

The Mood Spectrum

By John McManamy

Depression and bipolar disorder are classified as separate illnesses, but psychiatry is increasingly viewing them as part of an overlapping spectrum that also includes anxiety and psychosis.

The leading proponent of the mood spectrum is Hagop Akiskal, MD, of the University of California at San Diego, who advocates that bipolar disorder be widened to include as many as half of those currently diagnosed with unipolar depression.

In one study on a population of so-called unipolars, Dr. Akiskal and his colleagues found that 66.3 percent of those who were irritable had at least three hypomanic symptoms – what the authors call a depressive mixed state

Wrote Dr. Akiskal in a special issue of the Journal of Affective Disorders in Feb 2005, “the nonrecognition of depressive mixed state is nothing short of a clinical tragedy because these are the very ‘unipolar’ depressive patients who are likely to do poorly on antidepressants ...”

Dr. Akiskal is not a lone voice. The Spectrum Project is an international consortium of academic researchers led by Giovanni Cassano, MD, of the University of Pisa. In 2004, this writer sat down with one of Dr. Cassano’s collaborators on the project, Ellen Frank, PhD, of the University of Pittsburgh. Said Dr. Frank: “What we’ve been arguing is that even isolated symptoms that don’t cluster together to create episodes may be important.”

A 2004 study by the Spectrum collaborators found that, among other things, even one hypomanic symptom

cont. at right...

NAMI San Diego's First Thursday Education & Advocacy Meeting February 1, 2007

Knowledge is Necessity

Presenter: John McManamy

John McManamy is a former financial journalist with a law degree who has struggled with bipolar disorder (also known as manic depression) most of his life. He is the author of *Living Well with Depression and Bipolar Disorder*, as well as a series of articles. One of these articles, “The Mood Spectrum,” is printed in the left column.

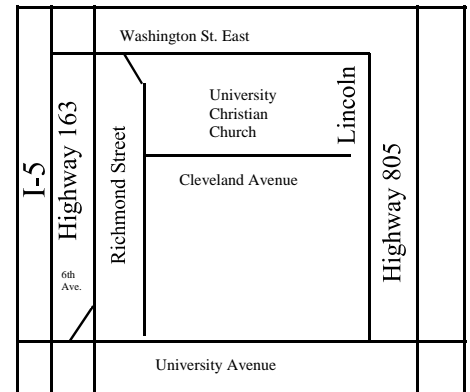
John has had rave reviews from NAMI members, and his talk promises to be excellent. *See you there!*

Ask the Doctor: To Be Announced

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

Schedule:

- 6:30 p.m.:** Ask the Doctor
- 7:00 p.m.:** Announcements & Advocacy
- 7:10 p.m.:** Program
- 8:30 p.m.:** Refreshments & Social



cont. from left...

in a unipolar depressed individual can have significant repercussions. Here, each manic/hypomanic item increased the likelihood of suicidal ideation by 4.2 percent. For 10 items (the researchers used a much longer checklist than the one appearing in the DSM), this would equate to a 42 percent increased risk.

Although Dr. Frank cautioned in our interview, “I don’t think we know yet whether [our findings have] treatment implications,” and that “this is a new area of research, relatively speaking, and we don’t know exactly where it will lead us,” she also advised:

“I think patients need to be aware of what might be softer expressions of both hypomania or mania, and try to the fullest extent possible to get their doctors to listen to their concerns that there may be something more going on here than unipolar depression.”

Be wise. Be well.

NAMI's Workin'

By Bettie Reinhardt
Executive Director

Some months I write a column that I fear will be out of date before you receive the newsletter in your mailbox. I confess that this month I am writing a column that I think is likely out of date even as I write it. Don't let this stop you from reading the rest of the page, it is still useful and important information.

We passed Proposition 63 in November 2004 to improve public mental health services in California. We knew it would take some planning but few people had any concept of the amount of planning and the time needed to implement the planned services. The California Department of Mental Health has approved Counties' plans for a portion of the money – the Community Services and Supports. Since you worked so hard to pass this initiative that is now called the Mental Health Services Act, I want to bring you up to date about the programs and services that the Act is now funding in San Diego County.

Children, Youth, and Families

- School based mental health services at over 300 sites provided by various schools countywide.
- Full Service Partnership mental health services to Latino and Asian/Pacific Islander clients provided by Community Research Foundation (CRF).
- Mental health assessment and treatment services at Juvenile Court and Community School sites provided by CRF.
- Homeless/runaway mental and behavioral health services provided by San Diego Youth & Community Services (SDYCS).
- Mental health outpatient services to Seriously Emotionally Disturbed children ages 0 – 5 provided by Palomar Family Counseling Services in North County.

Transition Aged Youth (16 – 24) and Families

- Intensive Assertive Community Services and supported housing provided by Providence Community Services.
- Clubhouse and Peer Support Services provided by Providence Community Services.
- Enhanced outpatient mental health services provided by CRF in East and South regions, CRF, UCSD, and

“[Here are] the programs and services that the MHS Act is now funding in San Diego County.”

Neighborhood House (NHA) in Central region, CRF and UPAC in North Central, and Mental Health Systems, Inc. (MHS) in North Coastal and North Inland.

Adults

- Homeless integrated services and supported housing provided by CRF and MHS.
- Integrated services and supported housing for justice system clients provided by MHS.
- Family education services provided by NAMI San Diego and the other San Diego County NAMI affiliates and Union of Pan Asian Communities (UPAC).
- Clubhouse enhancement and expansion of employment services provided by all clubhouses.
- Supported employment services provided by MHS.
- Enhanced outpatient mental health services provided by CRF in South and North Central regions, CRF, Family Health Centers, UPAC, and NHA in Central, and MHS in North Inland.

All Age Groups

- Mental health services for victims of trauma and torture provided by Survivors of Torture, International.

Administrative Services

- Data analysis and performance monitoring provided by Dept. of Family and Preventive Medicine, UCSD School of Medicine.
- Children's mental health services data service expansion provided by Rady Children's Hospital.
- Housing/Capital Facilities Technical Consultant provided by Corporation for Supportive Housing.
- Child and youth consumer/family liaison provided by Family and Youth Roundtable.
- Adult consumer liaison provided by Labor Community Services Agency.
- System-wide outreach: educational radio shows were on CASH 1700 AM (completed).
- Breaking Barriers Initiative provided by Mental Health Association in San Diego County.

Other services, including those for Older Adults, have not yet been implemented. I know that you want to keep up with how this money is being spent. For more information about the above list, check out sandiego.networkofcare.org/mh/home/.



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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The NAMI San Diego Advocate is a monthly publication of

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San Diego, CA 92116

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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 fax to (619)584-5569 or email at exudir@namisandiego.org or contact any of the people mentioned in the articles.

Legislative Update

Big CA State Budget Items; Big Impact

By Jan Daugherty
GRAC Communications

This month, the column focuses on Governor Arnold Schwarzenegger's California 2007 initial proposed budget regarding Mental Health and Health-related programs. Briefly mentioned below are what the Mental Health Association in California (MHAC) considers to be the most significant actions in the proposed budget. To download the full summary, go to: http://www.officeofrustyselix.org/email/CCMH/info/070110_budget%20summary.pdf.

Mental Health Services Act - Revenues to the Mental Health Services Funds are projected to increase for a total estimate of \$1.6 billion in 2006-07 and \$1.8 billion in 2007-08. The Governor proposes no changes in state administration expenditures for the Department of Mental Health (DMH) for Proposition 63.

Realignment - Realignment is the state program created in 1991-92 dedicating a portion of state sales tax and vehicle license fee revenues to mental health social services and indigent healthcare programs operated by counties. For 2007-08 the Governor's budget projects that the full share of sales tax growth can go to county mental health representing a full increase of \$90 million.

Integrated Services for Homeless Adults Program (AB 34) - The Governor has proposed the elimination of AB 34 integrated services for the homeless adults program, stating that similar services are available under the Mental Health Services Act. MHAC believes that this is a clear violation of the Act's requirements for the state to maintain current expenditures.

Governor's Universal Health Care Proposal Highlights - The Governor's health-care reform plan includes many components, only two of which are mentioned here:

—Requires all Californians to have health insurance or face unspecified tax penalties. The minimum health insurance benefit is a \$5,000 deductible plan with maximum out-of-pocket limits of \$7,500 per person or \$10,000 per family.

—Requires businesses with 10 or more employees that don't provide health insurance to pay a 4 percent payroll tax to a fund that will help provide low-cost policies.

Corrections - The Budget provides a total of \$93.9 million to continue the implementation of various program enhancements to reduce recidivism. These programs include educational needs assessments and substance abuse program expansions in institutions, structured re-entry services such as mandatory conditions of parole, and community reintegration programs including residential services for parolees, day reporting centers, and increased clinical services for mentally ill parolees.

Supplemental Security Income/State Supplementary Payment (SSI/SSP) - The Governor's Budget proposes \$3.9 billion for the SSI/SSP program in 2007-08; thus fully funding the \$217 million cost of providing cost-of-living adjustments for aged, blind, and disabled SSI/SSP recipients.

Early Mental Health Initiative Program (EMHI) - The Governor's Budget includes a \$5 million increase to augment the Early Mental Health Initiative (EMHI), which provides grants to local education agencies for supportive, non-clinical mental health intervention, and prevention services to children (grades K-3) who have mild or moderate school adjustment difficulties.

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

Sibling and Adult Children's Group

Second Wednesday, 7:00 - 9:00 p.m.
Scripps-Mende Well Being Center
Adjacent to the UTC Mall
San Diego 92122
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 Street, San Diego 92110
Call Joan Williams at (858) 274-3716

La Jolla NAMI Support Group

First Tuesday, 7:15 - 9:00 p.m.
La Jolla Presbyterian Church (Room #9)
Enter on Eads Ave. - San Diego 92037
(858) 457-5057

NAMI Family Support Group

2nd & 4th Thursdays, 6:00 - 7:30 p.m.
Pegasus East
7841 El Cajon Blvd., #C
La Mesa, CA 91941

RSVP-Carol Davis at 858-220-3737.

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
(1st Floor, Fellowship Hall)
5777 Lake Murray Boulevard
La Mesa 91942
Call Peggy & Bob Chambers:
(619) 464-0476

Spouses of Persons with the Diagnosis of Bi-polar

Second Wednesday, 6:30 p.m.
Clairemont Lutheran Church
(Luther Hall, Rm. 13/14 on the 2nd Floor)
4271 Clairemont Mesa Blvd.
San Diego 92117
(858) 273-7423

Spanish - South Bay

First Monday, 6:00 - 8:00 p.m.
South County Family Resource Center
690 Oxford Street, Chula Vista 91911
Call Luz Fernandez (East County Clinic)
(619) 401-5500

Spanish - Area de Clairemont - NAMI-SD Grupo de Apoyo

Clairemont NAMI Support Group
Tercer Martes (3rd Tuesday) 6:30-8:00 p.m.
St. David's Episcopal Church (biblioteca)
5050 Milton Street, San Diego 92110
(619) 543-1434 or (800) 523-5933

Spanish Family Support Group

Third Thursday, 6:00 - 8:00 p.m.
South Bay Guidance Center
835 3rd Avenue, Suite C
Chula Vista 91911
Call Gina Osuna: (619) 425-6879

NAMI Patton

Third Sunday, 1:00 - 3:00 p.m.
c/o Patton State Hospital
(Administration Annex - Room 148)
3102 E. Highland Avenue
Patton, CA 92369
Tel: (909) 425-7392 ☎ Fax: (909) 425-0160

NAMI-SIT

Schizophrenics in Transition

Board Meeting

Call for meeting time.
144 Copper Avenue, Vista 92083
(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.

Kinesis North

474 W. Vermont Ave, Escondido 92025
(760) 745-8381 or 1-800-523-5933

Monday Share & Care in Fallbrook

Mondays, 5:00 - 6:30 p.m.
Fallbrook Healthcare Foundation Building
Corner of Mission and Fig
Fallbrook 92028
Call for further information: (760) 745-8381

Tuesday Share & Care Meeting

1st, 3rd, 4th & 5th Tuesdays, 4:00 - 5:30 p.m.
Joslyn Senior Center
210 East Park Ave, Escondido 92025
(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
2775 Carlsbad Blvd., Carlsbad 92008
(760) 722-3754 or (800) 523-5933

Education Meeting followed by

*NAMI Facilitated Share & Care
Support Group 8:30 - 10:00 p.m.*

TARA Borderline Personality Disorder Support Group

First Tuesday monthly at 6:30 - 9:00 p.m.
Carlsbad Community Church
3175 Harding Street, Carlsbad 92008
(760) 729-2331- Ask for Sandy

Remembering Kamala Castle

Eulogy delivered by Bettie Reinhardt

Kamala Diane Castle was born April 1st, 1965, in Pomona, CA to Bob and Barbara Castle, the youngest of three children. Kamala graduated from El Toro High School in Lake Forest, CA in 1983 and later moved to San Diego where she worked and volunteered for NAMI San Diego and as a volunteer in pet therapy for the Humane Society. Everywhere Kamala went, she left an indelible mark on those she touched, one of hope and encouragement. Kamala Castle passed from this life on January 6, 2007. She is survived by her parents, Bob and Barbara, a brother Bobby and his wife Laurie, a sister Christy and her husband John, and her beloved nieces and nephew, Kaylee, Jessica, and Tristan.

Kamala was a special person. We knew it on meeting her and we were blown away by it when she spoke. I have collected some descriptive words from the people who knew her well: fighter (some might say stubborn), vibrant, sweet, sweet miracle, awesome, courageous, inspiring, hero, never gave up, charming, personable, candid, generous heart and spirit, deeply sensitive, healing, and articulate.

Kamala embraced NAMI and wanted to be part of everything including the first Peer-to-Peer mentor training in 2002 and the first NAMI C.A.R.E. facilitator training. She became a very conscientious and effective In Our Own Voice Coordinator for NAMI San Diego. It wasn't just that she sent in all of the required reports. She got the presenters to agree to their schedule because no one could say "no" to Kamala. The amazing thing is that the more she cared about NAMI, the straighter we stood and the prouder we felt of what we had to offer our community.

Finally, I read through some of the thank you notes that Kamala received over the years. They thanked her for: making a difference in our lives, sharing her light, being a great partner, making the writer's journey easier, giving a Family-to-Family class hope, touching their hearts, and opening their eyes. Most often they said what we all say, "Kamala, we thank you for being in our lives."

In Memory

NAMI Eulogizes Kamala Castle

Kamala Castle passed away the evening of January 7, 2007, after a long-time battle with anorexia. The Memorial Service and Celebration of Her Life Service was Tuesday, January 9th at 5:00 p.m. in Lake Forest.

Kathy Lutes:

Kamala was always in my heart and in my thoughts and prayers.

Ann Cummings:

Kamala offered me her friendship in 2001 when we were trained as Peer to Peer Mentors. This was BC (before cell phones), but we spoke often and regularly. It was through Kamala's efforts that North San Diego County was able to participate in IOOV NAMI-C.A.R.E. Trainings. Also, North County's first Peer to Peer class was made possible when Kamala and Kathy Lutes agreed to drive from San Diego one day a week for 9 weeks to help teach Peer to Peer. Once we both had cell phone service through Verizon, we spoke to each other almost daily. Kamala was a quiet, gentle, loving spirit in the body of a warrior. She determinedly went after her goals and objectives with the stubbornness of someone who was use to competing...and coming out on top. Whether it was NAMI business or just trying to reach a friend by phone, she was determined and relentless in achieving her ambitions and aspirations. Her spirit was huge wrapped in a small body of anorexia. She was good, kind, thoughtful, and always a support to friends and family members. The battle for her life was lost when she became exhausted from the fight to challenge her disorder any longer. Anorexia is the most difficult of mental illnesses to treat and has the highest death rate of

any other mental illness. She needed a rest and the good Lord opened his arms and welcomed her home to a place of beauty and peace. I will miss her greatly but will also cherish the memories of our laughter and cheer in being together.

"I will miss her greatly but will also cherish the memories of our laughter and cheer in being together."

Eric Revere: One of my first contacts with consumers in recovery was Kamala's IOOV presentation at one of our general meetings many years ago. It ranks as one of the most moving experiences in my life and one of the moments that inspired me to become more involved in NAMI. The legacy of this courageous young woman was her open example to so many people that recovery is a journey.

Should you like her parent's address to send a card, their address is: 21841 Ticonderoga, Lake Forest, CA 92630.

The Castle's are asking that donations be made to NAMI San Diego in lieu of flowers:

NAMI San Diego
4480 30th Street
San Diego, CA 92116

Cynthia Ross will be a captain of a team at the NAMI-Walk in memory of Kamala. If you would like to join the team, please call NAMI San Diego at (619) 584-5564.

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
2nd & 4th Thursdays: 6:00 - 7:30 p.m.

Gifford Clinic (Cafeteria)

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

Sharp Mesa Vista Hospital

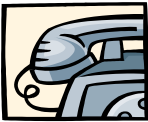
(Activity Room)
7850 Vista Hill Ave.
San Diego, CA 92123
Every Thursday: 11:15 a.m. - 12 Noon

Tri City Outpatient Program

510 West Vista Way
Vista, CA 92083
Call: (760) 722-3754
Every Wednesday: 2:00 - 3:00 p.m.

North Coastal Mental Health Clinic

(in the trailer in back parking lot)
1701 Mission Ave.
Oceanside, CA 92054
Call: (760) 722-3754
Every Friday: 2:00 - 3:00 p.m.



Access & Crisis Line

1-800-479-3339
24 hours a day/7 days a week

Client Warm Line

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

Albright Information & Referral Center

1-800-523-5933, 1-619-543-1434
Volunteer resource specialists can pro-
vide information and support to callers
and visitors, including consumers,
family members and professionals.

Client/Consumer Resources

Patient Advocacy Program

5998 Alcalá Park, AW 304, San Diego 92110
(619) 260-7660 or 1-800-479-2233
Fax: (619) 260-7680
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 ☎ Fax: (619) 471-2782
Monday - Friday: 9:00 a.m. - 5:00 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
Monday - Friday: 8:00 a.m. - 4:00 p.m.
Once a month Saturday outing - Call for
information.

Casa Del Sol Clubhouse

1157 30th Street, San Diego 92154
(between Coronado Ave. & Beyer 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 Ext. 109 ☎ 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 92025
(760) 737-7125 ☎ Fax: (760) 737-6129
Monday - Friday: 8:00 a.m. - 4:30 p.m.
1st Saturday of month: 10:00 a.m. - 2:00 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 (must be a member)

Friends In Hand Clubhouse

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

Mariposa Clubhouse

560 Greenbrier, Suite B, Oceanside 92054
(760) 439-2785 ☎ Fax: (760) 439-6902
Monday - Friday: 8:00 a.m. - 4:30 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.

Neighborhood House Association (NHA)

Friendship Clubhouse
286 Euclid Ave., #102, San Diego 92114
(619) 266-2111 Ext. 106 ☎ 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
Monday - Friday: Noon - 7:00 p.m.
Saturday & Sunday: Noon - 5:00 p.m.

The Access Center of San Diego

1295 University Ave., Suite 10, San Diego 92103
(619) 293-3500 ☎ Fax: (619) 293-3508
Monday - Friday: 9:00 a.m. - 5:00 p.m.

Employment Services

1202 Morena Blvd., Suite 201, San Diego 92110
(619) 276-8071 ☎ Fax: (619) 276-3542
Monday - Friday: 8:00 a.m. - 4:30 p.m.
(Must be receiving services from a county funded
mental health program and approved by Depart-
ment of Rehabilitation)

Job Options

3465 Camino del Rio South, Suite 300
San Diego 92108
(619) 688-1784 (Valorie) ☎ Fax: (619) 688-9884
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

3325 Zoo Drive, San Diego 92101
(619) 525-8247 ☎ Fax: (619) 299-9304
Monday - Friday: 8:00 a.m. - 5:00 p.m.
Provides year round recreational experiences for
individuals with disabilities.

The Creative Arts Consortium

P. O. Box 3053, San Diego 92163-3053
(619) 282-4627 or (858) 481-7069

Compeer San Diego

Offering support, information, and friendship!
For more information: (858) 361-3632
Website: www.compeersandiego.org
E-mail: info@compeersandiego.org

DBSA-Depression Bipolar Support Alliance

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

The Advocate

Vol. XI, Issue 2, February 2007



4480 30th Street
San Diego, CA 92116

Non-Profit
Organization
U. S. Postage
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1st Thursday!!!

Knowledge is Necessity

February 1, 2007


6:30 p.m.

See page 1 for info




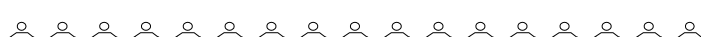
Return Service Requested

Upcoming Family-to-Family Classes



Confirmed:
 St. David's Episcopal Church – English F2F
 (North Central region)
 Thursdays – Feb 8th to May 3rd
 (No class April 5th) 6:30 – 9:00 pm

Soon To Be Confirmed for Feb/March:
 Maria Sardinias BPSR Center – Spanish Familia a Familia (South region)
 Logan Heights Family Counseling Center – Spanish Familia a Familia (Central)




 South East Mental Health Center – English Family-to-Family (Central)
 English Family-to-Family (El Cajon)

Family-to-Family is a 12-week course for the families of persons with serious and persistent brain disorders.



From Coast to Coast, thousands will walk this year to promote hope, treatment, and recovery! Add your footsteps to ours!

San Diego County NAMI WALKS Fun 5K
April 21, 2007
Balboa Park at 6th and Quince

We are pleased to announce that Channel 10's News anchor, Carol LeBeau has agreed to be NAMI San Diego County Walk's Honorary Chair. Here are a few words she says about NAMI and the walk:

"I would like to take this opportunity to show my support of a San Diego resource that is vital to the overall health and well being of our community. NAMI stands for the National Alliance on Mental Illness and it is organizations such as this that shine a light on the stigma attached to mental illness—a stigma that comes from fear due to lack of knowledge. NAMI in San Diego County is at the center of education, support and advocacy regarding these brain disorders."



"The San Diego County NAMI 2/5K walk/run will be held on April 21, 2007 in Balboa Park. Registration begins at 7 a.m. In past years, this walk has proven almost magical, with over a thousand people coming together to learn more about mental illness, develop stronger ties with one another, and celebrate a beautiful day with friends and loved ones."

NAMIWALKS is the area's largest and most important event to raise awareness and funds to help underwrite programs such as "Family to Family", as well as other important programs of support, education, advocacy and research.

Online registration is open! Go to: www.namiwalksandiego.org

Please join Carol LeBeau and the NAMI San Diego County Walk committee at this year's event!