

President's Message

By Sally Shepherd
NAMI San Diego Board President

Within the first two weeks of my Presidency, I have had the opportunity to meet Father Joe from St. Vincent de Paul; Dr. Goldstein, MD, the head of Psychiatric Services for the Jails; and Dick Conklin, their lead Social Worker. Caroline Hamlin and I also met with Congresswoman Susan Davis. All of these were great opportunities to promote NAMI.

Sometimes, however, we are able to serve the community on a much more personal level. A friend called me the other night to tell me that a mutual friend was suicidal, and to ask me what to do. I was able to help her to get our friend safely to the hospital that night.

There are so many ways in which we can all serve as ambassadors for NAMI. We can do outreach in the community; we can meet with public officials, and we can provide our excellent services to the community. Even so, my first choice is what I call the "Tupperware model" (no offense to anyone, it works!) If we were all to apply the principle of "each one teach one" as we go about our business (finding team members for the Walk is a great example), the growth in our membership would be amazing. We would no longer have to worry about paying the bills, or about finding and training enough teachers for our classes. There would be plenty of people to run support groups. We would have enough resources to print all the free literature that we give away. Our Education and Advocacy meetings would be packed, with plenty of people to make newcomers feel welcome.

You get the picture! As usual, all suggestions welcome!

NAMI San Diego's First Thursday Advocacy Meeting February 3, 2005

The Impact of Depression on Living

Presented by one of our favorite speakers and supporters, Stephen Shuchter, M.D. Dr. Shuchter is a well-known and well-published authority on depression and grief but he is even better known to many of us as the Medical Director at UCSD Outpatient Psychiatric Clinic (Gifford) for many years. We have two of his publications in the Albright Center library, "Biologically Informed Psychotherapy for Depression" and "Patient Manual for Biologically Informed Psychotherapy for Depression".

Dr. Shuchter's presentation on depression is the first of two that are planned for this calendar year as the program committee responds to your topic and speaker requests. Please join us as we welcome back Dr. Steve Shuchter.

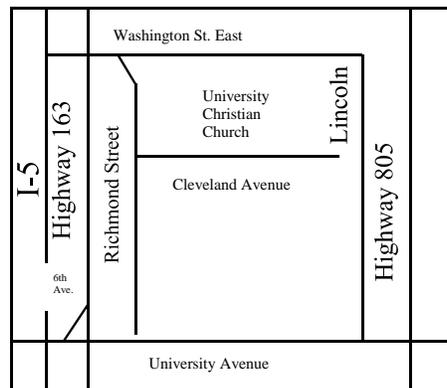
Dr. Shuchter will be available to answer general psychiatric questions during the Ask the Doctor period.

New Program Schedule:

- 6:30 p.m.: *Business and Advocacy*
- 7:00 p.m.: *Program*
- 7:45 p.m.: *Ask the Doctor*
- 8:00 p.m.: *Social*



Learn & Find Courage



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

January At-a-Glance

By Bettie Reinhardt
Executive Director

We'll move right past the Orange Bowl. If you don't pay attention to such things, you are clearly not from Oklahoma, as some of us are, and wouldn't care about the blanket-blank score anyway.

I think I remember years that had quiet Decembers and slow Januaries. This has not been one of those years. The plan to plan Prop 63 implementation meetings and the preparation for our first NAMI-WALK are the principal slurpers of time and energy. Please see the inserts about each in this newsletter.

The exciting thing about this affiliate these days is that we can have major activities such as those above going on and still be doing other impressive things at the same time. Let me list a few:

- The Children's Task Force continues to add new participants and collaborators, is supporting the facilitators of two support groups for parents and caregivers of children, and is preparing to take the program "Parents and Teachers as Allies" to our local schools.
- The work that the Latino Task Force has done helped attract a wonderful bilingual, bicultural volunteer to the Albright Center.
- Legislative visits to all members of our delegation have begun.
- The *Peer-to-Peer* leaders are wrapping up the reports on the big project funded by The California Endowment that ended December 31st.
- At the same time, our Education Department is planning trainings for *In Our Own Voice* presenters and *NAMI C.A.R.E.* because those programs are going STRONG and is supporting at least four new

Family-to-Family classes this spring.

- Outreach beyond that provided by *In Our Own Voice* is active in regularly scheduled venues such as the quarterly training for new employees and interns at Community Research Foundation and

new ones such as San Diego Hospice.

- Part of my time is spent actively working with other organiza-

tions to help achieve our mission of improving the quality of life of everyone affected by mental illnesses. Those organizations include San Diego Coalition for Mental Health, 2-1-1 Coalition, PERT, Inc., Family and Youth Roundtable of San Diego, A New PATH, Bayview Clubhouse, Community College Disabled Services, Special Needs Trust Foundation, The Walk for Recovery, and Mental Health Association in San Diego County.

- Other members are working actively with other clubhouses and other organizations – just wait until Sally shares her list!

Funny how these things work – the more we do, the more we are able to do. Give me a call and join in the excitement!

If you are wondering why no one has called you to help with these projects, wonder no more. We did not know you are interested. That is easily remedied – give me a call at **619.584.5567** or, better yet, send me an e-mail at **exudir@namisandiego.org**.

"The plan to plan Prop 63 implementation meetings and the preparation for our first NAMI-WALK are the principal slurpers of time and energy."

Tax Season is Here!

We know that you are beginning work on your tax returns. Watch for a letter from Patrick (see next page) that recaps your donations to NAMI San Diego during 2004.



The 1st Annual

County-wide

NAMI-WALK

is Approaching!

WE NEED YOU!



**READ THE INSERT AND
TAKE THE FIRST
STEPS!**



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 illnesses.

NAMI San Diego is an affiliate of NAMI and NAMI California

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Executive Director

Bettie Reinhardt
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The NAMI San Diego Advocate is a monthly publication of

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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.

Meet Mr. P.C.

Whadya Need? P.C. May Be Your Man!

By Patrick Cremeens

I am very pleased to announce that I have returned to employment with NAMI San Diego, and even more pleased to tell you about the new staff position I have been hired to fill. Please read on; I think you too will be pleased!

As with most non-profits, and especially with smaller organizations such as ours, there are many tasks that go begging for someone to handle them. Volunteers pitch in, and other staff members do what they can, but things still fall through the cracks --- or there isn't someone immediately available to help. Most small non-profits simply do not commit resources to many of these tasks.

That situation has been addressed and significantly improved here at NAMI San Diego, with the establishment of a new position of Operations Administrator. As the first employee to have the privilege to inhabit this position, I now own many of those previously "orphaned" responsibilities, in addition to several other operations matters for the entire agency. I am committed to making this position noticeably valuable to each of you. You now have one contact person here to address your concerns about membership, donations and similar types of support you provide to our organization. My goals include providing a monthly column in the newsletter for you, to remind you how to contact me, and to provide you answers on some of the most commonly asked questions.

I have been with NAMI San Diego nearly 8 years and was employed with AIDS Foundation San Diego for 6 years prior to that. Before that, I managed offices that provided customer assistance in the financial services world, nationwide,

for 15 years. My knowledge of non-profits and customer service is above average, and my experience with NAMI San Diego goes back through many projects and events, as both an employee and a volunteer.

Questions about Membership, Donations, Newsletter Subscriptions:

Call the general office number for NAMI San Diego, (619) 584-5564, and just ask for Patrick. Or you can email me at the following:

patrickcremeens@sbcglobal.net

I hope you will not hesitate to call me or email me whenever you have a question that I can help with. I look forward to hearing from you!

"...call me or email me whenever you have a question that I can help you with."



NAMI San Diego Meeting Schedule

NAMI San Diego

4480 30th Street
San Diego, CA 92116
(619) 543-1434 or (800) 523-5933

NAMI C.A.R.E. Support Group

Consumer Support Group
Thursdays, 6:00 - 7:30 p.m.
NAMI San Diego Meeting Room
NAMI-SD Office, 4480 30th Street

Morning NAMI-SD Support Group

Third Tuesday, 10:00 a.m. - 12:00 p.m.
NAMI-SD Office, 4480 30th Street

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

South Bay Spanish

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

New support groups for
families and caregivers of
children and adolescents:

La Mesa Group

2nd & 4th Tuesday, 6:30-8:00 pm
Lake Murray Evangelical Free Church
5777 Lake Murray Boulevard, La Mesa
1st Floor, Fellowship Hall
Peggy & Bob Chambers: (619) 464-0476

San Diego Group

1st & 3rd Wednesday, 7:00-8:30 pm
NAMI San Diego Office
4480 30th Street, San Diego CA 92116
Sue McCoy: (619) 277-6224
Karen Malsack (858) 560-0030

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 92369
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

Education Meeting

Second Tuesday at 7:00 pm.
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

Weekly Share & Care in Fallbrook

Wednesdays, 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

Education Meeting

Third Thursday, 7:00 p.m.

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

Education Meeting followed by

1. Share & Care,
2. Share & Care/Living with Spouses
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

Legislative Update

By Caroline Hamlin

Congress Approves Current Fiscal Year Spending Bill

The Omnibus Spending Bill will rise only 1% above 2004 spending levels. The following summarizes funding amounts for mental illness:

1. The National Institute of Mental Health (NIMH) will receive 26.5 million above the 2004-2005 funding.
2. The President's Mental Health Transformation proposal to begin to implement the 2003 New Freedom Initiative Mental Health Commission Report will receive 20 million, half of what the President requested. An effort to block voluntary screening of children under age 18 (with active involvement of parents) was rejected.
3. SAMHSAs Center for Mental Health Services includes continuation of 7 million for jail diversion programs and 5 million for the Senior Mental Health Initiative.
4. New funding of 7 million was included under the Garrett Lee Smith Memorial Act for youth suicide and prevention.
5. The Mentally Ill Offender Treatment and Crime Reduction Act which was recently passed and authorized a range of programs to prevent the criminalization of the mentally ill received NO FUNDING.
6. The Omnibus Bill allocates 14.9 billion to renew all current tenant-based Section 8 vouchers and, thereby, rejected the Bush Administration Flexible Voucher program.
7. The Omnibus Spending Bill renewed The Individuals With Disabilities Education Act (IDEA) from which the states derive funding for mental health services in schools.

Finally, the Governor's 2005-2006 Proposed budget has been presented to the state legislature. In the coming months will come refinements as the result of negotiations and advocacy.

A ppropriate Care

SD Jails as Psychiatric Facilities: Some of the Facts

Margaret Agne
Legislative Committee

On January 11, 2005, NAMI members attended a presentation by Dr. Earl Goldstein, Medical Director of the 7 county jails at the NAMI San Diego office. Also presenting was Mr. Dick Conklin, Inmate Services Division. The program consisted of a slide show, talks by both gentlemen, and audience questions. We received a handout about psychiatric services in the jails and another from the Sheriff's Department designed for families. His website: www.sdsheriff.net/jails. The Central Jail stages are the following: arrival, then intake assessment to determine fitness for booking. Suicidal persons are sent to the County psychiatric hospital. A second screening determines medical and psychiatric treatment and the need for anti-psychotic medications. Inmates may then be placed in the in-patient (psychiatric) or out-patient (general) population. Relatives can call (619) 615-2450 and ask for the charge nurse; but without a release you will not receive medical information.

The average daily mentally-ill census is around 20 men and women each in the psychiatric unit; about half of that in the outpatient unit. From 1000 to 1200 patients see a psychiatrist monthly; there is a waiting list to see one of 13 psychiatrists. Mr. Conklin is in charge of re-entry. Pre-release counseling exists, though not all inmates avail themselves. Thirty days' meds are supplied. In Vista, a pilot program seeks housing and resources.

Questions were fully addressed. Both speakers were generous with advice.

Topics included: refusal to take medications; inadequate recognition of psychiatric symptoms; harsh treatment by deputies; visitation problems; whether police over-arrest minor misdemeanors.

In conclusion, we were pleased by the speakers' candor and friendliness. Our concerns were validated and we got good advice. In view of this, I should nonetheless add that issues left unaddressed remain huge. Quoting a NAMI fact sheet, "between 25% and

"Between 25% and 40% of all Americans with mental illness will at some point pass through the criminal justice system...most are charged with non-violent offenses."

40% of all Americans with mental illness will at some point pass through the criminal justice system ... Most jail inmates with mental illnesses are charged with non-violent offenses." Known as de facto treatment providers, jails and prisons are overwhelmed. It would be cheaper and better to divert those suffering from a

brain disorder to mandated treatment.



Be a Friend to a Peer

*You were always there
When I needed you most.*

*When I was gloomy
You made me Happy,*

*So I give to you
The award of being*

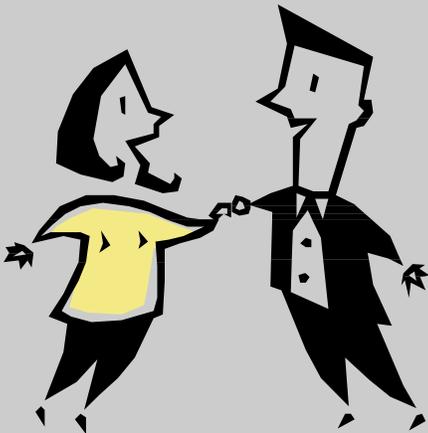
*The Number One Friend,
Who likes me just as I am.*

The poem above was written by a Compeer consumer to her new friend. What is Compeer? "Compeer" means friend who is a peer. Compeer is based on the belief that volunteers serving as mentors, advocates, and friends to children and adults being treated for mental health and emotional problems will ease feelings of loneliness and isolation.

Compeer consumers and volunteers enjoy all types of activities from going to the movies to listening to concerts at Balboa Park. We would like to invite you to learn more about Compeer San Diego at: www.compeersandiego.org.

How can you become a part of this exciting program? e-mail us at: info@compeersandiego.org, or call 858-361-3632 to receive the volunteer application or client referral form.

If you are a consumer or know a consumer that would like to receive a Compeer Friend, contact us and we will give you the referral forms for your therapist/doctor to fill out.



your community Resources

NAMI C.A.R.E. Group

Consumer Support Group
NAMI San Diego Meeting Room
4480 30th Street, San Diego, 92116
Thursdays: 6:00 - 7:30 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

5998 Alcalá Park, AW 304
San Diego, 92110-2492
(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.

Casa Del Sol Clubhouse

1157 30th Street, San Diego, 92154
(between Coronado Ave. & Del Sol Blvd.)
(619) 429-1937
M - F, Call for hours. - Bilingual

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.

Escondido Clubhouse

474 West Vermont Ave., Suite 105
Escondido, CA 92025
(760) 737-7125
Fax: (760) 741-6645
Monday - Friday: 8:00 a.m. - 4:30 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.

Neighborhood House Association (NHA) Friendship Clubhouse

286 Euclid Ave. San Diego, CA 92114
(619) 263-6269 Ext. 106
Monday - Friday: 8:30 a.m. - 5:30 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 @ 5th 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

DBSA

Depressive Bipolar Support Alliance
La Jolla/El Cajon group meetings
Call Agnes (619) 338-6024



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

IOOV Goes Cop

By Wendy McNeill
Advocate Editor & Board Member

It was raining like the dickens, and I was getting progressively more tardy, lost among the tumbledown buildings at the Naval Training Center. I finally arrived over 30 minutes late to address two dozen police officers about the effects of mental illness on myself.

Thankfully, Paul Cumming, NAMI Board Member, was wrapping up his portion, and after chugging a bottled water, my part of the NAMI presentation, "In Our Own Voice," was ready to roll.

IOOV is a "stigma busting" program where two consumers tell their stories of recovery in conjunction with a video. The video lends the program its structure and the presenters, the humanity.

I had the good fortune to be presenting with Christine of North County, who has a powerful, honest style coupled with tremendous dignity. When she began sharing her life experiences, I could see that the officers were moved. This is in fact the goal of the program: To alter common stereotypes of those with mental illness and to give those on the front-lines, like police officers, the opportunity to see that recovery is real.

As for my part, I was dead nervous. This was my second presentation to date, and though I'm a bit of a ham in real life, it's another matter to be presenting to folks that you've dealt with under...other...circumstances before.

First, I shamelessly exploited the fact that I'm a "Valley Girl" and

busted out some of my lingo. I tugged on their heart strings, and let me assure you, they have them. Next, I amused them with one of my "cop encounter" stories. In this case, I attempted to launch my Starbucks Sippie Mug through the window of a cop car (and missed) and later proceeded to take the officers on a car chase through Mission Hills (and lost.)

Strangely, though, the meltdowns and tragedies that I recounted to the officers were not what affected me the most, but rather the normal elements of coping in daily life. What can I say. The medicine is still hard to swallow.

Ultimately, I would like to thank the SDPD for their incredibly warm reception. Y'all were a ball!

The Advocate

Vol. IX, Issue 2, February 2005



4480 30th Street
San Diego, CA 92116

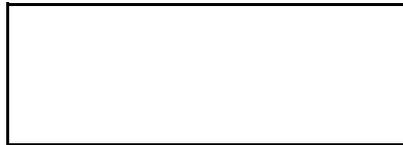
Non-Profit
Organization
U. S. Postage
Paid
San Diego, CA
Permit No. 2695

1st Thursday!!!

*Learn, Mingle, and
Connect!*

February 3, 2005

6:30 p.m.



Return Service Requested

Tackling Homelessness

*By Ginny Biewer
NAMI Staff Member*

On Wednesday, January 12, the United Way collaborated with the City of San Diego and San Diego County to sponsor a meeting promoting a San Diego solution to end chronic homelessness. A recent study estimates that there are over 9,600 homeless persons in the county, including more than 4,400 in San Diego. Dene Oliver, CEO of OliverMcMillan commercial development and chief of San Diego's community leadership council dedicated to creating a ten-year plan to end chronic homelessness, gave opening remarks and introduced the other officials from across the country involved in the project. They included Philip Mangano, Executive Director of the US Interagency Council on

homelessness from the White House; Horace Sibley, the Chairman of the Atlanta Commission to End Homelessness; and Rob Hess, Philadelphia's Managing Director of Special Needs Housing.

Mr. Oliver has been involved with a number of professional and community organizations, among them Episcopal Community Services and Fr. Joe Carroll. He is now working on the development of 25 permanent housing units for Rachel's Center. The emphasis there was on all persons having roofs, keys and beds.

Mangano assured people that the Bush Administration is committed to his serving as the consumer voice for homeless people and that he will be directly involved in the plan to end homelessness.

Rob Hess told Philadelphia's success story – one that has resulted in Philadelphia's homeless population being reduced from 824 five years ago to 64 today.

The program worked through the collaboration of police, homeless outreach teams and social service agencies in building relationships with the people who were homeless. All entities involved continue to meet once a month to ensure the success of the relationships built.

Horace Sibley of Atlanta was part of a 90-day commission that worked with business, United Way and providers in establishing a "211" ER service for homeless people to be reconnected with family members. Atlanta has had eight alternative sentencing judges available to deal with the unique problems of homeless people. Although there has been criticism here in San Diego about the Leadership Council's failure to include local homelessness prevention agencies, Sibley said he didn't add social service agencies to Atlanta's council because he was committed to focusing on innovative ideas.

Stay tuned to learn which ideas take hold in San Diego.



You, yes YOU, could receive this e-mail message if you click on the NAMI Walk buttons on our website, www.namisaniego.org.

You have successfully signed-up to raise money online for the NAMI San Diego Area Walk. Please retain this email for your records. It contains important information on how to collect your pledges online.

WALK DETAILS:

Walk site: NAMI San Diego Area Walk
Location: Balboa Park
San Diego, CA
Date: April 16, 2005
Check in: 8:00 am
Start time: 9:00 am
Team: NAMI San Diego

YOUR CUSTOM FUNDRAISING LINK:

NOTE: This is the EXACT link you must place in your emails to family, friends and co-workers in order for them to sponsor your participation in the walk by giving online. If you do not include this link, they will not be able to pledge online.

<http://www.nami.org/walkdonation.cfm?id=1459>

Designated recipient: NAMI San Diego

SAMPLE FUNDRAISING LETTERS:

(one sample shown here)

Letter 3:
Dear Friends,

Join our team and hundreds of others on April 16, 2005 as we walk to support NAMI in the San Diego Area.

Our team, NAMI San Diego, is walking to continue and expand our great programs that provide education, support services, and advocacy to people affected by mental illnesses.

Most of you know why we are involved with NAMI.

TELL YOUR STORY HERE

Through support, advocacy, education and research, NAMI has been a champion for my family and thousands of others.

We invite you to sponsor us by clicking the link below to make an online donation on behalf of our team:

<http://www.nami.org/walkdonation.cfm?id=1459>

After you give, go to <http://www.nami.org/namiwalks> and click on California to walk with NAMI San Diego.

Thank you for your support,

YOUR NAME

WHAT TO DO NOW:

1. Compose your own email to friends, family and co-workers telling them about your participation in NAMIWalks, and inviting them to sponsor you with an online donation. Use the sample letter to get you started.
2. Copy and paste your custom fundraising link EXACTLY as it appears above into your email. Tell your recipients that in order to make an online donation, they must follow this exact link to the NAMI Web Site.
3. Send your email to friends, family and co-workers. Each time someone uses the link you send to make an online donation, you will receive a confirmation via email.
4. Once the walk is over, all funds given online via your custom fundraising link will be automatically disbursed to the appropriate Walk site and affiliate. There is nothing more you need to do.

THANK YOU!

If you have questions about the NAMI San Diego Area Walk, or your participation in it, please contact walk coordinator Kathy McKernan at katmckernan@verizon.net or 951-894-4182 or Bettie Reinhardt at exudir@namisandiego.org or 619-584-5567.

For technical questions regarding your custom fundraising link or collecting online pledges, please contact walk@nami.org.

Prop 63

Now known as Mental Health Services Act (MHSA)

Organizations across the state are working together to help us make the MHSA do what we voted it to do: increase the opportunity for recovery for people with mental illnesses.

NAMI California has been very actively working toward effective implementation of the MHSA and has issued a three-page position paper to help members across the state help their counties make the best use of these funds. See www.namicalifornia.org or call Bettie Reinhardt at 619.584.5567 for a copy.

On other fronts:

The California Coalition of Mental Health Agencies (CCMHA) says, “Opponents have introduced three challenges to Proposition 63 - **The filing of these proposals does not in any way delay or impede the implementation of Proposition 63.**

Opponents to Proposition 63 have introduced efforts to repeal it in three ways - legislation - SB 26 Hollingsworth, a lawsuit filed in Los Angeles, and an initiative drafted and submitted to the Attorney General by Lew Uhler - one of the signers of the ballot arguments against it and head of the National Tax Limitation Committee.”

They say that they will carefully monitor the lawsuit and the proposed initiative and vigorously oppose the legislation.

CCMHA further states, “Most importantly none of these prevent the state from collecting the revenues and implementing Proposition 63. All of us should continue to move forward with implementation. We will keep everyone apprised of any significant developments on these opposition challenges.”

California Mental Health Directors Association (CMHDA) Issued Principles for Mental Health Services Act (MHSA) Implementation

1. The long term goal of the Mental Health Services Act (MHSA) is to expand services in order to achieve improved outcomes for children, adults and older adults in the public mental health system.
2. The county and city-based public mental health system will work in partnership with DMH, and in concert with individuals served, family members and other local stakeholders, throughout the implementation of the MHSA.
3. CMHDA, in collaboration with state DMH, individuals served and family members, will promote implementation strategies that ensure statewide transformation through the local mental health system, acknowledging the cultural and geographic diversity in California, as well as the particular needs and challenges of small counties.
4. All plans and services related to the MHSA must be weighed in relation to their contribution to specific outcomes for individuals served, including:
 - meaningful use of time and capabilities
 - safe housing
 - a network of supportive relationships
 - access to help in a crisis
 - reduction in incarceration
5. All stakeholders must recognize that there are multiple initiatives in the MHSA that will be phased in over time.
6. Priority attention must be given to adults and older adults with serious mental illness, and children and youth with serious emotional disturbance.
7. Prevention, early intervention and treatment strategies will be based on practices that are values-driven, evidence based and culturally competent.
8. Services to individuals and families will focus on strength-based interventions that promote hope, personal empowerment and responsibility, resiliency, recovery, wellness and independence.
9. All services must be planned taking into account the challenges related to providing services to persons with co-occurring substance disorders.
10. The resources available through the MHSA must be used for responsible expansion of services and cannot be used to supplant existing state or local funds utilized to provide mental health services.

**SHARP MESA VISTA HOSPITAL,
IN CONJUNCTION WITH NAMI SAN DIEGO AND
COUNTY OF SAN DIEGO MENTAL HEALTH SERVICES,
PRESENTS**

**SCHIZOPHRENIA:
A FAMILY EDUCATION CURRICULUM**

6:00pm - 8:00pm
(GROUPS WILL BEGIN AND END ON TIME)

**PRESENTERS: Marci Miller, PsyD, MS, CNS, RN
AND
GUEST SPEAKERS**

PURPOSE OF GROUP:

**Provide education to family members and friends of persons diagnosed with
schizophrenia or schizoaffective disorder**

February 3, 2005: Schizophrenia: A Brain Disease

**February 10, 2005: Course, Causes and Prognoses of
Schizophrenia**

February 17, 2005: Treatment and Recovery

February 24, 2005: Anti-Psychotic Medication

March 3, 2005: Psychosocial Rehabilitation

March 10, 2005: Helpful Family Roles

March 17, 2005: 'In Our Own Voice'

CLASSES WILL BE CANCELLED IF LESS THAN 10 REGISTRANTS

**LOCATION: SHARP MESA VISTA HOSPITAL
7850 VISTA HILL AVENUE
SAN DIEGO, CA 92123**

EXECUTIVE CONFERENCE ROOM

PARKING: SHARP MESA VISTA HOSPITAL PARKING LOT

**FOR RESERVATIONS AND INFORMATION:
PLEASE CONTACT NAMI – SAN DIEGO AT (619) 543-1434**

FOR DIRECTIONS CALL (858) 278-4110