

The Alliance Advocate

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

Formerly San Diego Alliance for the Mentally Ill

January 2002

Volume VI, Issue 1

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

We can be contacted at:

Tel: (619) 294-9941

E-mail: sdami@adnc.com

Fax: (619)294-9598

Articles received by the 15th will be considered for publication in the following month's newsletter.

Newsletter Subscriptions

To reduce our mail costs we are now using a new method to tell people their newsletter subscription is expiring. We do this by including the message "LAST ISSUE", directly above your name and address on the mailing label on the newsletter (or the envelope carrying the annual report). The message indicates it is time to re-new your subscription using the enclosed renewal form.

Our New Home

We are on track to move into our new premises in March of 2002.

The focus of our excitement is 4480 30th Street, on the #2 bus line.

Education & Advocacy Meeting

Thursday January 3rd, 2001

6:30—8:30 p.m.

"Living with Schizophrenia and Other Mental Illnesses", is now known as

"In Our Own Words: Living with Mental Illnesses"

This is a recovery education program presented by consumers to other consumers, families, and other lay audiences, and professionals. It is for anyone who wants to know how people with serious mental illnesses cope with the realities of their disorders while recovering and reclaiming productive lives that have meaning and dignity.

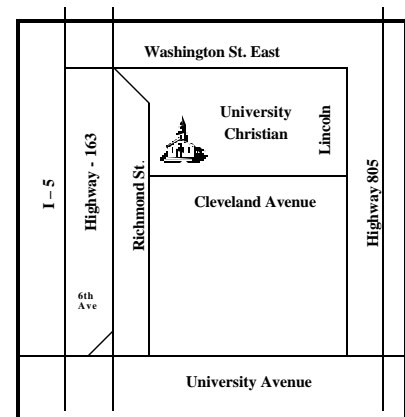
You are encouraged to come with your entire family

Coming Attractions:

February 7—"Mental Illness and the Court System", a judicial candidates forum, in cooperation with the League of Women Voters.

March 7—"ECT., What Really Happens", Eric Raimo, M.D., and Paul D. Cumming, Sally Shepherd, Agnes Zsigovics.

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



Additional NAMI meetings in the San Diego County area are listed on Page 2

Schedule of Meetings

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

First Thursday, Jan 3rd
“In our Own Words:
Living with Mental Illnesses”
(see page 1 for more information)

Third Thursday Support Group
 Suspended until March 2002.

Morning NAMI-SD Support Group
 Third Tuesday, 10:00 - 12:00 a.m.
 University Christian Church, Chapel
 3900 Cleveland Ave., San Diego

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

La Jolla NAMI Support Group
 Usually First Tuesday, 7:15 - 9:00 p.m.
 But no meeting on January 1st, 2002
 La Jolla Presbyterian Church Lounge
 7715 Draper Avenue, (858) 457-5057
 (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

Filipino Family Support Group
 UPAC,
 1031 25th St., Broadway & 25th
 For information on date and time

NAMI NORTH INLAND
SAN DIEGO COUNTY
P. O. Box 300386
Escondido, CA 92030-0386
(760) 745-8381

Second Tuesday each month, 7:00 pm.
 Education Meeting
 at the Kinesis Building
 474 W. Vermont Ave, Escondido
 (760) 745-8381 or 1-800-523-5933

On January 8th, 2002 at 7 pm
Rory Potter of County Mental Health
Case Management will talk on “Social
Security”

Bring your questions !
The public is invited to attend.
For further information please call
(760) 745-8381

Share & Care
 First, Third, Fourth & Fifth Tuesday
 4:00 - 5:30 pm. at Joslyn Senior Center
 210 East Park Ave, Escondido
 Call (760)745-8381

East County NAMI Support Group
 Please refer to the enclosed calendar
 for Date and Time.
 San Carlos Library

NAMI PATTON
c/o Patton State Hospital
3101 E. Highland Avenue
Patton, CA 92639
Fax: (714) 963-9961

Third Sunday, 11:45 a.m. - 1:15 p.m.
 Administrative Meeting Room
 3101 East Highland Avenue
 Patton, CA (909)425-7000

South Bay—Spanish

Family-to-Family Schedule

Feb 6 - April 24, 2002, at VA hospital

March 4 – May 20, 2002, at Gethsemane Lutheran Church

April 1 or 8, thru June 24 or July 1, 2002 at Health Services Rosecrans Street

Schizophrenia
Education for Families & Caregivers

February 26-April 2, 2002, at Grossmont Hos-

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.

January 16 at, 7:00 p.m.
Speaker: Dr. Daniel Sewell
Topic: “Depression in Older Adults”
Dr Sewell specializes in geriatric psychia-
try. He is an Associate Clinical Professor
in the UCSD Psychiatry Department, and is
Medical Director for the UCSD Thornton
Hospital Senior Behavioral Health Inpatient
Unit.

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.

Living With Spouses, Support Group
 1st Thursday, at 7:00 pm
St. Michael's Episcopal Church
 2775 Carlsbad Blvd, Carlsbad
 Marie, at (760) 722-3754

NATIONAL DEPRESSIVE &
MANIC DEPRESSIVE ASSOCIATION
 Call (800) 826-3632
 for meeting places and times.

San Diego-La Jolla Chapter
Sponsored by
Dr. John Kelsoe, UCSD
 Every Monday at the
 VA Hospital La Jolla,
 Room 2011 – 6:00 – 8:00 p.m.

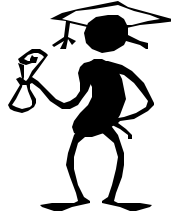


Client Corner

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

“In Our Own Words: Living With 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

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 Monday - Saturday
10:00 am. - 4:00 p.m. *Monday to Friday*
11:00 am - 3:00 p.m. *on Saturday*

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 - Saturday
10:00 a.m. - 6:00 p.m.
A peer advocate is available
Thursday, Friday (morning) and
Saturday

Mariposa Clubhouse

560 Greenbrier, Suite .102, Oceanside
(760)439-6006
Open Monday - Friday
8:00 a.m. - 4:00 p.m.
Open Saturday & Sunday
10:00 a.m. - 2:00 p.m. *Brunch*

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 :

Mon., Tue, Thur, Fri. 8:00 a.m. - 2:00 p.m.

Wednesday 8:00 a.m. - 6:30 p.m.

Saturday - 10:00 a.m. - 2:00 p.m.

Visions @ 5th and H

499 “H” Street, Chula Vista
(619) 420-8603
Open Mon., Wed., Fri., Sat.
Noon - 7:00 p.m.
Sun. -- Noon - 5:00 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) 589-2434
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**

S U N	M O N	T U E	W E D	T H U	F R I	S A T
	NAMI San Diego, January 2002	1 La Jolla NAMI No Support Group meeting this month due to "New Years Day"	2	3 6:30-8:30 Education & Advocacy Meeting "Living With Schizophrenia" University Christian Church 7:00—8:30 Spouse Support Group, Carlsbad	4	5
6	7 6:00 – 8:00 p.m. Depressive & Manic Depressive Support Group, VA Hosp. La Jolla	8	9 6:30 – 8:00 p.m. El Cajon Support Group 7: 00- 9:00 Sibling and Adult Children Support Group	10	11	12
13	14 6:00 – 8:00 p.m. Depressive & Manic Depressive Support Group, VA Hosp. La Jolla 10:00 - 12:00 a.m. Albright I & R Volunteers 7:00-8:30 p.m. Clairemont Area, Support Group	15 10:30 – 12:00 a.m. Morning NAMI Support Group Univ. Christian Church 9:00—10:30 a.m. Volunteer Recognition Brunch	16	17 6:30 – 8:00 p.m. East County NAMI Support Group San Carlos Library	18	19
20	21 6:00 – 8:00 p.m. Depressive & Manic Depressive Support Group, VA Hosp., La Jolla	22	23 6:30 – 8:00 p.m. El Cajon Support Group	24 6:30 p.m. – 8:30 p.m. Sharing & Caring - Sharp Mesa Vista Hospital	25	26
27	28 6:00 – 8:00 p.m. Depressive & Manic Depressive Support Group, VA Hosp. La Jolla 6:00 – 8:00 p.m. Spanish Support Group, South Bay	29	30	31	For further information on any of the meetings or events, call NAMI San Diego (619) 294-9941 or See reverse side for details and/or listing of additional meetings.	