
The Alliance Advocate

Vol. IV, Issue 1

January 2000

NAMI San Diego

San Diego's Voice on Mental Illness
(Formerly San Diego Alliance for the Mentally Ill)

DECEMBER-AT-A-GLANCE

By
Bettie Reinhardt
NAMI San Diego Executive Director

Name Change

You will see the use of both "San Diego Alliance for the Mentally Ill" and "NAMI San Diego" for a few months. The membership voted by ballot to change our name to NAMI San Diego (90% for). Members at the annual meeting on December 2 voted to change the name in the bylaws. We have now filed a Certificate of Amendment of Articles of Incorporation with the Secretary of State. When we receive approval from the Secretary of State, we will notify the IRS and the post office. This means the name change is official enough to generate new letterhead and a new door sign but not official enough to put on our newsletter masthead or any contracts.

LPS Forum

The forum sponsors asked speakers to respond to four questions: What do you like about the LPS System? What don't you like about the LPS System? What concerns you about the LPS System? What do you need that you're not getting from LPS? Since we have not taken a position on the proposed reform, I responded to the questions as follows: I like the due process protections (I worked as a nurse in a California psychiatric setting before LPS and we do NOT want to return to those days.). I also like the ability to obtain evaluation and treatment in extreme circumstances to protect family members (when people with mental illnesses are violent, the people they hurt are usually family members) and to prevent suicide. I don't like the atmosphere or culture that the LPS System has created in which families can only get help for relatives by evicting them from their homes. The Albright Center receives, on average, one call a day from a family who is desperate to obtain help for its relative and has been told that the only way is to put the relative on the street so the Homeless Team can approach him -- or until his condition deteriorates to 5150 criteria. The very uneven implementation of the LPS System concerns me. For example medical participation in hearings is sometimes meaningful and sometimes nonexistent. The LPS, or any replacement law, needs to be re-examined more often than 20 or 30 years to check for unintended consequences.

Ride for Awareness

Remember the cross-country bike rider that left from San Diego in September? Ashley Trace's goal was to increase awareness about mental illness as well as to raise some money for his NAMI affiliate in Oregon. Ashley writes, "I wanted to thank you and

(Continued on page 2--At-a-Glance)

2000 MEMBERSHIP RENEWAL

A Friendly Reminder—if you have not renewed your 2000 membership, please take a few minute to complete the application on Page 11 and mail to NAMI San Diego today.

NAMI San Diego's membership year is based on the calendar year.

Membership dues received during the period October 1999 through September 2000 will be credited for the 2000 year.

Your membership also include NAMI & NAMI California membership and subscriptions to their newsletters.

EDUCATION & ADVOCACY MEETINGS

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

Thursday, January 6, 2000
6:45 p.m.

**Speakers: Gretchen Burns Bergman
& Sylvia Liwerant,
Co-Directors
Tom O'Donnell, Asst. Director
Parents for Addiction Treatment &
Health (PATH)
Topic: PATH Services**

Additional AMI meetings
in the San Diego County area
are listed on Page 10.

(Continued from page 1—*At-a-Glance*)

your office for your help with my fund-raising bike ride. Those first 2 days in California were T.O.U.G.H!! After that things got much better. I made it in 26 days of riding.”

SDSU School of Accountancy Consulting Project

NAMI San Diego has had the advantage of free consulting services. Board member, Carol Venable, gave some of her audit/systems graduate students the option of doing a real project and learning about the world of non-profit organizations in the process. They delivered two major products to us this month: an orientation document for new board members and recommendations for improving cash handling procedures.

Old and New Boards to Meet

The 1999 and 2000 NAMI San Diego boards will meet together on Wednesday, January 19, in the Goodwill Industries dining room to get the new board off to a running start. Our thanks to Dr. Ertl for making the dining room available.

Celebrate Mental Health!

Some of us are having a hard time working the holidays in between committee meetings. Marla Kingkade of PERT, Inc. is chairing the street fair committee and Dianna Benson of MHS, Inc. is chairing the employers' breakfast committee. Both are dynamic, task-oriented people and the activities are shaping up terrifically.

Celebrate Mental Health! is held during May, Mental Health Month. The breakfast is scheduled for May 18 and the street fair for May 20.

Meeting of the Minds

Planning is underway for the third Meeting of the Minds in October, 2000. A call for papers will be issued in January.

Family and Caregiver Education on Schizophrenia Series

The second series presented by NAMI San Diego and San Diego County Mental Health Services completed on December 15. There is even more good news -- Dr. Amenson trained over 20 mental health professionals and 5 NAMI members from all areas of the county this month to present the series. That means it will be presented regularly and at many different sites. Watch this publication for more information.

Family to Family

Unfortunately, the NAMI Family to Family Education 12-week series will not begin in February as planned due to site problems. Watch this space for new date and place.

Directions to the Albright Information and Referral Center/NAMI San Diego Offices

The address is 1094 Cudahy Place, Suite 120.

Morena Boulevard exit from I-8 going east or I-5 going north:

- Stay in the left lane, which branches into West Morena Boulevard
- Turn left on Buenos Avenue
- Three-story building called the Morena Office Center is immediately on your

Tecelote Road exit from I-5 going south:

- Turn right on Morena Boulevard
- Turn right at the first traffic light, Buenos Avenue
- Cross West Morena Boulevard
- Office building is immediately on your left

After all that, if you know where Toys R Us is, you will find it easier to find by looking just one block south of Toys R Us.

To register your opinion on any of these issues, call Bettie Reinhardt at (619) 294-9941 or contact any of the people mentioned in the article.

President's Corner

I am very excited about the changes coming in mental health care. I am looking forward to working with you and our board of directors during the coming year. I think we are all here because we truly do care about the issues NAMI San Diego addresses and hope that we will be able to make a difference.

I have three task forces that I would like to see start working as soon as possible. If you are interested in working on any of these tasks, please contact Bettie Reinhardt at (619) 294-9941 or me at (858) 484-9411:

NAMI Conference Task Force. Work with Bettie, Emy Alhambra, other staff and NAMIs from San Diego County. Goal is to ensure that NAMI has a successful and productive annual national meeting in San Diego in June 2000. Final report – July meeting.

Annual Report Task Force: Work with Bettie. Goal is to determine content and design an annual report for NAMI San Diego that could be used from year to year to send to our membership, supporters and current and potential contributors. Planned completion at March meeting.

Membership Task Force. Work with Bettie and Emy. Goals are: (1) Evaluate options we have for membership fees and bring a recommendation to the board; (2) determine what volunteer opportunities we could include on our regular membership application and give staff direction on how we want them to track and include volunteers in areas where they would like to serve. Planned completion at March meeting.

Marjie Joramo

PRESIDENT CLINTON SIGNS HISTORIC WORK INCENTIVES LEGISLATION INTO LAW

NAMI E-News
December 17, 1999

Today, President Clinton signed the Ticket to Work and Work Incentives Improvement Act into law at a signing ceremony at the FDR memorial in Washington D.C. The President was accompanied by members of Congress and the Administration, and in attendance were hundreds of advocates of the disability community, including representatives of NAMI. As the President signed the bill, he noted that this landmark legislation carries the distinction of being the last bill signed into law in the 20th century. The President announced that he has directed officials at the Social Security Administration and the Health Care Financing Administration to expedite implementation of several key provisions of the Act, including the Work Incentives Planning and Assistance program and state Medicaid buy-in programs.

NAMI again wishes to congratulate and thank NAMI members for their constant effort in advocating for the removal of barriers to work for people with serious brain disorders. This historic federal legislation adds greatly to the continuing momentum of positive change in the lives of consumers and family members brought about by grassroots advocacy.

SUMMARY OF THE TICKET TO WORK AND WORK INCENTIVES IMPROVEMENT ACT (HR 1180)

Overview of TWWIA

The first thing to keep in mind when analyzing the Ticket to Work and Work Incentives Improvement Act (TWWIA) is that it is both complicated and incremental. Its complexity grows out of the fact that the rules governing Social Security's income support and health care programs are very cumbersome and, too often, unfair. Any

effort to enact meaningful reforms, by its very nature, is going to be complicated.

The incremental nature of the new law stems from the strict limits imposed by congressional budget rules governing changes to entitlement programs such as SSI, SSDI, Medicare and Medicaid. Under the Budget Act, legislative changes to entitlement programs are required to be "offset" by cuts in other programs in order to be "budget neutral" (i.e., no net addition to future federal spending over 5 and 10 year intervals). Since these offsets are so hard to come by (offsetting cuts by their very nature result in some constitu-

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ency or interest taking a hit), Congress and the Clinton Administration were forced to limit the scope of the bill to less than \$800 million over 5 years (a very small amount given the scope of federal entitlement spending). Thus, simple long-term solutions to the unfairness of Social Security's programs - sliding scale declining cash benefits in the SSDI program, a national Medicaid buy-in, permanent Medicare extension - were too expensive and unrealistic for Congress to enact in a single bill.

Nevertheless, TWWIA contains many positive changes for consumers. The new law allows recipients of certain Social Security disability benefits (including adults with severe mental illnesses on SSI and SSDI) to seek vocational rehabilitation and employment services from providers of their choice and to return to work while retaining their government-sponsored health insurance.

Currently, after a nine-month trial work period, a disabled worker who receives SSDI benefits but earns more than \$700 per month will lose his or her cash benefits and Medicare health coverage after 39 additional months. Generally, workers who receive SSI disability benefits will lose their Medicaid coverage once earnings make them ineligible for cash benefits. The new law will allow workers with disabilities the option to work and keep their health coverage. It also creates consumer choice in employment preparation and placement services to reduce the dependency on government assistance and a new payment system to reward results by paying service providers part of the benefit savings when disabled individuals leave the rolls for work. It also creates options for individual states to allow the working disabled to purchase Medicaid coverage.

(The Albright Center has a copy of the detailed analysis of the bill and the analysis can be found at <http://www.ssa.gov/legislation/legis-bulletin-120399.html>)

The Creative Arts Consortium
is Proud to Announce

Auditions for
Valentine Show 2000
February 11th

We are seeking mental health clients of San Diego to entertain with talents in the following categories:
Vocal, Dance, Comedy, Drama, Short Skits, Magic, Jugglers, Mimes, Variety, Piano Solos, Duets, Trios, Quartets or Any Other Type of Performing Arts

Auditions:

Thursday, January 6th
Friday, January 7th
10:00 a.m. – 2:00 p.m.
War Memorial Building, 3325 Zoo Drive
(Balboa Park – #7 bus route)
For Further Information, Please Call:
Dolores Alegria at (760) 631-2206

**NAMI APPLAUDS
SURGEON GENERAL'S
REPORT AS A
FOUNDATION FOR ACTION**

*Laurie Flynn, Executive Director, NAMI
(National Alliance for the Mentally Ill)*

The Surgeon General's Report on Mental Health is an important step forward, building on the vision of the White House Conference on Mental Health which earlier this year identified the crisis in mental illness treatment in the United States.

The Report provides a national baseline for understanding mental illness and the gap between what we know and what we do in treating mental illness. It describes a system that is fragmented, with critical gaps and barriers. Mental illnesses are biological brain disorders. Treatment exists, if you can get it, but too many Americans cannot.

Every year, one out of every five Americans - adults and children alike experience a mental disorder. No one is immune. The direct cost to the nation is approximately \$70 billion. Indirect costs total almost \$80 billion. Mental illnesses kill. They ruin lives and destroy families.

The Report's single, explicit recommendation is that anyone with symptoms of mental illness should seek help. But in the face of a public health crisis, Americans must demand that treatment and services be made available.

The Report provides a foundation for action. Ultimately, however, the President and Congress, and leaders at the state and local levels, are the ones who have the power to help. In spite of laws in over half the states, many health insurance programs continue to discriminate against people with mental illness. In spite of overwhelming need, many public programs also do not give priority to those who are most in need.

The Report recognizes the importance of a quiet scientific revolution that has generated greater understanding of the nature of mental illnesses and effective treatments. But what the Report does not explicitly say is that the federally declared Decade of the Brain must not end. As America enters the new millennium, we must redouble and triple commitments to

Legislative Update
*by
Caroline Hamlin*

Assembly Bill 1028, a bill that will amend the Lanterman-Petris-Short (LPS) Act, will be introduced by Helen Thomson into the assembly January 3 and must be voted on by January 31, 2000. This bill is one of the most important and divisive pieces of legislation affecting involuntary treatment of the mentally ill that has been proposed since the original LPS bill passed in 1968. The law as it presently stands requires that a person be found to be in immediate danger to himself or others or gravely disabled (unable to provide for food, clothing or shelter) before being involuntarily held in a hospital. The proposed amended bill will change this criteria to allow early intervention before the person become dangerous. The bill is complex and the issues difficult. Our previous newsletter have contained numerous articles reporting the recommendations of the LPS Reform Task Force, which was put together by the Los Angeles County Affiliates of NAMI and the Southern California Psychiatric Association, and the Pro's and Con's of the reform recommendations.

NAMI California has come out in support of LPS reform: "... Therefore, be it resolved that NAMI California supports legislative reform of the LPS Act to allow hospitalization of those individuals based n their need for treatment before the person becomes a danger to self or others and to allow court mandated community assisted treatment and mediation upon release from hospitalization."

Our own NAMI San Diego Board has not yet taken a position of support or non-support, but will be studying legislation closely this month and evaluating its merit.

At this point, therefore, it is up to each individual NAMI San Diego member to decide whether the reform legislation warrants advocacy. If you wish to write as an individual, you should contact your state legislator.

scientific research and commit to finding a cure for schizophrenia and other severe brain disorders.

The Report recognizes that mental illness cannot be treated as separate and unequal to physical illnesses. In the 1950s, Brown v. Board of Education overturned the principle of separate but equal in America's race relations and fueled a great civil rights movement. Today, this report must be used to fuel a broad national movement to end stigma and discrimination based on mental illness - and equally uphold the principle of individual dignity for those who suffer through no fault of their own.

As a society, we must commit to restoring the lives of Americans affected by mental illness and renewing

the promise of an American Dream that includes all our people.

**Do You Have
Appreciated Assets?**

Giftng assets that have appreciated is a win/win situation. We can accommodate gifts of stock and possibly other appreciated assets.

Please contact Marjie Joramo
(858)484-9411 about giving
appreciated assets.

NAMI 2000 ANNUAL CONVENTION

June 14 -18, 2000
Town & Country Hotel
San Diego, CA
Preliminary Program

Wednesday, June 14

State Presidents Meeting	Estate Planning coffee	Work Incentives Implementation
State Executive Director Meeting	Research Updates	Spirituality
Consumer Council Meeting	Ask the Doctor Sessions	Healing Through the Arts
Meeting for Executive Directors of Large Urban Affiliates	Consumers' Role in building Recovery into the System	Criminalization Plenary
	How to Fight Back with Your Insurance Company	Unity 2000: Building a Strong NAMI for the 21st Century

Thursday, June 15

Open mike with NAMI Board	Future Agenda for Research	"Fathers Day" Picnic Dinner
First Timers Orientation	Children/Adolescents	Sunday, June 18
Estate Planning Seminar	Membership Contest Reception	Ecumenical Worship Service
Workshops designed to help build strong affiliates	Arts and Media Festival	The convention program is clearly still in draft stage but this draft gives you an idea of the richness of the offerings -- and the difficult decisions you will have to make when choosing workshops and symposia.
Family-to-Family Institute	A celebration of progress in the portrayal of mental illness in the media	Remember, every four hours of volunteering buys you one day's admission to the convention.
Clinical Studies Training	Outstanding Performances	We need 100 volunteers to assist in various tasks before, during and after the conference.
Voter Empowerment Project	Saturday, June 17	If you are interested, please call Emy Alhambra (Volunteer Coordinator) at (619) 294-9941.
Special Interest Networking Meetings	Ethics in Research	
Consumer Orientation and Networking	Building Consumer Demand for Quality	
Speeches by Candidates for the NAMI Board	Juvenile Justice	
Opening Plenary Session	Children's Policy Action Plan	
Debate format with reps from all major presidential candidates	Topics in Assertive Community Treatment	
Governor Gray Davis	Creative Coalitions that Work: A Political Action Toolkit	
State Caucuses		
Consumer Reception & Dance	Delivering Services to Diverse Populations	

Friday, June 16

LIVING WITH SCHIZOPHRENIA AND OTHER MENTAL ILLNESSES

Susan Hoffman Returning to Train More Presenters

Without much notice, we gathered together ten clients last spring to learn to present the NAMI program, Living with Schizophrenia and Other Mental Illnesses. NAMI sent Susan Hoffman, a client who is living her own success story, to do the training and she absolutely wowed the group. Several of the people who were trained have gone on to be so successful in their own lives that they haven't had time to participate in the presentations. So some people have complained that they were not able to schedule a presentation for their groups and other people have complained that they did not have the opportunity to be trained.



This is the chance to set it all right.

Susan is returning on Monday, February 28, 2000 to do another training. And -- the program will have a half-time client coordinator!!!!

Do you want to be trained to do the presentations? Call the NAMI San Diego offices at (619)294-9941 as soon as possible.

Are you interested in a half-time position as a coordinator that includes a stipend? Call Bettie Reinhardt at (619)294-9941.

A Falling Rate of Schizophrenia

Join us in our efforts to provide support to the community

VOLUNTEER!

at

**The Albright
Information and Referral Center**

Apply your knowledge

and experiences to help other family members who are seeking support, information and community referrals.

- hotline support and referrals
- information brochures
- lending library (books and videos)

Contact us at (619) 294-9941 for more information and a volunteer application

Researchers have found a substantial decline in the rate of schizophrenia in Finland over a 10-year period. When people born in the mid-1950s were compared with those born in the mid-1960s, the incidence of schizophrenia fell from 0.79% to 0.53% (down 33%) in men and from 0.58% to 0.41% (down 29%) in women. The authors do not believe that a narrowing definition of schizophrenia accounts for the difference. It is true that in the mid-1960s a smaller proportion of Finnish schizophrenic patients were so diagnosed on their first admission to a hospital (70% vs. 77%); and the rate of other psychotic disorders (apart from psychotic mood disorders) increased about 50%, from .13% to .19%. But these changes were far too small to explain all of the decline in schizophrenia.

The authors point out that public health improved a great deal in those

10 years. Infant and maternal mortality decreased, and the percentage of births taking place in hospitals rose from 75% to 99%. There were three major influenza epidemics in the mid-1950s and none on the same scale after 1957. The polio virus were essentially eliminated from the country in the early 1960s. The winter excess of schizophrenic births, which is sometimes attributed to infectious disease, had become much smaller by the mid-1960s. The authors also point out that residents of certain rural areas of the country had an unusually high rate (up to 4%) of the disorder, which may have been lowered beginning in the late 1950s as these regions became less isolated and their people no longer married solely among themselves.

*Joana M. Suvisaari, Jari K. Haukka, Antti J. Tanskanen, and Jouko K. Lonnqvist. Decline in the incidence of schizophrenia in Finnish cohorts born from 1954 to 1965. Archives of General Psychiatry 56: 733-740 (August 1999)
(Source: The Harvard Mental Health Letter, Vol. 16, No. 6, December 1999)*

ENTERTAINMENT 2000
**Books for the
 New Millennium
 \$40.00**

“Two-for-one” and 50% off discounts
 at hundreds of great names you know.

- ◆ **Restaurants**
- ◆ **Travel**
- ◆ **Shopping**
- ◆ **Hotels**
- ◆ **Attractions**
- ◆ **Golf & More!**

We still have a few books available,
 call Jan Karsh at (619) 286-4142 to
 reserve a book for you.

Liturgy of Rest and Healing

Welcome

to a Liturgy of Rest and Healing
 especially for all with mental illnesses,
 their families and friends.

These services are held on the fourth
 Sunday of each month at 5:00 p.m.

The address is:

Gethsemane Lutheran Church
 2696 Melbourne Drive
 San Diego CA 92123
 (619) 277-6572
 (it is just up hill from stadium)

Call Helen Bergen for directions at
 (619) 222-7346

Project Heartbeat Information and Referral Line

by
Jamie Steiger

Therapeutic Behavioral Services (TBS)

Throughout the month of November,
 several family members and professionals
 have contacted the Project Heartbeat
 Information and Referral Line requesting
 information on TBS. This is a new mental
 health service that will be available for Medi-
 Cal eligible children and youth in the
 upcoming year.

This is a short-term one to one
 intervention targeted at changing specific
 behaviors in a child or youth up to the age of
 21. This intervention is provided by trained
 mental health specialists chosen with the
 input of the child and their parents. The
 mental health specialist will spend as many
 hours per day with the child as needed.

Children and youth who are experiencing
 a stressful transition or life crisis, in addition
 to fulfilling the State criteria, are eligible for
 these services. Call Project Heartbeat for the
 details of the State criteria.

If you think you may qualify and would
 like more information or referral forms for
 these services, please discuss TBS with your
 current mental health provider or call the
 following:

**Project Heartbeat
 Information and Referral Line
 (619) 615-7676**

Monday – Friday 8:00 a.m. – 6:30 p.m.

**Access and Crisis Line
 (800) 479-3339 - 24 hours**

If you are in need of mental health services
 for your children or their family members
 call the above numbers or the following:

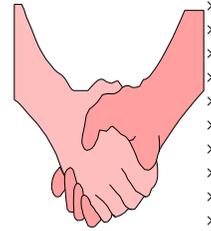
**Emergency Screening Unit
 (800) 421-6900 – 24 hours**

**PERT
 Psychiatric Emergency Response Team
 911
 Monday – Sunday 1:00 p.m. – midnight**

**Youth to Youth Hotline
 (888) 999-8336
 Monday – Sunday 2:00 – 10:00 p.m.**

**Battered Women's Hotline
 (800) 799-7233 – 24 hours**

Sibling and Adult Children's Group



When we first learn of a loved one's
 severe mental illness, whether through a
 crisis or diagnosis, there is so much
 uncertainty and disbelief. Yet, as a
 caregiver, we are trying to deal with so
 many unfamiliar issues we have no time to
 deal with our own sense of loss and
 sadness.

Since so much attention is being given
 to our mentally ill loved one, we may not
 express our feelings. One of the best ways
 to regain a sense of control and not give
 into our fears is through education. The
 more we learn about the disease and begin
 to understand the issues at hand the more
 we may not feel so much alone.

If you are a sibling or adult child of a
 mentally ill loved one and interested in
 attending one of our meetings, please call:

**Monica Astorga at (858) 483-9370 for
 more information.**

Let us offer you a “helping hand.”

We meet the second Wednesday
 of each month:
 7:00 - 9:00 p.m.

Scripps Well Being Center
 Adjacent to the University Towne Centre Mall

We can all help and support each other as

A New Path

Parents for Addiction Treatment & Health
 (PATH) is a group of concerned parents and
 citizens who are seeking alternative ways for the
 justice system to handle substance-related cases.

The group meets first Tuesday evening of each
 month at 7:00 p.m. at Charter/API Hospital,
 7050 Parkway Drive, La Mesa.

The next meeting is January 4.

For more information on PATH, contact:
 Gretchen Burns Bergman (619)670-1184
 or

Sylvia Liwerant (9589) 459-0062

CLIENT CORNER

SCHOLARSHIP FUNDS AVAILABLE



Mental health clients may apply to SDAMI for scholarship funds for course-related expenses such as tuition, fees, books, and supplies. To apply, call the Albright Center at (619) 543-1434 and request an application.

Applications up to \$500.00 will be considered.

The scholarships are made possible by a donation made fifteen years ago and are limited to the income from the scholarship fund.

CONSUMER VIEWPOINT

Family members frequently consider what their aging may mean to the mental health consumers in their families. Sometimes you just worry about who will be there to care and support and provide the cash for the extras that you do and sometimes you take action to assure that someone else will be there when you can't.

The panel at the NAMI convention that will look at aging caregiver issues, chaired by Agnes Hatfield, has an opening for a consumer. This is a call for a client who wants to speak to the subject from a client's perspective.

Please call Bettie Reinhardt (619) 294-9941 if you are interested.

The Consumer Center for Health Education and Advocacy

(If you need help getting mental health care services, please call or write us. We are ready to help you.)

1475 Sixth Ave., 4th Floor
San Diego CA 92101
1-877-734-3258 Toll Free

The Meeting Place, Inc.

4034 Park Blvd., San Diego
(619) 294-9582
Open Tuesday - Saturday
12 Noon - 4 p.m.

Corner Clubhouse

2852 University (at Utah)
San Diego (North Park) #7 Bus Line
(619) 683-7423
Open Monday
8:00 a.m. - 12:00 p.m.
Tuesday thru Friday
8:00 a.m. - 4:00 p.m.

Friend to Friend

1009 "G" Street
San Diego
(619) 238-2711
Open Monday - Friday
12:00 - 6:00 p.m.

Mariposa Clubhouse

560 Greenbrier, Suite .102, Oceanside
(760)439-6006
Open Monday - Friday
8:00 a.m. - 8:30 p.m.
Saturday & Sunday
10:00 a.m. - 5:00 p.m.

Friends

144 Copper Ave. Vista
(760) 941-2153
Open Saturdays
1:00-4:00 pm

East Corner Clubhouse

562 East Main St., El Cajon
(between Mollison and Avocado)
(619)401-6902
Fax: (619)401-1751
Open Mon, Tue, Thur & Fri
8:00 a.m. - 4:00 p.m.
Wed 8:00 a.m. - 6:00 p.m.
Sat 10 am - 2 pm

(619) 420-8603

Open Mon., Wed., Fri., Sat. & Sun.
Noon - 7:00 p.m.
Closed Tues. & Thur.

Employment Services

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

The Access Center of San Diego

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

The Creative Arts Consortium

P. O. Box 3053
San Diego, CA 92163-3053
For General info, call: (619) 692-8417
Art—call Michelle (619) 260-1288
Literature—Call Jim (619) 299-1753

Job Options

2727 Camino del Rio South
San Diego
(619) 688-1784 (Valorie)
Open Monday thru Friday
8:00 a.m. - 5:00 p.m.

San Diego Parks and Recreation Disabled Services Program:

Ask for "The Leisure Seekers" group activities and calendar. No formal registration. Simply call ahead of event and say "I want to sign up for the event" (619) 525-8247

Patient Advocacy Program

5384 Linda Vista Road, Suite 304
(619) 543-9998 or 1-800-479-2233
Mon. - Fri.
8:00 a.m. - 5:00 p.m.

OPEN HOUSE

THE MEETING PLACE

January 12th
4034 Park Blvd.
San Diego

Call (619) 294-9582 for details



Visions @ 5th and H

499 "H" Street, Chula Vista

Schedule of Meetings

NAMI SAN DIEGO

1st and 3rd Thursday each month
University Christian Church
3900 Cleveland Ave., San Diego
Call (619)543-1434 or 1-800-523-5933

1st Thursday, 6:45 p.m.
Education and Advocacy

Thursday, Jan. 6th at 6:45 p.m.
Speakers: Gretchen Burns Bergman & Sylvia Liwerant, PATH Co-Directors
Tom O'Donnell, Asst. Director
Topic: PATH Services

3rd Thursday, 6:45 p.m.
Sharing and Caring

Morning Sharing and Caring:
Third Tuesdays
10:00 a.m. to 12:00 a.m.
Albright I & R Center, 1094 Cudahy Place,
Suite 120, Morena Office Center
(West Morena & Buenos Ave.)
(619)294-9941 or (619) 543-1434

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

La Jolla Share & Care
1st Tuesday each month, 7:15-9:00 p.m.
La Jolla Presbyterian Church Lounge
7715 Draper Avenue, (858)459-4905
(Entrance on Kline St.)

El Cajon (East County)
2nd & 4th Wednesday each month
6:30 p.m., 562 E. Main St., El Cajon,
Call Donna Hawkins: (619) 401-5500
or Forough, Douraghi: (619)401-5440

South Bay—Spanish
4th Monday each month 6:00-8:00 p.m.
Call Luz Fernandez (East County clinic)
for location (619)401-5500

Filipino Family Support Group
UPAC
1031 25th St., Broadway & 25th
2nd & 4th Thursdays 2:30 - 3:30 p.m.
Call Maria Lopez (619)235-4282

Alpine Special Treatment Center

Share & Care

For information on date/time/place
call (619) 445-2644, ext. 20

El Centro Share/Care
2nd and 4th Wednesdays at 6:30 p.m.
St. Peter & Paul Episcopal Church
5th & Orange, El Centro
(parking by Holt Street)
Contact: Vicki (760) 359-3323

NAMI NORTH INLAND

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

1st, 2nd, 4th & 5th Tuesday
4:00-5:30 p.m., Share & Care
210 Park (Senior Center), Escondido
Call (760)745-8381

3rd Tuesday, 7:00 p.m.
Education Meeting
Bradley Center (Kinesis North)
474 W. Vermont Ave, Escondido
(760)745-8381 or 1-800-523-5933

Tuesday, Jan. 18th – 7:00 p.m.
Escondido Interfaith Council
Topic: Outline of their local services
and outreach programs.
Kinesis Center
474 West Vermont, Escondido

All meetings are followed by refreshments and
Share & Care for family members

NAMI NORTH COASTAL SAN DIEGO COUNTY

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

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

3rd Wednesday at 7:00 p.m.
Education Meeting
followed by Share & Care at 8:40 p.m.

Wednesday, Jan. 19th at 7:00 p.m.
Speaker: Michael Monroe, Ph.D.
(Formerly with San Diego County, Forensic,
Mental Health Services)
Topic: Jails and Mental Health

4th Tuesday - 5:00-6:30 p.m..
Share & Care

North Coastal Mental Health Center
1701 Mission Avenue #A, Oceanside
(760)967-4475 or (760)722-3754
2nd Thursday at 6:00 - 7:00 p.m.
Share and Care
Tri-City Medical Center, Mental Health Unit
(760)722-3754

Pastoral Share & Care

4th Thursday - 7:30 p.m.
2807 Ocean St., Apt. 301, Carlsbad
Jane or Tim Hird, (760)435-2536
Call first for security reasons.

PATTON AMI

c/o Patton State Hospital
3102 E. Highland Avenue
Patton, CA 92369
Fax: (714) 963-9961

3rd Sunday of each month
Administrative Meeting Room
11:45 a.m. -1:15 p.m.
3102 East Highland Avenue
Patton, CA (909)425-7392

NATIONAL DEPRESSIVE & MANIC DEPRESSIVE ASSOCIATION

Call (800)826-3632 for meeting places and
times.

The Access & Crisis Line
1-800-479-3339
24-hours a day, 7 days a week

- **Professional counselors**
- **Multi-lingual capability**
- **Spanish speaking counselors**

The Access and Crisis Line is a service of United Behavioral Health, the Administrative Service Organization for the County of San Diego Mental Health system of care for adults and older adults.



NAMI San Diego

2000 MEMBERSHIP APPLICATION

Make check payable to SDAMI and mail to: P. O. Box 710761, San Diego, CA 92171-0761
Check one: () Individual or Family \$35.00 () Client \$10.00 () Newsletter Only \$15.00

Check Relation to Client: Parent of Adult ___ Parent of Child (under 18) ___ Sibling ___
Spouse ___ Professional ___ Other _____

Check one: () New Member () Renewal Contribution: \$ _____

Name _____ Phone (home) _____

Street _____ Phone (work) _____

City, State, Zip _____

VOLUNTEERS:

We are always in need of volunteers. Please take a moment and mark the activities that interest you:
() Phone Volunteer () Legislation () Fund Raising () Office Work

The Creative Arts Consortium is thrilled to present the San Diego premiere of:

“SUNSHINE AND SHADOW”

A very special film about mental illness and the arts, featuring CAC members, Jeannie Branscomb, Kim Brudvig, David Webb, and John Hood. Winner of several prestigious awards, including an EMMY nomination, “Sunshine and Shadow” is a stunning film that has already been shown on PBS. Film producer, Jack Ofield and the film’s stars will be on hand for a post-showing discussion.

**Premiere and Reception
San Diego Main Library Auditorium (downtown)
820 “E” Street, San Diego
Sunday, January 9th, 1:00 p.m. – 5:00 p.m.**

During the month of January, as a special added feature, San Diego Public Library will exhibit the work of the film’s artists. There will also be an additional showing of the film on Sunday, January 23rd.

For further information, call CAC at (619) 692-8417. In North County call (858) 481-7069.

FLASH!!

New York, Kansas City, New Orleans, Miami, San Francisco, Cleveland,
or Your Hometown, USA

Purchase your raffle tickets for two airline tickets to anywhere in the continental USA. The winning ticket will be drawn at the premiere of “Sunshine and “Shadows” on January 9th. You do not have to be present to win.

Call the above numbers for raffle tickets by mail.

Do it today and win the trip of your dreams!

The Alliance Advocate

Vol. IV, Issue 1, January 2000

San Diego Alliance for the Mentally Ill
1094 Cudahy Place, Suite 120
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HAPPY NEW YEAR

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Inside This Issue:

December-At-A-Glance
(Update on NAMI San Diego Programs)

Legislative Update

*NAMI Applauds Surgeon General's Report
as a Foundation for Action*

*President Clinton Signs Historic Work Incentives
Legislation Into Law*

Address label

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Mailing Address:
P.O. Box 710761
San Diego, CA 92171-0761
Phone (619) 294-9941
or 1-800 523-5933
Fax: (619) 294-9598
or (619)543-1498
E-mail: sdami@adnc.com

The Alliance Advocate Editor:
Amy Alhambra
E-mail: emynal@aol.com
Fax: (619)294-9598

*Submission of articles must be received
by the 15th of the month for consideration for
publication in the following month's newsletter.*

*The opinions expressed in the newsletter do
not necessarily reflect those of SDAMI.*

ALBRIGHT INFORMATION & REFERRAL CENTER

1094 Cudahy Place, Suite 120
San Diego, CA 92110-3932

Do you need information about
mental illness?

Talk to someone who understands
Call the Albright I&R Center
(619)543-1434 or
1-800-523-5933
7 Days a Week
24 Hours a Day

We have a library of books and tapes
available for you.

**Attend NAMI San Diego meetings
listed in this issue "Schedule of
Meetings" and receive educational
materials to send to your far away
family members who do not
understand.**

*The San Diego Alliance for the Mentally
Ill is a tax-exempt, non-profit
organization.*

*A self-help advocacy and support group
of families, friends, consumers and
professionals, dedicated to the care,
treatment, rehabilitation and cure of
persons with mental illness.*

*NAMI San Diego is an affiliate of
NAMI and
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