

# The Alliance Advocate

NAMI San Diego--San Diego's Voice on Mental Illness

Formerly San Diego Alliance for the Mentally Ill

January 2001

Volume V, Issue 1

## Children's Behavior And Schizophrenia

In a study of children thought to be genetically at risk for serious mental illness, researchers have found that behavior problems at the age of 10 are associated with schizophrenia and mood disorders 20 years later. Of the 185 children who participated in the study, one third had a parent with schizophrenia, one third had a parent with a mood disorder, and one third had two healthy parents. At 10, each child was interviewed and a well parent was asked about behavior problems such as conflict with brothers and sisters, temper tantrums, fighting, and disobedience. The problems were most serious when there was schizophrenia in the family, least serious when both parents were healthy. Parents had less to say about social withdrawal, anxiety, and depression -- possibly, according to the authors, because they were not good at detecting the signs.

More than 20 years later, the grown children were interviewed again. The rate of schizophrenia in adult children of a schizophrenic parent was 18.5%. In children with two healthy parents it was 1%, the average in the general population. Children of a parent with a mood disorder had a high rate (10%) of schizoaffective disorder, a condition with symptoms of both schizophrenia and mood disorders.

The behavior problems at the age of 10 as reported by parents were strongly associated with schizophrenia in adulthood, but just as strongly associated (to the surprise of the investigators) with adult mood and anxiety disorders. The problems did not include bullying or persistent rule breaking. Only one of 13

(Continued on page 2--Children's)

## Education & Advocacy Meeting

Thursday, January 4, 2000

6:30 - 8:30 p.m.

**Speakers: Rebecca McKinney  
UCSD Genetics Research Program**

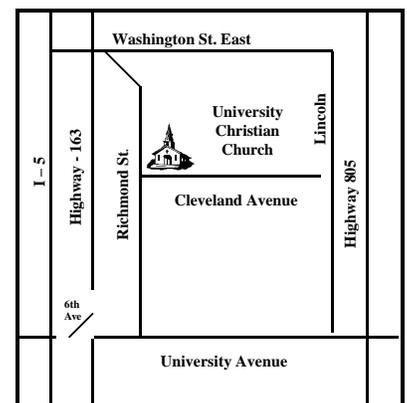
**Topic: Basic Biology of Mood Disorders and Schizophrenia  
A presentation about, What is a mood disorder? What is schizophrenia?  
Mind and Body Connection, Medications,  
Genetic Research, Family Studies and Future Treatment**

Rebecca A. McKinney received her undergraduate degree in both Psychology and Literature/Writing from the University of California, San Diego. She has spent the last seven years working in clinical research in the field of psychiatry, with four years experience in clinical trials testing the effectiveness of new medications and three years in both neuroscience and genetics research. She has also worked for three years as a teaching assistant for biology courses at UCSD. It is through this experience that she has developed an expertise in the biology of mental illness and has brought this knowledge to the community through educational presentations. She will be pursuing her graduate work, focusing on the effects of trauma in families with severe mental illness, in the Fall of 2002.

The doors open at 6:30 p.m. with everyone sharing information and welcoming newcomers. At 7:00 p.m. there is a half-hour information session on NAMI San Diego activities, mental health services and related news. The featured program is from 7:30 to 8:30 p.m.

**The monthly meeting is open to  
anyone interested in learning about  
mental illness. The meetings are held  
on the first Thursday of the month at  
the**

**University Christian Church,  
Friendship Hall,  
3900 Cleveland Avenue  
San Diego, California  
(see map)**



**Additional AMI meetings in the San Diego County area  
are listed on Page 5**

## December-at-a-Glance

Bettie Reinhardt, Executive Director

### Annual Campaign

"Thank you" to all of you who have responded to our holiday appeal letter. It is your support that makes it possible for us to provide the education courses described below as well as other important services such as the Albright Information & Referral Center and the lending library.

### Family-to-Family Education

I recommend this 12-week course for all family members – "old" and "new." We are training more teachers in January so we can fulfill our goal of starting new classes at least every other month. The classes can be scheduled on days of the week and in locales that work for the participants. Please call the Albright Center to register.

A central region class begins on January 22 and an east county class in February.

### Schizophrenia: Education for Families and Caregivers

Teachers are ready for central region and South Bay groups. You need to register NOW so they know there are enough participants to warrant setting a date.

### Advocacy Works

This full-day workshop on Saturday, February 10, 2001 will help you:

- Establish your family as a support unit through education and communication;

- Learn skills for advocacy strategies in the Correctional system  
Hospital system  
Community mental health
- Receive a toolbox of specific techniques that will enable you to pursue treatment for your relative successfully!

### Register now!

### Living with Schizophrenia & Other Mental Illnesses

Training for new presenters takes place Saturday and Sunday, February 17 – 18, 2001 at the Health Services Complex at Rosecrans. Interested client consumers should call program coordinator Chuck Sosebee at 619.275.7165 immediately. Call Chuck to schedule a presentation to your group.

### To Register for Classes

Call the Albright Center at 800.523.5933 or 619.543.1498 to sign up for any class or workshop described above. All of the classes are provided at no charge.

*To register your opinion on any of these issues, call Bettie Reinhardt at 619.294-9941 or write to P.O. Box 710761, San Diego, 92171 or fax to 619.543-1498 or email at [exudir@namisandiego.org](mailto:exudir@namisandiego.org) or contact any of the people mentioned in the article.*

(Continued from page 1)

### Children's behavior

children given a diagnosis of conduct disorder developed schizophrenia as an adult. But adult schizophrenia patients who had behavior problems as children were more likely to be drug or alcohol abusers as well. Those who did not abuse drugs or alcohol developed the first symptoms of schizophrenia earlier -- at an average age of 17 rather than 21. The authors believe they may have been suffering from a different or more severe form of the disorder.

*Amminger GP et al. "Relationship between Childhood Behavior Disturbance and Later Schizophrenia in the New York High-Risk Project," American Journal of Psychiatry (January 1999); Vol. 156, pp. 525-530. (Source: The Harvard Mental Health Letter, Vol. 17, Number 6, December 2000)*

## 2001 MEMBERSHIP RENEWAL

Once again it is time to renew your membership to NAMI San Diego. Membership year is based on the calendar year. Membership dues received during the period October 2000 through September 2001 will be credited for the 2001 year.



**Complete the 2001 Membership application mailed to you in December or the application on page 10 and send to NAMI San Diego Today!**

## The Alliance Advocate

NAMI San Diego is a nonprofit organization that provides self-help advocacy, education, services, and support for consumers, families, and friends of people with severe mental illnesses and is dedicated to eradication of those mental illnesses and to improvement of quality of life of those affected by these diseases.

**NAMI San Diego is an affiliate of  
NAMI and NAMI California**

### Board of Directors:

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### Executive Director

Bettie Reinhardt  
exudir@namisandiego.org

**The Alliance Advocate is a monthly  
publication of NAMI San Diego,  
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### The Alliance Advocate Editor:

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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  
NAMI San Diego.

## A Message From NAMI San Diego's President

### Do you know about Faith Net?

It doesn't matter what your faith is, Jewish, Christian, Islam or other faith. Serious brain diseases strike people and families from all faiths. I am a Christian so that is my perspective.

Often when someone is psychotic, hears voices, or is in a deep depression many of their core beliefs and values become compromised. They have thoughts and ideas that we and the client can't understand. This starts off slowly and sneaks up on us.

Because of social stigma, one of the places we feel safe and able to be vulnerable is within our own faith community. In many instances the first person we seek is a member of our faith's clergy. Surveys have been done and show that many people in clergy positions have had little or no training in recognizing mental illnesses or how to deal with someone who has a family member with mental illness.

There is a NAMI movement that attempts to address this situation called Faith Net. Two or three years ago I sent for one of the packets from Faith Net. The information I received was mostly assembled by Gunnar Christiansen, NAMI California's immediate past president. I have also attended several Faith Net meetings and programs at NAMI conferences. The packet I received is full of good ideas about ways I could try to work with the clergy and others in my own faith community. I decided which activities I would be willing to do in our church at that time.

Next I worked out our family's story. This took me several hours--especially writing our family's story as I wanted to present it. (The most difficult part is to keep it short but include important items). Next I called our church and requested to meet with our two pastors for one-half hour. I practiced and timed myself to be sure that my presentation would take only one-half hour (I feel that it is very important to respect other people's schedules). I constructed an outline of what I would say and distributed a copy to each pastor when I met with them. I also told them about NAMI San Diego and our Albright I & R Center.

I was pleased to learn that they knew more about mental illness than many other members of the clergy. I also learned about other members of the church and ongoing groups within our church that were working on and/or addressing some of the issues related to mental illness.

Many of our NAMI San Diego members have accomplished wonderful things and gone much further in their Faith Communities than the little bit I did. I encourage each of you related to a Faith Community to learn more about Faith Net and do whatever you can to increase how your community serves families and others with severe mental illness.

**Marjorie Joramo  
President**

## Annual Meeting Held

The 2000 Annual Meeting was a well-attended, festive occasion. The evening began with a pot-luck family dinner at 6 p.m. Dinner conversation was backed up by Blanche Caughlin's piano rendition of holiday music.

Karen Gurneck presented the proposed 2001 Board of Directors and President Marjorie Joramo presided over the election of the following directors: Paul Cumming, Paul DeMartini, Margaret England, Karen Gurneck, Patti Jakobcic, Marjorie Joramo, Ellie Kashi, Susan Munsey, Hugh Pates, Ph.D., Dorothy Shelton, Mary Truman, Carol Venable, Judy Wasik, and Stephanie Watson. The Board-recommended bylaws amendments were also approved.

Karen also announced the formation for the first time, of a Medical Advisory Board that will advise NAMI San Diego Board and administration about medical issues. Neal Swerdlow, M.D., Ph.D., outgoing Board member, will chair the Advisory Board and facilitate responses. Other members and their areas of expertise are:

Alan Abrams, M.D., J.D., FCLM  
Medical and Legal  
Gabrielle Cerda, M.D.  
Child and Cross Cultural  
Kristin Cadenhead, M.D.  
Schizophrenia  
Dan Sewell, M.D.  
Geropsych

Author Abigail Padgett topped off the evening by describing how she came to write a mystery series featuring a protagonist with bipolar disorder. Abigail has turned some of the same events into a launch pad for anti-stigma advocacy, both local and national. She provided the audience with Guidelines for Stigma-Stopping:

### Document

Duplicate the offensive item so that you can include copies of it in your letters. This is easy with print, less so with radio and TV. If possible, tape or videotape the item. If not, try to hear

or see it more than once and write down offensive lines verbatim.

### Date and Locate

Be sure to include the date on which you saw/heard the item and where, i.e., *TIME*, Aug. 13, or Macy's radio ad, WKKR, Jan. 5, 10:20 a.m.

### Research Every Connection

One letter can influence many if it's sent to many. Copies should be mailed to boards of directors, advertising managers, the Better Business Bureau, neighborhood newspapers, etc. Get many addresses. Remember that everyone who reads the letter will be educated.

### Write the Letter

As a general rule, include one educational fact about psychiatric illness, one personal grabber (I am upset by this because . . .) and one reasonable demand. Do not include your phone number or email address in the letterhead unless you're prepared to deal with responses in these forms. You must include an address. The last sentence should say something like, "I look forward to your response to these concerns."

### Mail It

This is the hardest part, especially the first few times. No matter how gently-written your letter is, somebody's not going to like it. Tough. Imagine a plexiglass wall between you and them. They can't hurt you, but you can educate them. Period.

### Follow Up

You may receive non-committal form responses ("We have received your letter. . .") or no responses. Either way, wait two weeks and send a short note saying, "As stated in my letter of (date), I continue to feel great concern over (company's) unconscionable exploitation of psychiatric illness. What steps have been taken to remedy this situation?"

## Legislative Update

by Caroline Hamlin

### Mental Health Report Card

The year 2000 was a year of mental health awareness at both the state and national levels.

In June the state Joint Committee on Mental Health Reform, following four public hearings throughout the state, submitted their report, stating,

. . . at the present time California's mental health system is characterized as a system which is segregated from other social supports, and where access is limited, inconsistent within and across counties, and often intimidating to many clients and their family members. Further, some have indicated that mental health policies are crisis-driven, with vague standards, limited accountability and ill-defined oversight.

Additional challenges noted in the system include a lack of adequate funding and responsibility for linking mental health services with resources such as substance abuse treatment, supportive housing, and rehabilitative services. For too many, the criminal justice system has been described as an ill-equipped primary provider of mental health services.

In November the Little Hoover Commission, a state independent oversight agency created by the legislature, published "Being There, Making a Commitment to Mental Health." The verdict was not much better. In their conclusion they stated,

Throughout California, mental health clients have difficulty accessing care. The available services often fail to address core needs such as housing, making it difficult for clients to recover or stabilize . . . As a result the quality of mental health care is variable--

(Continued on page 8--Legislative)

## Schedule of Meetings

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### NAMI SAN DIEGO

University Christian Church  
3900 Cleveland Ave., San Diego  
Call (619) 543-1434 or 1-800-523-5933

First Thursday, January 4  
6:30 - 8:30

Speaker: Rebecca McKinney  
UCSD Genetics Research Program  
Topic: Basic Biology of Mood  
Disorders and Schizophrenia.

A presentation about: What is a mood  
disorder? What is schizophrenia?  
Mind and Body Connection,  
Medications, Genetic Research, Family  
Studies and Future Treatment

Third Thursday, 6:45 p.m.  
Sharing & Caring

#### Morning Sharing and Caring:

Third Tuesday, 10:00 - 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

#### Sharp Mesa Vista Hospital Sharing and Caring

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

#### Sibling and Adult Children's Group

Second Wednesday, 7:00 - 9:00 p.m.  
Scripps Well Being Center  
Adjacent to the UTC Mall  
Call Monica Astorga at (858) 483-9370

#### Clairemont Area Sharing and Caring

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

#### La Jolla Sharing & Caring

First Tuesday, 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)

Second & Fourth Wednesday  
6:30-8:00 p.m., 562 E. Main St., El  
Cajon,  
Call Donna Hawkins: (619) 401-5500  
or Forough, Douraghi: (619) 401-5440

#### South Bay—Spanish

Fourth Monday, 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  
For information on date and time  
call (619) 235-4282

#### Alpine Special Treatment Center Sharing & Caring

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

#### El Centro Sharing and Caring

Contact Dr. Ng's office for  
date/time/location (760) 352-8171

### NAMI NORTH INLAND SAN DIEGO COUNTY

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

Third Tuesday, 7:00 p.m.  
Education Meeting

Bradley Center (Kinesis North)  
474 W. Vermont Ave, Escondido  
(760) 745-8381 or 1-800-523-5933

Third Tuesday, January 16  
7:00 p.m.

Speaker & Topic to be Announced  
Call (760) 745-8381 for information

#### Share & Care

First, Second, Fourth & Fifth Tuesday  
4:00 - 5:30 p.m.  
210 Park (Senior Center), Escondido  
Call (760)745-8381

### 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.  
(760) 722-3754 or (800) 523-5933

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

Wednesday, January 17  
7:00 p.m.

Speaker: James Lohr, M.D.  
Chief of Psychiatry, VA Hospital  
Co-Chair, Clinical Affairs, Dept. of  
Psychiatry, UCSD  
Topic: Relationship of  
Schizophrenia and Bi-Polar  
Disorder

#### Share & Care

Fourth Tuesday - 5:00-6:30 p.m..  
North Coastal Mental Health Center  
1701 Mission Avenue #A, Oceanside  
(760)967-4475 or (760)722-3754

#### Share and Care

Second Thursday at 6:00 - 7:00 p.m.  
Tri-City Medical Center, Mental Health  
Unit, 4002 West Vista Way  
Oceanside (760)940-5700

#### Pastoral Share & Care

Fourth 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

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

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### NATIONAL DEPRESSIVE & MANIC DEPRESSIVE ASSOCIATION

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

#### Depressive and Manic Depressive Support Group

Every Monday at the  
VA Hospital La Jolla,  
Room 2011 - 6:00 - 8:00 p.m.  
(858) 535-4783  
Toll Free: 1-800-274-3637

## Client Corner

### SCHOLARSHIP FUNDS AVAILABLE

Mental health clients may apply to NAMI San Diego 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.



### Living with Schizophrenia And Other Mental Illnesses

A recovery-education program presented by trained consumer presenters/facilitators to other consumers, families, friends and professionals.

It is for anyone who needs to know how people with schizophrenia and other serious mental illnesses cope with the realities of their disorder while recovering and reclaiming productive lives with meaning and dignity.

If you are interested in training as a presenter or attending a presentation, please call:



Chuck Sosebee  
Coordinator of  
Consumer Outreach & Education  
(619) 275-7165  
TTY/TDD (619) 275-7164  
Email: EducNamiSD@cs.com

### 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  
10:00 a.m. - 4:00 p.m.

### Corner Clubhouse

2852 University (at Utah)  
San Diego (North Park) #7 Bus Line  
(619) 683-7423  
Open Monday - 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. - 4:00 p.m.  
Open Saturday & Sunday  
for special events.

### Friends

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

### East Corner Clubhouse

562 East Main St., El Cajon  
(between Mollison and Avocado)  
(619)401-6902  
Fax: (619)401-1751  
Open Monday & Friday  
8:00 a.m. - 4:00 p.m.  
Tuesday & Thursday  
8:00 a.m. - 12:00 noon  
Wednesday - 8:00 a.m. - 6:00 p.m.  
Saturday - 10:00 a.m. - 2:00 p.m.

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

499 "H" Street, Chula Vista  
(619) 420-8603  
Open Mon., Wed., Fri., Sat. & Sun.  
Noon - 7:00 p.m.

### 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  
Admin—Call Jane (858) 481-7069  
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 - 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.

### 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 Four Rights

by Rochelle Forkowitz

Rochelle Forkowitz is a member of Fountain House in New York. She delivered this speech at the Mid-State Conference in Milwaukee, Wisconsin--August 2000.

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### The Four Rights

In clubhouses around the world we speak about the "Four Rights of Membership." A clubhouse guarantees a right to a place to come. It guarantees a right to meaningful work. It guarantees a right to a place to return. These are incredible promises for a person with mental illness.

Before I came to Fountain House, I was very, very mentally ill and I could not function properly. I slept all day, I didn't shower, I was depressed and I cried a lot. I felt helpless and confused. One day my Mom heard about Fountain House from a friend. She researched it and found out what it was all about. I was a little reluctant because of my past experiences with other programs, which did not help me and my mental illness. While I was at one program, I was hospitalized three times because all I did was sit there all day doing nothing. I was fed up with these types of programs. I was desperate and then I came to Fountain House.

Having a place to come is so important. People **want** me to be at Fountain House. I feel needed and expected every day. If I don't come in one day when I'm expected, I get a reach out call saying I am needed on my unit. That makes me feel really good. Staff and members make me feel that I belong to something; and belonging makes me feel well. And that was just the beginning.

### **The next "guaranteed right" is the right to meaningful work.**

I have worked at the clubhouse for almost three years and I have learned that one of the most important things in getting well is keeping busy. After I completed orientation, I chose the First Floor Unit; I attended morning meetings and volunteered to do things. At first, I would just volunteer to work

in the coatroom/mailroom. Everyday I would check in coats, umbrellas, hats, etc., I would also sort and disperse mail. After I finished my work on the unit, I noticed that I felt good. I felt as if I had accomplished something when I finished the things I wanted to do for the day. After only three months, I was encouraged to go out on a Transitional Employment Position (TEP). I just did not feel I could do it. I was not quite ready.

I was happy working in the clubhouse. I was comfortable, I had meaningful work and I enjoyed what I was doing. I started feeling well again, began laughing and joking and I began to recognize my surroundings. After some time talking and working with other staff and members, the work I did helped me overcome my fears and helped give me the confidence to work towards a TEP placement job.

After about six months, I finally felt ready. My first TEP was at a large advertising firm. I was an indoor messenger and my job was to deliver flowers, packages and mail to 26 floors. It was hard work. You had to memorize all the floors. I never missed a day's work and I always made sure I was on time. I'll never forget my supervisor, Charlie, who was supportive and really good to me. He knew it was my first TEP. I successfully completed this TEP.

Fountain House prepared me for this job by giving me meaningful work within the clubhouse. The clubhouse work helped me to gain good work habits, such as being on time, working hard and getting along with others. The clubhouse work helped me to feel good about myself and gave me the confidence to get back into work. This is why meaningful work is so important at the clubhouse.

### **The third right is the guaranteed right to meaningful relationships.**

Relationships in the clubhouse are different than most. It has been my experience that outside the clubhouse, society treats people with mental illness as if we are really sick. Society thinks that we can't take care of ourselves. They think that if you have a mental illness you are out of control. Sometimes even family members treat me that way, as if I'm not able to do anything. They say, "Poor Rochelle can't take care of herself," but here I am a high school graduate with some college under my belt and I knew I could take care of myself with support from the clubhouse.

At Fountain House, staff and members are all equal. Fountain House does not treat us as though we are ill. They focus on the wellness and the things we can do. They're honest and helpful; they treat you like a co-worker and a friend. People at Fountain House really do care. We talk about our personal lives together. We go out to lunch together. We do things like everybody else in the working world.

Staff and members go out of their way at all times of the day and night to make us feel comfortable. We treat each other like human beings. I have made a lot of friends at Fountain House. People who are the same as I am. We sit over a cup of coffee and talk about our everyday life problems. We go to the movies, visit each other at our apartments, make dinner for each other and just have a good time.

It's interesting that some of my old friends that I knew for many years dropped me as a friend when they heard I had a breakdown. That is so hurtful. But the friends that I made

*(Continued on page 8--Four Rights)*

(Continued from page 7)

## The Four Rights

from Fountain House are true friends. We're in the same boat. We do not judge each other. These are meaningful relationships and they are so important.

### **The last right is a guaranteed right to a place to return.**

I've come a long way since becoming a member in 1997. I've successfully completed four TEP's doing indoor messenger work, assistant librarian, and mailroom clerk. I've made tons of friends who look up to me. I feel as if I've never sick a day in my life. I've also just moved to my own beautiful independent apartment five blocks away from Fountain House in Manhattan. And now I'm at my first conference--giving a speech. I'm really proud of myself.

Someday, I'll be working 9 to 5, hopefully at Fountain House one day. If not, Fountain House, it will be somewhere else working full-time. Someday, maybe I'll meet someone and have a serious relationship. Maybe I won't need Fountain House as much in the future as I continue to be more and more independent. It's amazing that I can actually think about the future like this. In the past, when I wasn't feeling well, I couldn't even think past the pills.

Of course, there is always the possibility I could get sick again. That is always in the back of my head. But even if that did happen, I always know that I have a place to return. That does not take away the pain you feel when you get sick, but I always know that I'll have Fountain House soothing it. That is a security that is very important--"a right to a place to return."

*Note: See Page 6 for a listing of clubhouses and client support groups in the San Diego area.*

(Continued from page 4)

## Legislative Update

but generally poor--and does not improve.

These two reports came on the heels of the Surgeon General's Report, published in 1999, which stated,

... one can conclude that less than one-third of adults with a diagnosable mental disorder receives treatment in one year. In short, a substantial majority of those with specific mental disorders do not receive treatment.

These three reports have clearly and concisely laid out the challenges that communities face to reinvent and improve our inadequate mental health system. Hopefully, their impact will spur us on in year 2001 to take legislative action to rectify the mistakes of the past.

### **NAMI-San Diego Action in Year 2000**

The good news in that in the past year there was a plethora of legislation attempting to address some of the problems spoken of in reports mentioned above. NAMI-San Diego took action on a number of issues:

#### **State:**

We actively supported the Lanterman-Petris-Short Reform Act, AB 1800, which failed to complete its journey through the Senate. Although we are disappointed that it didn't become law, we feel heartened that it aroused the public as to the need to make treatment more accessible.

We supported increased state funding for mental health. Although the \$300 million first proposed was whittled down to \$160 million, we hope for more funding this year.

#### **National:**

We supported S2639, Mental Health Early Intervention, Treatment, and Violence Prevention Act which aims at

providing treatment rather than incarceration of the mentally ill, suicide prevention programs, and integrated treatment for the dually diagnosed.

We supported HR4365, The Children's Health Act of 2000 which reauthorize the Substance Abuse and Mental Health Services Administration (SAMHSA), authorizing programs on jail diversion, emergency mental health services, suicide prevention, and mental illness screening for children. This bill has passed both houses of Congress and the President is expected to sign it.

We supported SB1865, the Mental Health Courts Bill, which was signed into law by the President November 13. This bill will provide grants to states to establish up to 100 mental health courts which may divert non-violent mentally ill offenders into treatment rather than jail.

We supported SB2274, the Family Opportunity Act, which would give middle income families who have a seriously mentally child the opportunity to buy into the Medicaid program on a sliding scale. We are awaiting passage of this bill.

#### **Local:**

By letter and public testimony, we have strongly encouraged our County Board of Supervisors to increase funding for our county public mental health system. We are gratified to see an increased budget this year.

The year 2001 promises to be another active year for mental health legislation. NAMI will be watching and ready to support those bills that could result in better services for our family members.

**Successful Advocacy Techniques for Dealing with Serious Mental Illness:  
A Workshop for Families and Professionals  
San Diego  
Saturday, February 10, 2001  
Presented by Jane Cartmell, B.S.W.**

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Advocacy is defined as the act of interceding on behalf of another. Family members are often the only advocates for their relatives suffering from brain disorders. Few people are well equipped to access complex care systems or possess the knowledge to plan for their relative's unique treatment needs. Mental Health professionals acquire tools in this workshop to help family members understand how they can advocate and why they should advocate.

The information in this workshop provides a "tool box" of skills families and professionals can use in their own advocacy. Planning, especially during a traumatic event, is difficult. Learn how to navigate within treatment facilities including the correctional system, hospital system, and community mental health systems. Establish your family as a supportive unity through education and communication. Discover how to present yourself as an important resource in the treatment and recovery process. Find out how to take care of yourself and begin healing within your family.

The workshop is being sponsored by NAMI San Diego and the cost will be free. Each person attending will receive a 128-page manual. Please call NAMI San Diego to reserve for this one day workshop at (619) 543-1434 or (800) 523-5933. Space is limited. Please wear comfortable clothes and bring your own sack lunch.

About the Presenter: Jane Cartmell is a former social worker and past chair of NAMI-San Diego Sibling and Adult Children's Group and past president of NAMI North Coastal. She is currently vice president of NAMI Kitsap County and she teaches the Family to Family course in her local community. Jane has presented workshops for clients, families and professionals at community, state and national conferences.

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**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 and friends who  
do not understand.**

**Contributions through  
United Way**

NAMI's code for United Way/  
CHAD contributions is  
**6470**

**Volunteers Needed.  
Make a Difference.**

**Wanted:  
Individuals who want to  
make a difference.  
Training provided.**

**Call NAMI San Diego at  
(800) 523-5933  
for an application.**

**Visit NAMI San Diego  
Offices**

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

*Directions to the office and the  
Albright Information  
and Referral Center:*

- 1 Going north on I-5 toward I-8, take the Morena Boulevard exit from the east bound I-8 ramp.
- 2 Going west on I-8 toward I-5, take the Morena Boulevard exit just before the I-5 exit.
- 3 Stay in the left lane of Morena Boulevard, which becomes West Morena Boulevard.
- 4 Turn left on Buenos Avenue. The three-story building called the Morena Office Center 1094 will immediately be on your left.
- 5 Going south on I-5 toward I-8, exit at Tecolote Road/Sea World. Go left on Tecolote Road and right on Morena Boulevard and right again at the first traffic light (Buenos Avenue). Cross West Morena Boulevard and the office building will immediately be on your left.

# The Alliance Advocate

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## Happy New Year

RETURN SERVICE REQUESTED

### Inside This Issue:

*Children's Behavior and Schizophrenia*

*December-at-a-Glance*

*Legislative Update*



## NAMI San Diego

### 2001 MEMBERSHIP APPLICATION

NAMI San Diego relies on its membership and your generous contribution to continue providing support and services to people with mental illness and their families. 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 and mail to: P. O. Box 710761, San Diego CA 92171-0761.**

Name: \_\_\_\_\_

Street: \_\_\_\_\_ Home Phone # \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Work Phone # \_\_\_\_\_

**Dues are from January 1 to December 31 of each year and include membership and newsletter subscription to NAMI and NAMI California.**

#### I would like to join NAMI San Diego at the following level:

\_\_\_\_ Regular Membership – \$35.00 Check one: ( ) New Member ( ) Renewal  
\_\_\_\_ Professional Membership – \$75.00 (includes office display of NAMI brochures)  
\_\_\_\_ Consumer Membership – \$10.00 \_\_\_\_\_ Newsletter Subscription Only – \$15.00

#### ANNUAL SUSTAINING DONORS

\_\_\_\_ Bronze Donor – up to \$99.00 \_\_\_\_\_ Benefactor – \$500.00 – \$999.00  
\_\_\_\_ Silver Donor – \$100.00–\$249.00 \_\_\_\_\_ Patron – \$1,000 +  
\_\_\_\_ Gold Donor – \$250.00–\$499.00 \_\_\_\_\_ I prefer my contribution to be anonymous

#### Check relation to client:

\_\_\_\_ Parent of Adult  
\_\_\_\_ Parent of child (under 18)  
\_\_\_\_ Sibling  
\_\_\_\_ Spouse  
\_\_\_\_ Professional  
\_\_\_\_ Other \_\_\_\_\_  
\_\_\_\_ Self

\_\_\_\_ Please send me volunteer information and application.