

Try Peer-to-Peer!

By Wendy McNeill
Advocate Editor

As much as I closely guarded my Saturday mornings, reserving them for sleep, the paper, and coffee, I was intrigued by the NAMI Peer-to-Peer class, a **nine week recovery class for consumers**, and thought it would be worth the time, so I enrolled.

At the time I enrolled in the class, I was already part of the NAMI community. I was editing the newsletter, serving on the Board, and generally hanging out, making a welcome nuisance of myself. I didn't know how much the Peer-to-Peer program would have to offer me, since I already saw myself as being well on my way to solid recovery.

To my pleasant surprise, the Peer-to-Peer class was worth every minute of my time, which would otherwise have been a stretch of unproductive Saturday mornings.

Here are the highlights:

Role Models: My class was taught by three beautiful, poised, and intelligent women who mentored us in their collectively supportive and professional manner. (Classes are taught by a trio of trained NAMI personnel and have a diverse range of age, gender, and diagnoses.) I have enormous respect for Carolyn, Kathy, and Ann, and their contribution to the success of our lives. They inspired me to further my work in advocacy, and they themselves were living examples of the success of the Peer-to-Peer program.

Bonding: When I started the Peer-to-Peer class, I looked around the table and wondered, "What do we have in common besides mental illness?" What I discovered is that this group of people shared enormous courage in the face of adversity, a spirit of kindness towards one another, and a shared commitment for better futures. I enjoyed seeing the growth of our group and watched us make friends.

Peer-to-Peer, Cont. at right...

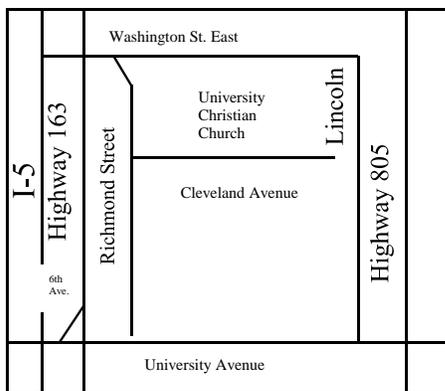
NAMI's Monthly Education & Advocacy Meeting

Thursday, February 2, 2006

6:30 p.m. - 9:00 p.m.

"Cognitive Behavioral Therapy, for Schizophrenia, Too."

Cathy Loh, PhD. is currently Assistant Clinical Professor of Psychiatry at UCSD School of Medicine. She manages the Schizophrenia Psychosocial Rehabilitation Program at VA San Diego Healthcare. Dr. Loh has been using CBT for the past 8 years in both individual and group therapy, for clients experiencing a variety of conditions, including depression, anxiety, and schizophrenia.



6:30 p.m.: Ask the Doctor
7:00 p.m.: Program
8:00 p.m.: Social Hour
9:00 p.m.: Closing

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

Peer-to-Peer, Cont. from left...

Relapse Prevention Plan: Perhaps the heart of the Peer-to-Peer curriculum is the Relapse Prevention Plan. The RPP is a wall chart, a grid, that each student fills out, based on aspects of his or her experience in having life turbulence as a result of mental illness. The chart seems daunting at first, but with the aid of the mentor teachers, each student gradually fleshes out the RPP. Once completed, it becomes painfully easy to see patterns of behavior in one's own life that have led to negative results. This visualization can lead to a great deal of clarity and enlightenment. Once the person can fully appreciate his or her patterns of unproductive behavior, it is possible to practice prevention and modify old habits that amount to painful and unwanted consequences. I haven't been back to the hospital since completing mine.

Something for Everyone: The material covered in the curriculum covers a wide array of issues, so the course certainly appeals to everyone in some way. I personally loved the teachings on meditation, though they left some folks cold. Likewise, some of the material I found to be redundant (having been in the system for a long time) often resonated with the people newer to their diagnoses.

Empowerment: Overall, Peer-to-Peer leaves you stronger than when you started. It provides hope and wellness via many avenues, and for me, was an irreplaceable opportunity. Please join NAMI's next class, June 17th—August 19th from 9:30 a.m. - 12:30 p.m. by calling the Albright Center to register at (619) 543-1434.

NAMI's Workin'!

By Bettie Reinhardt
Executive Director

Help Build on our Strengths

NAMI San Diego's Board of Directors met on January 7th and reviewed the five goals that comprise our 2004 – 2006 strategic plan. (The plan was initiated in January, 2004 but the end date was changed from December to June 2006 to match our fiscal year.) Following the retreat's theme of Building on our Strengths, they proposed working toward the same goals during 2006 – 2009. The suggested emphases for the goals are:

Goal #1- Increase Awareness of NAMI San Diego

The **Media** was chosen as needed focus. Public TV spots, press packets and radio were areas of interest.

Goal #2 – Cultural Diversity- NAMI should insure that **all literature, speech and action** are culturally appropriate for intended audience. The Latino and African American Task Forces will continue, will regularly meet together, and work toward expansion.

Goal #3- Education and Support Services Outreach, including school outreach and provider education, were highlighted for focus of resources.

Goal#4- Resources-

The group wants to work toward obtaining the services of a **development professional**.

Goal #5- Advocate for Science and Evidence Based Programs

We have a good **relationship with UCSD** and the group suggested building on that.

The Board retreat was a first step in developing the 2006 – 2009 strategic plan. Now

we need to hear from you, the members – our **grassroots** and the basis of our strength. There are several ways that you can participate: click the Strategic Plan button on our homepage, www.namisaniego.org, and complete the questionnaire; call or e-mail me your comments and/or tell me you are willing to be contacted to be part of a focus group;

*“We need to hear from you,
the members – our grassroots
and the basis of our strength.”*

(619.584.5567, exudir@namisaniego.org); fill in a questionnaire at the February Education & Advocacy Meeting; or fill in a questionnaire at our Albright Center.

Additional Cuts for Hurricane-Ravaged Louisiana?

Citing increased enrollment and lack of federal resources, the Louisiana Medicaid program recently cut physician reimbursement by 10 percent. The state is already experiencing increased utilization of emergency departments as fewer doctors are accepting Medicaid patients. Fred Cerise, Secretary of the Department of Health and Hospitals, recently suggested that if no additional support from Congress was forthcoming, the state would be forced to cut back on medications provided to Medicaid patients. (theadvocate.com, January 5, 2006)

Income Level May Predict Response To Depression Treatment

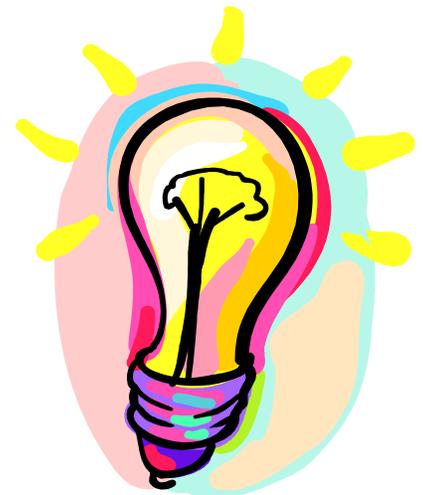
Low-income people with depression are less likely to respond to treatment and more likely to be suicidal than those who have higher incomes, according to a study in the January issue of Archives of General Psychiatry, one of the JAMA/Archives journals.

Socioeconomic factors, including income, education and occupation, have long been linked to health status, illness and death. Research has shown that people with lower socioeconomic status (SES) are more likely to develop a depressive illness and that their depression is more severe than that of people higher on the SES scale. Several studies have hypothesized that socioeconomic factors, including income and education, would also affect how people respond to medications and other therapies for depression, but have ultimately proved inconclusive, according to background information in the article.

Read the full article at <http://www.medicalnewstoday.com/medicalnews.php?newsid=35647>

Faith Communities in the Midst of Disaster

The NAMI Advocate is reaching out to faith communities with their Faith Community Section. Susan Gregg-Schroeder has an article in the current issue titled, “The Role of Faith Communities in the Midst of Disaster.” The article addresses how partnerships with faith communities can be very helpful...especially in the aftermath of disasters like Hurricane Katrina.



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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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 Page

Improving Living Standards in Board and Cares

By Sally Shepherd
NAMI San Diego Board President

Let's face it – some causes are just more popular than others. If your loved one is in a residential facility for seniors or children, you can bet your bottom dollar that you will be asked to complete a satisfaction survey. Not so for families or residents in residential facilities for people with mental illness. Publications and studies about residential facilities for seniors and children are all over the Internet. Not so for information about Board and Care facilities. Resources for staff education – nowhere to be found. Staffing and educational requirements for Board and Cares rate two pages in the California Licensing Manual.

Today Bettie and I gave a presentation to 60 Board and Care operators. Thanks to some informal interviews of NAMI families and clients, we were able to share some of their concerns with the group. Family members focused on ease of communication with the staff, nutrition, cleanliness and safety. Clients' concerns included privacy, opportunities to socialize, meals and compatibility with other residents. We taught communication skills, and gave an overview of NAMI San Diego. Most of the time, we stop there, but today we added another segment. We invited the audience to express some of their concerns, frustrations and fears. We were surprised to find out how little they knew about mental illness. They were very candid about their limited knowledge base. They were afraid to be alone with someone with symptoms. They were frustrated by their inability at times to control the behavior of their residents. They expressed seri-

ous concerns about violating clients' rights. Many of the staff are Asian, and the language and cultural gaps are wide.

This is not to deny that the living conditions are often untenable. There are many tragic situations. However – it seems to me that there are two ways to tackle this situation. Either we unilaterally condemn these facilities, or we work with them to achieve a higher standard of care. That involves learn-

ing to talk to each other, and to continue to provide educational resources. My suggestion to hold focus groups for facility staff was well received. It will take time to achieve a comfort level conducive to real communication. You have to start somewhere!

This news hot off the press: we ran into Ray

Schwartz after the presentation (he runs the North County Peer Counseling project): He and a group are working on reinstating a real-time Board and Care bed availability list.

“Either we unilaterally condemn these facilities, or we work with them to achieve a higher standard of care.”



NAMI San Diego Meeting Schedule

NAMI San Diego

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

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-Mende Well Being Center
Adjacent to the UTC Mall
Call Michelle Cauble at (858) 756-3140

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
First Monday, 6:00 - 8:00 p.m.
South County Family Resource Center
690 Oxford Street, Chula Vista
Call Luz Fernandez (East County clinic)
(619) 401-5500

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

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

San Diego Group
3rd Monday, 6:00-7:30 pm
NAMI San Diego Office
4480 30th Street, San Diego
Now meeting once a month
Karen Malsack (858) 560-0030

La Mesa NAMI Support Group
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 Family Support Group
Saturdays, January 28, and
February 4, 11:00 a.m. - 12:30 p.m.
NAMI-SD Office, 4480 30th Street
(attendance will determine whether Support
Group continues & how often it will meet.)
Just walk in, no registration necessary.

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
2nd 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
- Jardin Cesar Chavez

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
Mondays, 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 - 8:30 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
NAMI Facilitated Support Group*

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 Jim & Margaret England
Chairs, Legislative Committee

Jim and I are looking forward to taking on the chairmanship of the Legislative Committee, which has been so ably chaired by Caroline Hamlin. By the time you read this, we will have held our first meeting in January.

We realize we face a learning curve as this position is new to both of us, but we have spent sixteen years working with NAMI and in those years we have realized what a huge, growing impact NAMI has had and can have on the mental health system.

In those years we have attended many NAMI conventions including three in Washington, when we joined the hundreds of NAMI advocates walking the halls of Congress and speaking to our representatives, both in the House and the Senate. We also have been to Sacramento to involve ourselves with a strong NAMI representation at the California Capitol.

While living in Phoenix for fifteen years, we were constantly involved in the legislative activity at the Capitol, attending meetings and speaking to our representatives. At this time Jim was chair of one of the local NAMI affiliates, as well as serving on the board of one of the major providers of mental health services in Phoenix. Margaret was chair of the Homeless and Missing Network for NAMI, Arizona, and on the board of the Regional Behavioral Authority for Maricopa County, Arizona.

We are well aware that this is a critical time for advocacy as we face the looming cuts at State and Federal level, and we are committed to doing our part in making the voice of NAMI heard by our government officials.

Private Conservator's Support Group

The Private Conservator's Support Group meets on the fourth Wed of each month from 5:30 pm-7:00 pm. Call Mary Unterwegner to introduce yourself and confirm attendance (619-692-5669.) The group is usually small, but provides intensive problem solving and peer support regarding the complexities and emotional components of serving as a Private Conservator.

Why Family-to-Family?

Tips on Communicating With Your Loved One

By Lee McNeill-West
Contributing Writer

For years, I wanted to find an informative venue that would help me in my quest for guidance dealing with all the issues raised by my daughter, Wendy, who had bipolar I disorder. I found this in the L.A. NAMI group and eventually the Family-to-Family program.

While participating in this valuable program, I met a great friend, and we both agreed that it was the best thing we had ever done for our adult children with mental illness and for ourselves. We amassed a thick notebook of priceless information, but most of all we discovered that the guidelines on communication with our suffering adult children had an enormous impact on all of our lives.

My friend Florence used to have yelling matches on the phone with her son. Her son would call in anger several times a day, and she would often hang-up on him. She said that the communication guidelines helped stave off these incidents, and she actually now has "normal" conversations with him.

Wendy has often mentioned that after I took the class that she noticed a difference in our relationship. When Wendy is in the midst of a manic episode she may call me several times a day. She lives in San Diego and I live in Los Angeles. I'm retired and make myself available to be an attentive listener. If I choose not to be there physically, I can be with her "in spirit."

But how much empathy and restraint can one have when the ill person is talking about their frustrations, their fears, and their discomfort about meds, weight-gain or lethargic feelings five to six times per day?

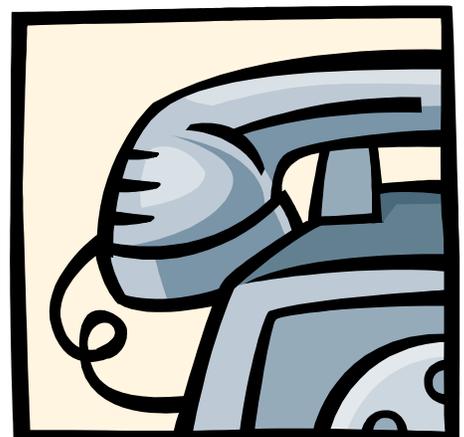
I plan for the listening! I follow the guidelines in the NAMI handout. I don't talk about how ill Wendy is: I have a "secret" that Wendy doesn't know about! I jot down on a piece of paper the events in my life, the lives of my family and friends and general gossip. I will say, "Wendy, did I tell you about...?" and eventually we are having a conversation about someone else!

One idea triggers another and then Wendy is not just talking about herself, but life in

general. I feel we have formed a bond/bridge in our relationship taking the conversation away from the personal diatribe and to a dialogue. We then are both happy. Wendy feels validated and I don't feel imposed upon. We both have had a chance to express ourselves and have enjoyed the experience. Wendy feels free to call because I don't lecture and nag and I feel that I have supported her. This process continues as her health improves, and she calls less. I am there for her, but not exhausted in the process.

We are both winners!

"I am there for her, but not exhausted in the process. We are both winners!"



Client/Consumer Resources

NAMI C.A.R.E. Support Groups

Consumer Support Groups
For more information call the
Albright I & R Center at
(619) 543-1434 or 1-800-523-5933

NAMI San Diego Office

4480 30th Street
San Diego, CA 92116
Every Thursday: 6:00 - 7:30 p.m.

Gifford Clinic (Cafeteria)

140 Arbor Dr.
San Diego, CA 92103
1st & 3rd Wednesdays: 2:00 - 3:30 p.m.

Sharp Mesa Vista Hospital

(Activity Room)
7850 Vista Hill Ave.
San Diego, CA 92123
*2nd, 4th & 5th Thursdays:
11:00 a.m. - 12 Noon*

Joslyn Sr. Center

210 Park Ave
Escondido, CA 92025
1st & 3rd Tuesdays: 4:00 - 5:30 p.m.

What's Your Review?

The following are a list of a few of the books that are available for check out in the NAMI library. Along with each video, NAMI provides a review sheet, done by someone like you, letting the next person know what you thought of the material.

Please help by checking one out and giving us your feedback. Call Emy Alhambra at (619) 543-1434 to participate.

Copeland, Mary Ellen, MS, MA—
Wellness Recovery Action Plan Book

Miller, Rachel & Susan E. Mason—
Diagnosis Schizophrenia: A Comprehensive Resource

Pauley, Jane—*Skywriting - A Life Out of the Blue*

Pinsky, Drew, MD—*When Painkillers Become Dangerous: What Everyone Needs to Know*

Spaniol, LeRoy, Bellingham, Richard, et al—*The Recovery Workbook II: Connectedness*

Patient Advocacy Program

5998 Alcalá Park, AW 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.

Bayview Clubhouse

330 Moss Street, Chula Vista, 91911
(619) 585-4646 • Fax: (619) 585-4625
*Mon, Tue, Wed & Fri: 9:00 a.m. - 3:00 p.m.
Thursdays: 9:00 a.m. - 5:00 p.m.*

Casa Del Sol Clubhouse

1157 30th Street, San Diego, 92154
(between Coronado Ave. & Del Sol Blvd.)
(619) 429-1937 • Fax: (619) 429-5205
*Monday: 8:30 a.m. - 6:00 p.m.
Tue, Thurs & Fri: 8:30 a.m. - 4:30 p.m.
Wednesday: Noon - 8:00 p.m. (Bilingual)*

Corner Clubhouse

2864 University Ave. (at Utah)
San Diego, 92104 (North Park, #7 Bus Line)
(619) 683-7423 • Fax: (619) 683-7428
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, Tue, Thurs & Fri: 8:00 a.m. - 4:00 p.m.
Wednesday: 8:00 a.m. - 6:30 p.m.*

Eastwind Clubhouse

2359 Ulric Street, San Diego, 92111
(858) 268-4933 • Fax: (858) 268-0244
Monday - Friday: 8:30 a.m. - 5:00 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, Suite A, San Diego, 92101
(619) 238-2711 • Fax: (619) 238-1127
Monday - Friday: 8:00 a.m. - 4:00 p.m.
An SSI advocate is available

Friends In Hand Clubhouse

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

Mariposa Clubhouse

560 Greenbrier, Suite 102, Oceanside, 92054
(760) 439-6006 • Fax: (760) 721-8542
*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 Meeting Place, Inc.

4034 Park Blvd., San Diego, 92103
(619) 294-9582 • Fax: (619) 294-9588
*Monday - Friday: 8:00 am. - 4:00 p.m.
1st & 3rd Saturdays: 10:00 a.m. - 2:00 p.m.*

Neighborhood House Association (NHA)

Friendship Clubhouse
286 Euclid Ave., #104, San Diego, 92114
(619) 266-2111 Ext. 105 • Fax: (619) 266-0496
Monday - Friday: 8:30 a.m. - 4:30 p.m.

Visions

226 Church Avenue, Chula Vista, 91910
(619) 420-8603 • Fax: (619) 420-0385
*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 Park and Recreation Therapeutic Recreation Services

(619) 525-8247
Monday - Friday: 8:00 a.m. - 5:00 p.m.
Serves over 50,000 participants each year. The goal of the program is to provide year round recreational experiences for individuals with disabilities.

The Creative Arts Consortium

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

DBSA-Depression Bipolar Support Alliance

There are meetings in different regions of the county. Call for meeting information:
1-800-826-3632
or go to the DBSA website at: www.dbsalliance.org



Membership

NAMI San Diego relies on its membership and your generous contribution to continue providing education and other services to people with mental illnesses, their families, and the community. 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.**

Name _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

____ Please mail my newsletter via post office

____ Please email my newsletter

____ Membership \$40.00
() New Member () Renewal

____ Professional Membership \$75.00

____ Organizational Membership \$100.00

____ **Please contact me about a Scholarship Membership**

____ Donation* _____

____ Please contact about volunteer opportunities

To pay by Credit Card:

_____ print name as it appears on card

_____ card number

____/____ expiration date

____ Visa ____ MasterCard

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_____ signature

The Advocate

Vol. X, Issue 2, February 2006



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San Diego, CA 92116

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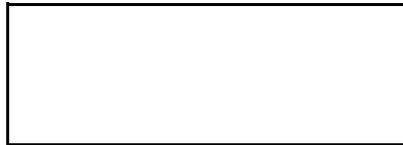
1st Thursday!!!

Dr. Cathy Lok!

February 2, 2006

6:30 p.m.

See page 1 for info!



Return Service Requested

Let NAMI Be Your Cupid!

For a donation of \$10.00 (or more!), NAMI will send a nice Valentine card to your loved one with the following message:

To: *Name*
Happy Valentine's Day &
Love All Year Long!
From: *Name*

*Name, a generous donation has been made to
NAMI (National Alliance on Mental Illness)
San Diego in your honor!*

Name: _____

Address: _____

Phone: _____

Send Card To: _____

Address: _____

To order more than one card, include a separate page.

Please enclose your donation and send this order form to NAMI
San Diego, c/o Jim, 4480 30th Street, San Diego, CA 92116



Kick-Off Luncheon

NAMI Walks
to be held Saturday,
April 15, 2006 in Balboa Park

Kick-Off Luncheon
Thursday, February 16,
2006, Noon

Marriott Mission Valley
8757 Rio San Diego Drive
San Diego, CA 92108

Lunch is Complimentary.

RSVP by February 8, 2006 to
Jim Starek at (619) 584-5564





The Nation's Voice on Mental Illness

*4480 30th Street
San Diego, CA 92116*



Hosted by:

**NAMI San Diego,
NAMI North County Coastal,
NAMI North County Inland,
NAMI-SIT**

Luncheon sponsored by:



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