then takes the sorted packets to the post office. The job would require about *four hours once a month*.

We have been asked by the African American Health Association to assist them in a faith based community health education program. Our kick off meeting for the *African American Task Force* is Wednesday, Feb. 11 at 6:00 p.m. The *Latino Task Force* is working on getting literature in Spanish and outreach into the Latino community.

There are many exciting things planned and you are needed to bring them to fruition. NAMI cannot survive with out its volunteers. Please don't let us burn out those who have been working so hard. Give volunteering a chance. The reward is fantastic- work with loving supportive people who want to make a difference.

**If anyone is interested in trying any of the volunteer positions listed in *italics*, please contact me, Diana Waugh, Volunteer Coordinator, at (619) 584-5564 mail box #304.**

# First Thursday

## Education & Advocacy Meeting

### Post Traumatic Stress Disorder: Diagnosis, Treatment, and Interventions

**Speaker:**

Linda Whitney, MFT

Program Director, Hillcrest Counseling Center (this is a new center at 550 Washington created by a collaboration of Family Health Centers of San Diego and Scripps Mercy Hospital you will want to hear about) Linda has been working with adolescents and adults living with mental illnesses for the past 15 years.

**Topic:**

PTSD can affect one's relationships, social skills, and occupational skills. It seems to often co-occur with other behavioral health disorders and may remain untreated.

Come join this presentation to learn about the symptoms of PTSD as well as coping skills to reduce their harmful effects.

Thursday, February 5, 2004  
Social and New Visitors – 6:30 pm  
Business and Advocacy – 7:00 pm  
Program – 7:30 pm



The monthly meeting is open to anyone interested in learning about mental illness.

**University Christian Church, Friendship Hall  
3900 Cleveland Ave  
San Diego, California**

## Legislative Update

By Caroline Hamlin

### 108th. Congress Convenes, 2004 Parity

A final push for mental health parity, S 486, will be spearheaded by Senators Pete Dominici, (R-NM) and Senator Ted Kennedy (D-MA). NAMI has been working to pass Parity for the past three years. Parity will end insurance discrimination in the treatment of the mentally ill nationwide. The bill has widespread bipartisan support, including the President himself. Why, then, has the bill not passed? Advocates say we need to put a human face on the issue. Personal stories illustrating how insurance discrimination has resulted in poor treatment for a family member are needed.

Please help by forwarding your personal story in writing to:

**Elise Resnick**  
NAMI Policy Staff  
2107 Wilson Blvd., # 300  
Arlington, VA 22201  
or  
elise@nami.org

### Omnibus Spending Bill

The FY 2004 Omnibus Appropriations bill, HR 2673, contains important funds for mental illness research and Veterans' mental health care. It includes increased funds for homeless programs under HUD, including renewal of all expiring Shelter Plus Care rent subsidies. We are hoping for a swift passage of this bill.

This publication, February's issue of *The Advocate*, was made possible by:

Olga Leifert Estate

Cost to sponsor a coming issue is \$784.00.

# your community Resources

#### NAMI C.A.R.E. Group

Consumer Support Group  
NAMI San Diego Meeting room  
4480 30th Street, San Diego, 92116  
Second and Fourth Tuesday of Month,  
6 p.m. - 7 p.m.

#### Client Warm Line

1-800-930-9276  
Daily: 5:00 p.m. - 11:00 p.m.  
Call us. We are fellow consumers of mental health services who have been there, done that. Listening and talking are what we like to do.

#### Patient Advocacy Program

5384 Linda Vista Road, Suite 304  
San Diego, 92110  
(619) 260-7660 or 1-800-479-2233  
Monday - Friday: 8:00 a.m. - 5:00 p.m.

#### The Consumer Center for Health Education and Advocacy

1475 Sixth Ave., 4th Floor, San Diego, 92101  
Toll Free: 1-877-734-3258  
Mon, Wed, Thurs & Fri: 9:00 a.m. - 5:00 p.m.  
Tuesday: 8:00 a.m. - 6:00 p.m.  
If you need help getting mental health services or if you have a complaint or grievance, call or write us. We are ready to help you.

#### Corner Clubhouse

2864 University Ave. (at Utah)  
San Diego, 92104 (North Park, #7 Bus Line)  
(619) 683-7423  
Monday - Friday: 8:00 a.m. - 4:00 p.m.

#### East Corner Clubhouse

1060 Estes Street (off Chase Avenue)  
El Cajon, 92020  
(619) 440-5133  
Fax: (619) 440-8522  
Mon, Tues, Thurs & Fri: 8:00 a.m. - 4:00 p.m.  
Wednesday: 8:00 a.m. - 6:30 p.m.

#### Friend to Friend

1009 "G" Street, San Diego, 92101  
(619) 238-2711  
Monday - Friday: 8:00 a.m. - 4:00 p.m.  
An SSI advocate is available

#### Friends In Hands (Clubhouse)

144 Copper Ave., Vista, 92083  
(760) 631-2206  
Saturdays: 11:00 a.m. - 4:00 p.m.

#### Mariposa Clubhouse

560 Greenbrier, Suite. 102, Oceanside, 92054  
(760) 439-6006  
Monday - Thursday: 8:00 a.m. - 4:00 p.m.  
Friday: 8:00 a.m. - 1:00 p.m.  
Saturday: 10:00 a.m. - 2:00 p.m.

#### The Bayview Clubhouse

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

#### The Meeting Place, Inc.

4034 Park Blvd., San Diego, 92103  
(619) 294-9582  
Monday - Friday: 8:00 am. - 4:00 p.m.

#### Visions @ 5<sup>th</sup> and H

499 "H" Street, Chula Vista, 91910  
(619) 420-8603  
Mon, Thurs, Fri & Sat: Noon - 7:00 p.m.  
Sunday: Noon - 5:00 p.m.



#### The Access Center of San Diego

1295 University Ave., Suite 10, San Diego, 92103  
(619) 293-3500  
Monday - Friday: 9:00 a.m. - 5:00 p.m.

#### Employment Services

1202 Morena Blvd., Suite 201, San Diego, 92110  
(619) 276-8071  
Monday - Friday: 8:00 a.m. - 4:30 p.m.

#### Job Options

3465 Camino del Rio South, San Diego, 92108  
(619) 688-1784 (Valorie)  
Monday - Thursday: 8:00 a.m. - 5:00 p.m.  
Friday: 8:00 a.m. - 4:00 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

#### The Creative Arts Consortium

P. O. Box 3053  
San Diego, CA 92163-3053  
Director - July Rose  
(619) 282-4627 or (619) 563-2708

#### Scholarship Funds

Call the Albright Center for information about scholarship funds.  
(619) 534-1434



# NAMI Membership

## Add your voice to ours

Let's work together to improve the quality of life for everyone affected by mental illnesses in San Diego.

Membership Application - - Each membership is for twelve months starting the month we receive your payment.

Name \_\_\_\_\_

Please indicate below how many voices are represented by the membership. If no indication is made NAMI San Diego will assume that this membership represents two voices. Number of voices \_\_\_\_\_.

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Prefer newsletter by mail \_\_\_\_\_, to read newsletter on the web site \_\_\_\_\_.

\_\_\_\_\_ Check (please make payable to NAMI San Diego) \_\_\_\_\_ Cash

\_\_\_\_\_ Regular Member \$40.00

\_\_\_\_\_ Professional \$75.00

\_\_\_\_\_ Local Member \$20.00

\_\_\_\_\_ Newsletter Only \$15.00

\_\_\_\_\_ Open Door Member \$\_\_\_\_\_ any amount under \$40.00

\_\_\_\_\_ Donation\* \_\_\_\_\_

\_\_\_\_\_ Please contact me/us with information about volunteering.

\*Unless you instruct us otherwise, the first \$40.00 of a donation will be treated as payment for a membership if you are not already a member of NAMI San Diego. This will also apply if your current membership needs to be renewed.

### Check relationship to a consumer

- \_\_\_\_\_ Parent of Adult
- \_\_\_\_\_ Parent of Child (under 18)
- \_\_\_\_\_ Sibling
- \_\_\_\_\_ Spouse
- \_\_\_\_\_ Professional
- \_\_\_\_\_ Other
- \_\_\_\_\_ Self
- \_\_\_\_\_ None

## Message From the President

by Karen Gurneck

As I write this, our country is also celebrating Martin Luther King Jr.'s 75<sup>th</sup> Birthday. Before I fill you in on our board development - I write this message with the inspiration from Dr. King of hope and equality for all of our community. One in which mental illnesses are regarded as other illnesses and treated with parity by insurance companies and support in our community. Possibly enduring more cutbacks in services throughout our county, it is more important than ever to demand a best practices approach to treatment. I know at every opportunity we must address this with our local and state officials. I hope we can stand united on this to expect more and not less.

With that in mind I would like to say that we have some terrific new board members that were voted in on January 8, 2004, at our general membership meeting. Our bylaws changes were also approved. Thanks to all of our members that sent in

their proxies so that our business could be conducted.

### Board 2004

- Alan Abrams M.D.,J.D.
- Tony Alkire
- David Charapp Esq.
- Paul Cumming
- Karen Gurneck
- Gloria Harris Ph.D.
- Wendy McNeill
- Karen Ross MSW
- Sally Shepherd RN, M.A.
- Judy Wasik M.A.
- Mary Wilson

**Thanks for all that you do and Happy New Year, Karen**



### Gifts Received -

July 1, 2003 thru December 31, 2003

### In Memory of:

#### **The Gaffney Family**

Sherry Bloom

#### **Daniel Greif**

Joe & Ella Brandt

Andrew Dunk

Warren Kayden

Eilean Wuhl

#### **Theresa Neumann**

Kari Neumann & Joan Olsen

#### **Harold Olsen**

Kari Neumann & Joan Olsen

#### **Mary Rader**

Jim & Sally (Quinter) Zoll

#### **Helen Teisher**

Kathleen & Thomas Callan

Harriet DeMartini

Mr. & Mrs. Robert Duckworth-Ford

Doris & Herb Kaplan

Jim & Sally (Quinter) Zoll

# The Advocate

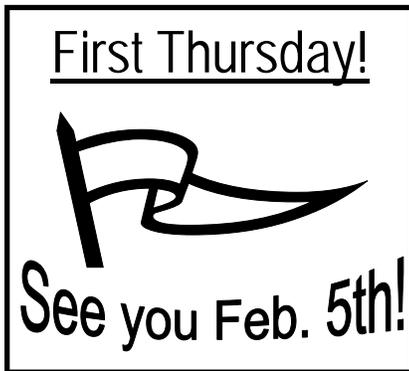
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**NAMI**  
San Diego

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San Diego, CA 92116

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*Return Service Requested*

## NAMI San Diego's Walk for Wellness

*By Madeleine Lee*

Walk and Receive a One-Month Pass to 24HourFitness, Goody-Bag, and a Chance to Win Great Prizes

San Diego, CA - Not a single NAMI member is unmoved by the effects of living with a mental illness. NAMI San Diego's Walk for Wellness - Strides for Mental Health is a great way to support those people you care about. Beginning at 9 a.m., on April 17, 2004 hundreds of concerned citizens will walk together, reach out and show their support for those affected by mental illnesses.

The Walk for Wellness is your

opportunity to reach-out to the people you care about. Register yourself today! The first 500 pledges that raise twenty-five dollars or more will receive a one-month pass to 24HourFitness, Free T-shirt, Goody-Bag and a chance to win great prizes. Visit [www.namisandiego.org](http://www.namisandiego.org) and click on WALK. Fill out the pledge form and send it in. You can also register on-site starting at 8 a.m.

The Walk route and registration begins at the corner of Quince and 6th Avenue in Balboa Park. This includes entertainment, a community resource fair, raffle and refreshments provided by Henry's Marketplace and Penta Water.

Reaching out is the right thing to do. For more information visit NAMI SD at [www.namisandiego.org](http://www.namisandiego.org) and click on WALK.

