



## Volunteer Spotlight

By Diana Waugh  
Volunteer Coordinator

Kudos to ALL the NAMI San Diego Volunteers. You are much loved and appreciated.

We added solid new volunteers to our team in 2003, and we still need more of you to volunteer whatever time you can in order to achieve our mission of improving the lives of everyone affected by mental illnesses.

Some of our Albright Information & Referral (helpline) telephone volunteers, Emy, Helen, Caroline, Jan, Jim, Mary and Joan have been serving the NAMI community since the 80's. They have now been joined by Trish, Glenda and Rachael.

Jose has joined our Latino task force and has been translating our literature into Spanish. The task force is an energetic and effective group.

Jackie has taken over as librarian from Emy who has been doing it for ten years. Jackie brings 18 years library experience to the job.

Louis joined us to do landscaping and it certainly reflects his hard work and love for plants.

Madeline became our Volunteer Publicity chair and has now agreed to chair the 2004 NAMI San Diego Walk for Wellness.

*cont. on page 5*

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Joyce Dupuy Family Trust

Contact: Marjie Joramo to sponsor a coming issue for \$784.00.

## It's About What You Know and Who You Know

By Marjie Joramo  
Development Director

**D**o you know everything that NAMI San Diego does? Or do you know just a part of what we do? Do you have a hard time telling others what NAMI does?

Now there is a way for you or someone you'd like to know more about NAMI to find out!

*NAMI San Diego 101* is a one hour long overview of NAMI San Diego. We recommend it for people who know nothing about NAMI San Diego or those who want to broaden their knowledge about the organization.

We are looking for individuals who share our vision of recovery with a life in a community for everyone with a severe mental illness. We want to identify people who will share our mission

to provide education, support services, and advocacy to improve the quality of life of everyone affected by mental illness.

*NAMI San Diego 101* will be presented every third Wednesday during 2004 from 5:30 to 6:30 pm at the Albright Center. Registration is required.

To register call or e-mail the Albright Center with your name, phone and/or email and be sure to tell them which Wednesday you want to come.

## Thanks to Unitarian Church

The First Unitarian Universalist Church sent us a check for over \$1,500.00 recently. This church has a representative from a non-profit organization speak at their services one Sunday each month. Carol Venable, one of our members and our immediate past treasurer arranged for Bettie to speak in late October and the check was the result of donations given at the church.

I am telling you this so that if we all keep our eyes and ears open maybe we can find other faith communities or organizations that do this kind of thing.

Bettie, the Outreach Committee, other speakers, or *In Our Own Voice* presentations are available to go out to community organizations to spread the word about what we do.

## Do You Know Someone?

Much of the local charitable funds from both individuals and organizations are rightly going to wildfire victims. I am quite sure that we will receive less or no funding from local sources we were hoping would

support us this year. We have begun to apply for grants and donations from sources outside of our region with the hope to make up for local funding that we may not get and also to broaden our total support base.

If you sit on a Foundation Board or are a friend of a foundation that funds the type of work we do please be sure to get information about our mission and what we do to them. Feel free to contact me if you want me to contact someone you know.

*“Know more about NAMI by taking NAMI 101!”*



# December At-a-Glance

## Stand Up & Be Counted: NAMI Needs Your Vote

By Bettie Reinhardt

The Annual Meeting on December 4 was filling and enjoyable! The potluck supper set the tone for an evening of old friends and new friends getting together.

But, note: We did not have enough member votes for a quorum at our December 4th annual member meeting. Therefore, we adjourned the meeting to January 8th at 5:30 p.m. at the University Christian Church, Friendship Hall, 3900 Cleveland Avenue. In order to have a quorum at the January 8th meeting, we need to receive at least 35 more proxies from our members.

It is very important that we have a quorum for this meeting so that we can elect new directors for our Board. We are also trying to make several amendments to our Bylaws, one of which would permit the Board to decrease the quorum requirement so that we do not experience these difficulties in future years.

So, hark: Please show your commitment to NAMI San Diego by completing and signing the proxy that is mailed to you and returning it to us in the self-addressed stamped envelope.

Next year, we hope to focus more on dining and enjoying the program than on counting proxies. Whatever we are doing, we will be doing it together and that is what makes us NAMI and special.

## Churches Make Safe Havens

By Margaret England

Many people who have a mental illness would benefit by being included in a community. Church congregations can be that

community. But to be effective, churches need to understand serious mental illness and then to offer a safe place for people with the condition to be accepted as they are. Jim and I have made presentations to

churches in an effort to help congregations realize that they can be that safe place. The first weekend in October Jim and I went to the Retreat Center of the Los Angeles Episcopal Cathed-

ral at Echo Park and gave a presentation to a group of Companions of the Holy Cross. These are women deeply committed to prayer and social action, and who have prayed steadfastly for our son Steve since the onset of his illness, almost twenty years ago. They traveled from all over California.

We made a full day's presentation on serious mental illness and spirituality, focusing on the need for support, the importance of education, what action can be taken and the extent of recovery with the new medications. We gave each one an information folder and all were enthusiastically ready to take the information back to their parishes. It was encouraging to know they will be helping others understand how to support and help people with mental illness and be a resource for them.

On Sunday, October 19th, Kathy and Kamala from 'In Our Own Voice' came to speak to our church and I was grateful that they would take time out of their Sunday. They shared their journey with mental illness and their road to recovery, which they explained still continues because as yet there are no cures. Both included their spiritual journey. Having

them speak did infinitely more than anything I could say on their behalf. Previously people with an illness have needed others to speak for them and it was clear that today's miracle is that they can speak for themselves (and others like them), or as they say, 'In Our Own Voice.'

These two women were inspirational as they shared how they have moved from being overcome by the illnesses to facing them, seeking treatment and coping with them. Those who heard responded warmly to these two courageous women. Hopefully, step by step, people will understand these illnesses and will learn how to truly support those who have to live with them. And congregations will be part of that process.

## Make a Buck for Science

UNIVERSITY OF CALIFORNIA, IRVINE,  
DEPARTMENT OF PSYCHIATRY

Principal Investigator:  
William Byerley, M.D.

**Dr. Byerley is searching for the genes that may predispose people to schizophrenia. The study is funded by the National Institute of Mental Health. This is not a drug study, the time commitment is very short and there is no expense. Participants receive \$100.00**

**TO QUALIFY:**

1. Must have been diagnosed with Schizophrenia
2. Must be at least 18-years-old

**TO PARTICIPATE:**

1. Telephone interview (About 1 1/2 to 2 hours)
2. Small blood sample (We will arrange for you)

**CONTACT:**

Lisa T. Lovil, M.A.  
Clinical Research Coordinator  
Toll free 1(877) 906-1700



**NOTE:**  
*We need your  
vote!*

# The Advocate

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

NAMI San Diego is an affiliate of  
NAMI and NAMI California

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## Executive Director

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

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

To register your opinion, call Bettie Reinhardt at 619 584-5564 or 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.

# Knowledge Is Power!

## NAMI Programs Reach Out: Get Involved!

By Mary Lou Erwin

### Family-to-Family

There are two classes starting in early January. Sign up now if you wish to unite with other families in learning how to "cope" with your loved one(s), understand the diagnosis that has been given to your loved one (s), and obtain information and support for yourself. Please call the NAMI office for further information or to register for a class at 1-800-523-5933

### C.A.R.E : *Consumers Advocating Recovery through Empowerment*

There will be a C.A.R.E. Facilitator training held on January 23, 24, 25, 2004 at the NAMI San Diego office. Anyone interested in being a facilitator for a peer support group should contact Les Kang or Mary Lou Erwin at the NAMI San Diego Office, 619-584-5564.

We need peers that want to help empower and support their peers. Facilitators are needed throughout the county. If you are ready to move forward in your recovery you may be ready to facilitate a NAMI C.A.R.E. Support Group.

### Stigma Buster Members Wanted

The In Our Own Voice Program *needs consumer* to present this exceptional education program to other consumers, family members, friends, professionals, and lay audiences.

In February, there will be training for consumers that wish to help break the stigma of mental illness. If you want to make a difference, please call the NAMI office at 619-584-5564 and let Kamala or Mary Lou know that you are interested.

### Peer-to-Peer

Living well with mental illness can be challenging!

If you would like to gain skills in avoiding relapses, talk with others about how they cope with mental illness and feel that you are not alone in your struggles with mental illness, sign up for an upcoming Peer-to-Peer Class. This education series is offered through out the county.

We are also interested in current programs that wish to sponsor our Peer-to-Peer Program. Please call the NAMI office to acquire additional information or if you wish to sponsor a class in your area. To sign up for a class call 1-800-523-5933 or if you wish to host a class, please call Mary Lou Erwin at 619-584-5564.

### Have a Child with an Active IEP?

Join a workshop to learn how to get what your child needs in order to have a positive academic experience.

**WHAT:** A free workshop is being presented on Basic Rights for parents that have a child or children enrolled in Special Education Classes. Every parent that has a child with an active IEP will benefit from this workshop. Professional will benefit as well from all the great information that will be provided.

Topics range from "Understanding federal and state laws affecting children with special needs to what protections are available to students and their parents

**WHEN:** Wednesday, January 7, 2004  
10:a.m. – 1:00 pm

**WHERE:** Children's Disability Council in partnership with Team of Advocates for Special Kids, San Diego, 1068 Broadway, Suite 221, El Cajon, CA

For more information, please contact Janet Light at 619-465-2288

# NAMI San Diego Meeting Schedule

## NAMI San Diego

4480 30th Street  
San Diego, CA 92116  
(619) 584-5564

**NAMI-SD's Education and Advocacy**  
meeting takes place the First Thursday  
of each month at University Christian  
Church, 3900 Cleveland Ave.,  
San Diego. (Additional info, pg. 5.)

**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

**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 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  
Enter on Eads Avenue, Room #9  
(858) 457-5057

**El Cajon (East County)**  
Second Wednesday, 6:30–8:00 p.m.  
Heartland Center, 1060 Estes Street  
(off Chase)  
Dale or Judi at (619) 401-5500

**South Bay Spanish**  
Fourth Monday, 6:00 - 8:00 p.m.  
Call Luz Fernandez (East County clinic)  
for location (619) 401-5500

**La Mesa**  
Second Wednesday, 6:30—8:00 pm  
San Carlos Library  
7265 Jackson Drive  
Contact Karen Robinson, (619) 698-4711  
E-mail: krsd@cox.net

**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

## NAMI-SIT

### Schizophrenics in Transition

Board Meeting  
1st Wednesday at Noon  
144 Copper Avenue, Vista 92083  
(760) 941-2153 or  
(858) 484-7069

NAMI-SIT includes the following :

- Copper Hill Living & Learning Center
- Creative Arts Consortium
- Friends
- Advocacy Works
- MIXTECA Garden

## NAMI North Inland

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

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

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

**Wednesday Weekly in Fallbrook**  
Wednesday, 5:00—6:30 p.m.  
Fallbrook Healthcare Foundation  
Corner of Mission and Fig  
Call for address (760) 745-8381

## NAMI North Coastal

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  
1. Share & Care,  
2. NAMI C.A.R.E.,  
3. Share & Care/Living with Spouses  
at 8:30 p.m.

**Share & Care**  
Fourth Tuesday - 5:00-6:30 p.m..  
North Coastal Mental Health Clinic  
1701 Mission Avenue, Oceanside  
(760) 967-4475 or (760) 722-3754

**Share and Care**  
Second Thursday at 6:00 - 7:00 p.m.  
Tri-City Medical Center, Behavioral Health  
Unit, 4002 West Vista Way, Vista  
(760) 940-7396

**Pastoral Share & Care**  
2807 Ocean St., Apt. 301, Carlsbad  
Jane or Tim Hird, (760) 435-2536  
Call first for security reasons.

**TARA Borderline Personality Disorder Support Group**  
First Tuesday monthly—6:30-9:00 p.m.  
Carlsbad Community Church  
3175 Harding Street, Carlsbad CA 92008  
(760) 729-2331

## Volunteer Spotlight Cont.

Brad continues to manage our wonderful web site as well as do data entry of phone logs and train new data entry volunteers such as Christine and Jacquie.

Wendy McNeill took over this year as newsletter editor.

Laura and Jill do much needed weekly clerical assistance.

### Outreach Committee

Consumer and Board member Sally Shepherd heads our volunteer Outreach Committee. Committee members Karen Gunneck, Board President, Jerry Levens, Paul Cumming, and myself also volunteer time speaking and at outreach tables at NAMI and community events.

This Outreach Committee really needs your help. NAMI San Diego has taken a larger role in the community partly as a result of the drastic budget cuts for mental health services. We need more members on this committee that performs a variety of jobs from making posters to talking to legislators.

More opportunities will be listed next month!! If anyone is interested in trying any of the volunteer positions described, please contact me, Diana Waugh, Volunteer Coordinator, at (619) 584-5564 mail box #304.

I look forward to working with more of you next year.

## Wanna New Drug?

A longer-lasting version of the schizophrenia drug Risperdal was approved by the FDA. The new version, known as Risperdal Consta, is injected twice a month instead of taken daily in pill form. Drug company officials say the extended release injection could help reduce relapse rates of patients who do not follow physician orders, something most people do incompletely. The drug manufacturer claims 75% of patients with schizophrenia have difficulty following their drug regimen in pill form, and that some studies show that Risperdal Consta could cut in half rehospitalization rates for patients with schizophrenia. (ENEWS, Treatment Advocacy Center; American Health Line, 10/31/03; Wall Street Journal,

# Second Thursday

## Education & Advocacy Meeting

### For Whom the Bell Curve Tolls:

Advances in Our Understanding of ADHD Through the Life Span

Speaker:

### Dr. Mark Katz

MARK KATZ Ph.D., is the director of Learning Development Services in San Diego and supervising psychologist at San Diego Center for Children. He is also the educational consultant to the Casey Family Program and a consultant to the San Diego Unified School District's PARD (Partners for Attention Related Disorders) Project.

**Thursday, January 8, 2004**

**Social and New Visitors – 6:30 pm**

**Business and Advocacy – 7:00 pm**

**Program – 7:30 pm**

The monthly meeting is open to anyone interested in learning about mental illness.

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



# Legislative Update

By Caroline Hamlin

## Mental Health Services Initiative

The Mental Health Services Expansion and Funding Initiative Petitions are now being circulated. You can pick them up in the office. Our goal is to get the initiative on the November, 2004 ballot, and we have only until March to reach our goal of 600,000 signatures.

This initiative, as stated in the petition would "Provide funds to counties to expand services and develop innovative mental health service programs including prevention, early intervention, education and training programs." A new commission would be created to approve county programs and expenditures. The funding would come from a 1% surcharge of taxable incomes over 1 million dollars.

It will take all of us to get the required signatures. GET YOUR PETITION TODAY.

## Consumer Corner

We're adding a new column- If any consumers have special needs, this is the place to ask...Call me, Diana Waugh, Volunteer Coordinator, at (619) 584-5564 mail box #304 with your requests. I need information by the 13th of each month for the end of the month newsletter.

## Home Hunt

Looking for housing- apartment or room to rent near bus line for Diana Waugh, NA-MISD volunteer Coordinator. Call (619) 466-2665 home or (619) 584-5564 mail box #304.

# your community Resources

## **The Consumer Center for Health Education and Advocacy**

If you need help getting mental health services or if you have a complaint or grievance, call or write us. We are ready to help you.  
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 - Friday*  
8:00 a.m. - 4:00 p.m.

## **Corner Clubhouse**

2864 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*  
8:00 a.m. - 4:00 p.m.  
An SSI advocate is available  
Monday—Friday

## **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., Thurs., 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.

## **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**

1060 Estes Street (off Chase Avenue)  
El Cajon, 92020  
(619) 440-5133  
Fax: (619) 440-8522  
*Open: Mon & Fri. 8:00 a.m. - 4:00 p.m.*  
*Tues & Thurs - 8:00 a.m. - 2:00 p.m*  
*Wednesday 8:00 a.m. - 6:30 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 registration. 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) 534-1434

## **Friends (Clubhouse)**

144 Copper Ave. Vista  
(760) 941-2153  
*Open Wednesdays 1:00 p.m.-4:00 p.m.*  
*Saturdays 11:00 a.m. - 6:00 p.m.*

## **NAMI C.A.R.E. Group**

Consumer Support Group  
Second and Fourth Tuesday of Month, 6pm—7pm.  
NAMI San Diego Meeting room  
4480 30th Street, San Diego

## **The Bayview Clubhouse**

330 Moss Street  
Chula Vista, CA 91911  
(619) 585-4646

## **Client Warm Line**

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



# NAMI Membership

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
- \_\_\_\_\_ Silver Donor – \$100.00–\$249.00
- \_\_\_\_\_ Gold Donor – \$250.00–\$499.00
- \_\_\_\_\_ Benefactor – \$500.00 – \$999.00
- \_\_\_\_\_ Patron – \$1,000 +
- \_\_\_\_\_ 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.

## Action Alert: Undiagnosed Depression in the Elderly

*By Maureen Halpain  
San Diego Older Adult  
Mental Health & Substance  
Coalition  
Sally Shepherd  
NAMI San Diego*

Today’s article about the tragic shooting in a Chula Vista Hospital mentions the issues of hospital security, the “shock, sadness and anger” of employees, and the disbelief of visitors. A police officer calls the incident “unpredictable.” Nowhere is the perpetrator’s emotional state addressed, although neighbors describe the husband as “quiet” and “not socializing much.” Yet here was someone who was watching his partner die and facing a terrible loss. Could it be that he was suffering from unrecognized clinical depression?

Depression in seniors is often overlooked, or thought to be a normal part of aging. Many seniors are reluctant to broach the subject of “mental illness” to family

members or health care providers.

Consequently, older adults frequently suffer from undiagnosed clinical depression, and commit suicide at a rate four times the national average. Ironically, it is estimated that about 75 percent of elderly suicide victims saw a primary care provider within 30 days of their suicide, but were not screened or treated for their depression.

Sen. John Breaux, ranking member of the Senate Special Committee on Aging, recently stated, “It’s time we recognize that mental health problems like depression are a real problem for our nation’s seniors, and make diagnosis, treatment and prevention a high priority.”

With the rapid growth of our senior population and the equally rapid decline in resources, many more seniors are likely to “slip through our fingers.”

However, we can all raise our level of awareness and look for indicators of depression in older adults. These include sadness, isolation, fearfulness, forgetfulness, being worried, and/or misusing medications or alcohol. We should not be afraid to talk to them about any of these symptoms, which are not a normal part of aging.

Contrary to popular belief, raising the topic of suicide does not increase the likelihood of it being carried out. Talking about it may in fact reduce the risk of it happening by providing an outlet for emotions and a source of support.

For help with a senior at risk, San Diego community resources include the Access and Crisis Line (800-479-3339), Aging & Independence Services (800-510-2020), the Mental Health Association (619-543-0412) and the National Alliance for the Mentally Ill (NAMI – 800-523-5933).



# The Advocate

Vol. VIII, Issue 1, January 2004



4480 30th Street  
San Diego, CA 92116

Non-Profit  
Organization  
U. S. Postage  
Paid  
San Diego, CA  
Permit No. 2695

Second Thurs.!



See you Jan. 8th!



*Return Service Requested*

## Walk for your Lives!

*By Madeleine Lee*

The National Alliance for the Mentally Ill of San Diego (NAMI SD) is hosting the organizations nationally held Walk for Wellness, Strides for Mental Health on Saturday, April 17, 2004 in Balboa Park.

The walk will begin at 9 a.m. at the intersection of Quince and 6th Avenue in Balboa Park. Registration begins at eight. Participants do not have to pre-register for the walk and can register at the site on the day of the event. There is no fee.

The message NAMI SD hopes

to convey is that there are many organizations in our community that provide services to those affected by mental illnesses. A community resource fair will be held following the walk where every San Diegan will have the opportunity to get educated on where to reach out.

In California approximately one out of every four families and one of every five individuals experience some sort of mental illness. The Walk for Wellness is just one of the many ways NAMI SD is trying to improve the lives of persons affected by mental illnesses as well as reduce the stigmas involved with mental illness.

The stereotypes associated with people who suffer from mental illnesses, cause discrimination in San

Diego. This has affected suitable housing, jobs, unsatisfactory medical care, and emotional anguish to individuals and families affected by mental illnesses and who struggle to rebuild their lives.

Members who are interested in helping our community should become a NAMI WALK FOR WELLNESS PLEDGE. To start your pledging today, visit NAMI San Diego at, [www.namisandiego.org](http://www.namisandiego.org) and click on walk.

For more information about NAMI SD or NAMI's Walk for Wellness, call 619.584.5564 or visit the Web site at [www.namisandiego.org](http://www.namisandiego.org).