



January 2003

Volume VII, Issue 1

**The Alliance Advocate**

NAMI San Diego, a nonprofit organization, provides education, support services, and advocacy to improve the quality of life of everyone affected by mental illness..

NAMI San Diego is an affiliate of NAMI and NAMI California

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Bettie Reinhardt  
exudir@namisandiego.org

The Alliance Advocate is a monthly publication of NAMI San Diego,

4480 30th Street

San Diego, CA 92116

Mailing Address:

P.O. Box 710761

San Diego, CA 92171-0761

Phone: (619) 584-5564 (administration)

800 523-5933 (peer support)

Fax: (619) 584-5569

E-mail: [namisd@sbcglobal.net](mailto:namisd@sbcglobal.net)

Web Site: [www.namisandiego.org](http://www.namisandiego.org)

**The Alliance Advocate Editors:**

Bettie Reinhardt and Pete Truman

E-mail: [namisd@sbcglobal.net](mailto:namisd@sbcglobal.net)

And [trumana@worldnet.att.net](mailto:trumana@worldnet.att.net)

Fax: (619) 584-5569

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

*The opinions expressed in the newsletter do not necessarily reflect those of NAMI San Diego.*

To register your opinion, call Bettie Reinhardt at 619 584-5564 or write to P.O. Box 710761, San Diego, 92171 or fax to (619)584-5569 or email at [exudir@namisandiego.org](mailto:exudir@namisandiego.org) or contact any of the people mentioned in the articles.

**Education & Advocacy Meeting**

Thursday January 2, 2003

Social and New Visitors—6:30 pm.

Business and Advocacy—7:00 pm.

Program—7:30 pm.

**“In Our Own Voice:  
Living with Mental Illnesses”**

*“the most compelling presentation I have ever seen”*

*“Yes! This is how it is. Now I have hope.”*

*“I understand my relative’s pain and her aspirations much better now.”*

These are just some of the comments that NAMI San Diego has gathered since it began presenting the “In Our Own Voice “(formerly called “Living with Schizophrenia and Other Illnesses”) nearly three years ago.

Kamala Castle, “In Our Own Voice Coordinator”, will introduce the program and the evening’s presenters. Kamala was herself trained in the spring of 2000 and has presented the program at national and state conferences as well as locally. She became Program Coordinator in February, 2002.

“In Our Own Voice” is an interactive presentation enjoyed by consumers, family members, mental health professionals, and members of the public. You will be guided from the “dark days” of the illness to the presenters’ “successes, hopes and dreams”. Most importantly, NAMI’s admonition to “never give up hope” will become very real.

Presentation includes a NEW video

Meet new presenters

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 Ave

San Diego, California

(see map on back of calendar)

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

## Schedule of Meetings

### NAMI SAN DIEGO

See Page 3 for NAMI-SD's address

NAMI-SD's Education and Advocacy meeting takes place the First Thursday of each month at University Christian Church, 3900 Cleveland Ave., San Diego

See page 1 for information about this month's program.

### Evening NAMI-SD Support Group

Third Thursday, 6:45 p.m.  
Note New site, 4480 30th Street

### Morning NAMI-SD Support Group

Third Tuesday, 10:00 - 12:00 a.m.  
Note New site, 4480 30th Street

### 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

First Tuesday, 7:15 - 9:00 p.m.  
La Jolla Presbyterian Church Lounge  
7715 Draper Avenue, (858) 457-5057  
(Entrance on Kline St.)

### El Cajon (East County)

Second Wednesday. 6:30–8:00 p.m.  
562 E. Main St.. El Cajon,  
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

### La Mesa

Third Thursday, 6:30—8:00 pm  
Call Albright Center tel 619 584-5564 for  
new meeting information.

### NAMI PATTON

c/o Patton State Hospital  
3101 E. Highland Avenue  
Patton, CA 92639  
Fax:(714) 963-9961 Tel(909)425-7000  
Third Sunday, 11:45 a.m. - 1:15 p.m.  
Administrative Meeting Room Patton,  
CA (909)425-7000

### 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  
Note the December Education meeting  
is replaced by the Holidai Night  
Program described below.  
Bradley Center (Kinesis North)  
474 W. Vermont Ave, Escondido  
(760) 745-8381 or 1-800-523-5933

**Tuesday January 14th**  
**Bob Jones**  
will talk about **Bi-Polar Disorder**

For further information please call  
**(760) 745-8381**

### Monday Share and Care Meeting

Every Monday Except the 2nd Monday  
of each month. Starting at 6:30 p.m.  
Palomar Pomerado Behavioral Health  
Building, 1540 East Valley Parkway,  
Escondido. **Call (760) 745-8381 for fur-**  
**ther information**

### Tuesday Share & Care Meeting

Every Tuesday Except the 2nd Tues-  
day of each month.. 4:00 - 5:30 pm.  
at Joslyn Senior Center  
210 East Park Ave, Escondido  
Call (760)745-8381

### Wednesday Share and Care

Weekly Meeting, Wednesday morning  
at 10:30 a.m.  
Palomar Family Counseling Building,  
120 West Hawthorne Street

### 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 THURSDAY, 7:00 p.m.**  
**Education Meeting followed by**  
**Share & Care at 8:40 p.m.**

**For Thursday January 16th the topic will be**  
**"Challenges of the Nurse**  
**in Behavioral Health"**  
**This topic will be presented by a panel of**  
**nurses from the behavioral health units of**  
**five hospitals**

### 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)940-7396

### TARA Borderline Personality Disorder Support Group

1<sup>st</sup> Tuesday monthly, at 7:00 pm..  
Carlsbad Community Church  
3175 Harding Street, Carlsbad CA 92008  
760-729-2331

### Schizophrenics in Transition-AMI

Board Meeting  
3rd Wednesday at Noon  
144 Copper Avenue, Vista 92083  
760.941.2153

**Depressive Bipolar Support Alliance (DBSA)** support groups for those with depression,  
bipolar disorder and other mental illnesses.

Web: [www.DBSAAlliance.org](http://www.DBSAAlliance.org)

DBSA National phone 800 826-3632.

**DBSA El Cajon** - Thursday nights 6-8 pm.  
B's El Cajon Coffee Shop,  
330 North Magnolia  
For more information call 619 393-3568

**DBSA La Jolla**—Mondays 6-8 pm  
VA Hospital. Second Floor, Room 2011  
3350 La Jolla Village Drive  
For more information call 858 274-3637

**DBSA La Mesa**—Tuesdays 6-7 pm  
Alvarado Parkway Institute,  
7050 Parkway Drive  
For more information call 619 465-4411

**DBSA Rancho Bernardo**, Tues. and Thurs. 6-8 pm.  
Aurora Psychiatric Hospital,  
11878 Avenue of Industry  
For more information call 858 487-3200

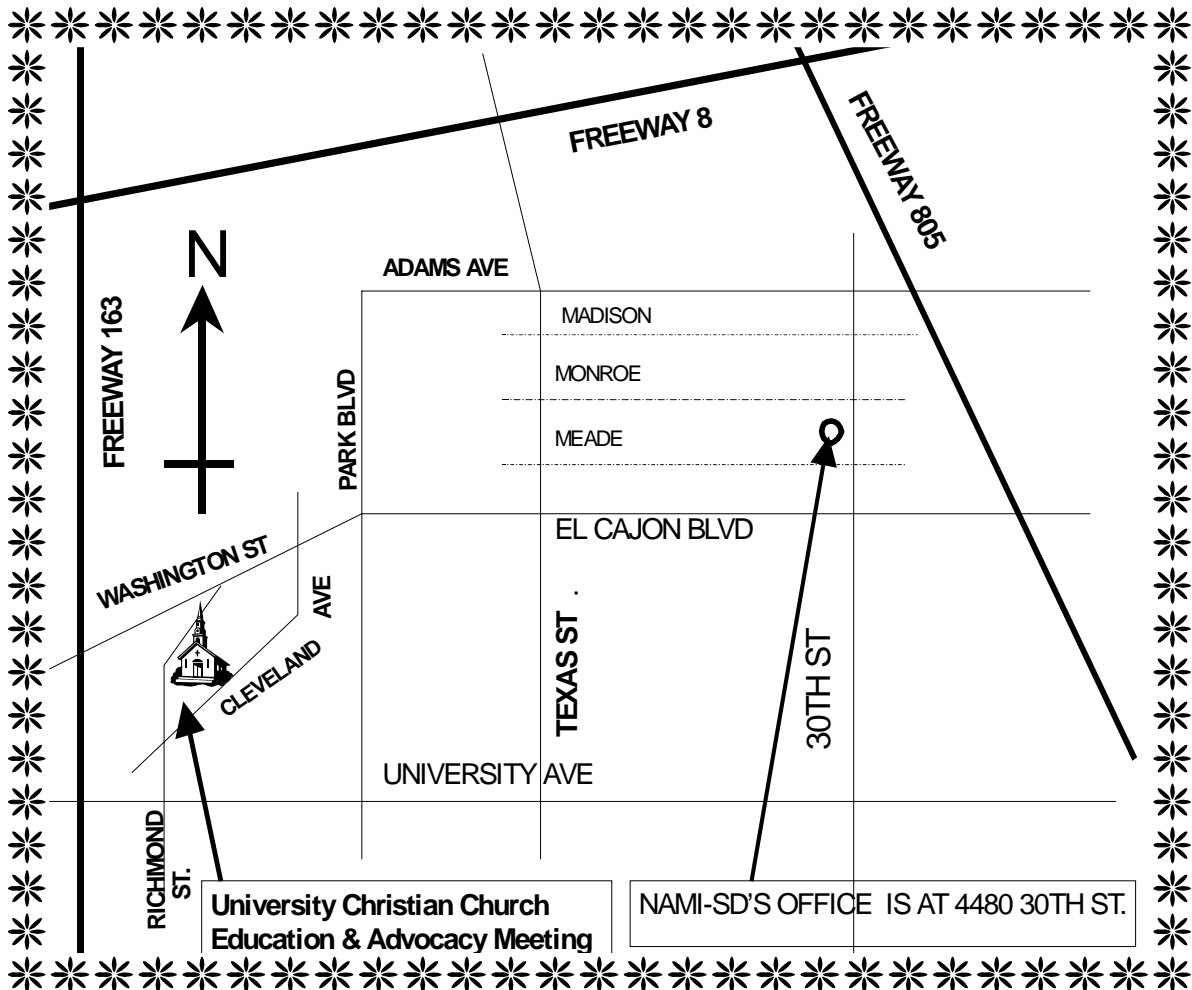
**DBSA Hillcrest**—Thursdays 2-4 pm  
UCSD Outpatient/Gifford Clinic, Room 318  
140 Arbor Street  
For more information call 619 393-3568

## USEFUL TELEPHONE NUMBERS

When someone is in danger or for PERT Call 911

For help with a crisis/No-one in danger:

- ◆ Access & Crisis Line (800) 479-3339 or (619) 641 6890
- ◆ Heartbeat (Children) (619) 615-7676
- ◆ Medical Doctor (800) 640-1662 or (858) 565-8888
- ◆ Psychiatric Referral service (858) 656-8161



## Consumer Corner

### NAMI C.A.R.E.

Facilitator Training is coming.

Call Eric Goldman at 619 584-5508  
for information

### IN OUR OWN VOICE

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

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

Kamala Castle at 619 584-5568

### 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

### 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.

### 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

### Employment Services

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

### Visions @ 5<sup>th</sup> 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.

### 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 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 reg-  
istration. Simply call ahead of event and  
say

"I want to sign up for the event"

(619) 525-8247

### Scholarship Funds

Call the Albright Center for information  
about scholarship funds.

(619) 584-5564

### Friends

144 Copper Ave. Vista

(760) 941-2153

Open Saturdays

1:00-4:00 p.m.

### NAMI c.a.r.e Group

Consumer Support Group

Consumer -lead

All Consumers welcome

2nd and 4th Tuesday of Month,  
6pm—7pm.

NAMI San Diego Meeting room  
4480 30th Street, San Diego

### PEER TO PEER

Peer-to-Peer is a unique learning program for peo-  
ple with any serious mental illness who are interested  
in establishing and maintaining their wellness and  
recovery for themselves. Peer-to-Peer consists of  
nine two-hour units and is taught by a team of three  
trained "mentors" who are personally experienced  
at living well with mental illness. Each class con-  
tains a combination of lecture and interactive exer-  
cise material and closes with Mindfulness Practice  
techniques.

To sign up, call the Albright Center, 619.543.1434.

Remember, seating is limited.

### NAMI C.A.R.E.

NAMI C.A.R.E. (Consumers Advocating Recovery through  
Empowerment) is a mutual support group program for  
individuals facing the challenges of recovering from mental  
illness. It is a group for all consumers with any diagnosis of  
any type of mental illness. It is a support group led by trained  
consumers.

NAMI C.A.R.E. is now meeting in several programs including  
the The Meeting Place and REACH. A meeting open to all  
comers, no reservation needed, is at the NAMI San Diego  
office at 4480 30th Street on the 2nd and 4th Tuesday of each  
month from 6 to 7 pm.

For information, please call: 619.584.5564.

COME JOIN US!

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**NAMI San Diego**

4480 30th Street  
San Diego, CA 92116

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## *Inside This Issue:*

*Annual Report*

*“Peer to Peer” & “NAMI C.A.R.E.”*

*Calendar of Events & Meetings*



**NAMI San Diego**

## **2003 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 – \$40.00 Check one: ( ) New Member ( ) Renewal
- \_\_\_\_\_ Professional Membership – \$75.00 (includes office display of NAMI brochures)
- \_\_\_\_\_ Consumer Membership – \$10.00 \_\_\_\_\_ Newsletter Subscription Only – \$15.00
- \_\_\_\_\_ Open Door Membership \$3.00 (consumer, consumer family & friends in financial need)

### **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
- \_\_\_\_\_ Donation for Open Door Memberships (\$ \_\_\_\_\_)  
(to help consumer, consumer family & friends in financial need)

### **Check relation to client:**

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

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