

Volunteer Spotlight

By Diana Waugh
Volunteer Coordinator

I want to thank everyone for all your support during my recovery from the car accident. It's good to be back. I tried to answer my phone and e-mail messages from home, but some may have slipped through the cracks; if so, I apologize and hope you will try again.

All of our volunteers are so needed and appreciated and I want to encourage anyone with a little time to consider filling one of these special volunteer needs on NAMI'S "Christmas Wish List":

Domestic Diva

Data Entry Artist

Fanatic Frenzied File Clerk

Noisy Newsletter Reporter

Hostess with the Mostess

Monthly Mail Mogul

Friday Phone Angel

Call me for more information on these fun positions.

Hope everyone has a wonderful, safe holiday.

—Diana Waugh

(619) 584-5564 ext. 115

New Advocate Staff!

Please welcome two amazing new Advocate staff members, Patrick Cremeens and Ridge Hood. Both individuals are accomplished writers who bring enthusiasm, creativity, and their time to this publication.

I am looking forward to the continued growth and development of the newsletter now that we have a team in place. Please extend your thanks to them!

—Wendy McNeill, Editor

NAMI's First Thursday Advocacy Meeting *January 6, 2005*

Mental Illness & Substance Abuse:

New Thoughts on Treating Dual Diagnosis

***New Program Schedule*:**

6:30 p.m.: *Business and Advocacy*

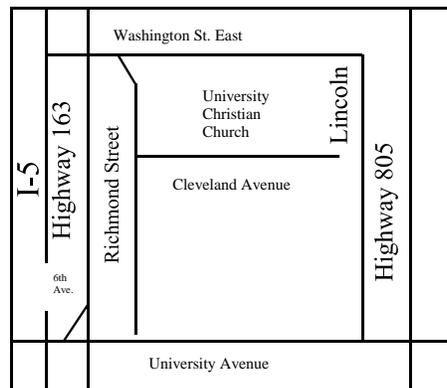
7:00 p.m.: *Program*

7:45 p.m.: *Ask the Doctor*

8:00 p.m.: *Social*



Find Hope & Connection!



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

December At-a-Glance

By Bettie Reinhardt

Mortgage Burning at NAMI!

Did any of you spend any time in the little office on Olive Street that initially housed the Albright and Referral Center? You know, the one that rocked a little bit when you walked across the wooden floors?

Or, how about the next home on Linda Vista Road? That one was relatively quite grand; that is, it was until we lost the County funding for the Albright Center and the Crisis Line.

When that happened, we scrunched ourselves into three multi-purpose offices and a hallway but we could not hold onto even that when USD decided to use the space for its own programs. The next move was to Cudahy Place. It, too, was very small and, as we added programs and activities, we gave up any place to have meetings of more than three people at one time.

What a blessing it was, then, to receive a bequest from the Joyce Dupuy Trust in 2001 and to be able to use that money for a down payment on property of our own. The actual purchase occurred at the beginning of 2002 and we moved into our home at 4480 30th Street in March. Twice as much space has been costing us no more than the last little office we leased. However, hanging over our heads was the balloon payment at the end of the mortgage.

And now, a second blessing; a bequest from the Lenora Alban Trust that has allowed us to pay off the mortgage! Randy Truax, Branch Manager of Union Bank of California at 4th & Laurel (mortgage holder) joined us at our annual meeting for a ceremonial “burning of the mortgage”.

Karen Gurneck, our new president



Randy Truax of Union Bank and Karen Gurneck, NAMI San Diego President, set the mortgage aflame!

when we signed the first mortgage papers and outgoing president at the 2004 annual meeting, very appropriately lit the match.

(She must have felt there was a match at her feet throughout her three-year presidency.)

Prop 63 Update

This time last year, I began writing about RECOVERY. The word – and the concept – has not been associated with serious mental illnesses for nearly long enough. This time last year, passage of the Mental Health Services Act (Prop. 63) was still in the to-dream-for stage. And now, recovery as a goal of public mental health services is in the language and at the heart of this piece of official legislation!

County Mental Health Services held two sets of stakeholders’ meetings in November and December to ready a plan to plan for the Mental Health Services Act (MHSA). Once the State has approved the plan in January or February, we will be letting you know about opportunities to be heard. Remember, WE passed the MHSA and WE need to drive the planning for its implementation. There probably will not be much time to notify you of scheduled meetings, so watch our website, www.namisandiego.org. Or, send me your e-mail address and I will put you on an update list.

You can reach me at exudir@namisandiego.org. I look forward to hearing from you.

Walk This Way!



The Annual

NAMI Walk for Wellness

is Approaching!

WE NEED YOU!



READ THE INSERT AND TAKE THE FIRST STEPS!

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 illnesses.

NAMI San Diego is an affiliate of
NAMI and NAMI California

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Bettie Reinhardt
exudir@namisandiego.org

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is a monthly publication of

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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 or contact any of the people mentioned in the articles.

Meet Lynn Riggs

Interview: Advocate & Programs Manager

By Patrick Cremeens

The staff at NAMI San Diego grew last summer with the addition of a Programs Manager position. This position was created to take the daily running of the contract programs off the desk of the Executive Director. Lynn Riggs was hired in August into this new position, shortly before I left my employment at NAMI-SD. So my first duty as a volunteer was to interview her. I could say more, but I will allow Lynn's words to speak for themselves!

pc: Tell us a little about yourself.

lr: 5'6", 135 #, wearing the blue trunks...

pc: No, seriously.

lr: Oh. Well, I've been a San Diegan for 20 years now after migrating from Wisconsin. My whole family had come out a decade earlier and I had run out of excuses to stay there. 'Am still a die-hard Green Bay Packers fan, although I have outgrown my taste for kielbasa.

pc: What brought you to NAMI San Diego?

lr: A '93 Toyota station wagon – it takes me pretty much everywhere I go.

pc: Lynn-----

lr: O.K., O.K. I've been managing people since I was 17 years old and directed a municipal playground summer program. At the University of Wisconsin-Milwaukee I became the first student supervisor of the recreation staff. I've had to supervise people my own age and people older than me. Not much is tougher than that. I found that I couldn't work for the bottom line – just to get a paycheck. I had to find something I was passionate about. Most of those things are found in non-profits, so I have concentrated pretty exclusively on non profit management for the past fifteen years or

so. I've done all executive level management from operations to development, and consulted in those areas as well as the areas of strategic planning, human resource management and board development.

pc: But why NAMI specifically?

lr: NAMI North County Inland was a life-saver for my mother in caring for my brother and sister. She would always talk about how helpful it was to her to have that resource. After she and my brother passed this year, I saw the ad for Programs Manager – seemed like a sign to me!

pc: What would you say your theory of management is?

lr: Hire the right people, make sure they are clear about everything that is expected of them, and give them the tools they need to do the job. Then stand back and let them do it: be there to support them as well as to explain the consequences of not doing the job. Clear communication both ways is so critical. This is a very small organization – being comfortable functioning as part of a team to move our mission forward is more important here than in larger organizations. Do whatever you can to support your staff – if you care about them and they recognize that, they'll care about the organization as much as you do.

pc: Who are your heroes?

lr: Vince Lombardi (because of his work ethic and can-do attitude). Harry Truman (because he was accountable). Eleanor Roosevelt (What a woman!). It's hard to find modern day heroes.

pc: What will be the gift you most wanted to receive for Christmas but probably won't get?

lr: I'd say a forehead lifter.

pc: Don't count on it.

NAMI San Diego Meeting Schedule

NAMI San Diego

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

NAMI C.A.R.E. Support Group

Consumer Support Group
Thursdays, 6:00 - 7:30 p.m.
NAMI San Diego Meeting Room
NAMI-SD Office, 4480 30th Street

Morning NAMI-SD Support Group

Third Tuesday, 10:00 a.m. - 12:00 p.m.
NAMI-SD Office, 4480 30th Street

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

South Bay Spanish

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

New support groups for
families and caregivers of
children and adolescents:

La Mesa Group

2nd & 4th Tuesday, 6:30-8:00 pm
Lake Murray Evangelical Free Church
5777 Lake Murray Boulevard, La Mesa
1st Floor, Fellowship Hall
Peggy & Bob Chambers: (619) 464-0476

San Diego Group

1st & 3rd Wednesday, 7:00-8:30 pm
NAMI San Diego Office
4480 30th Street, San Diego CA 92116
Sue McCoy: (619) 277-6224
Karen Malsack (858) 560-0030

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
Tel: (909) 425-7000 Fax: (714) 963-9961
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) 481-7069

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

Education Meeting

Second Tuesday at 7:00 pm.
Bradley Center (Kinesis North)
474 W. Vermont Ave, Escondido
Speaker: Dr. Luis Navazo

(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

Weekly Share & Care in Fallbrook

Wednesdays, 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

Education Meeting

Third Thursday, 7:00 p.m.

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

Education Meeting followed by

1. Share & Care,
2. 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 12:30 - 2:00 p.m.
Tri-City Medical Center, Behavioral Health
Unit, 4002 West Vista Way, Oceanside
(760) 639-1433

Share and Care

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

TARA Borderline Personality Disorder Support Group

First Tuesday monthly at 6:30 - 9:00 p.m.
Carlsbad Community Church
3175 Harding Street, Carlsbad CA 92008
(760) 729-2331

Scholarships!

Mental health clients may apply to NAMI San Diego for scholarship funds for course-related expenses such as tuition, books, and supplies.

To apply, call the Albright I&R Center at (619) 543-1434 or 1-800-523-5933 and request an application. Applications up to \$500.00 will be considered.

Deadlines:

Spring: January 31, 2005

Fall: August 31, 2005

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

Check this out!

The Lilly Reintegration Scholarship program is designed to offer financial assistance for a wide range of educational opportunities in which students work to attain a certificate or degree. Eligible programs include:

- High school equivalency programs
- Trade or vocational school programs
- Associate degrees
- Bachelor degrees
- Graduate degrees

See the website for more info!

Reintegration.com/resource/scholarships/apply.asp

January 14, 2005 deadline!

Creativity in the Community

July Rose: Amazing Success...Humble Advice

by Ridge Hood
Advocate Staff Member

The term *mental illness* need not apply. July Rose, director of the Creative Arts Consortium and illuminated storyteller, likes to think of her life and experiences as more enrichment - *mental enrichment* if you will. Like most of us who have struggled with illness for a significant portion of adulthood, July is delighted now to have captured the silver lining to this otherwise dark cloud.

In her journey she became an advocate to educate and fight stigma, (*unfortunately so common*) and learned genuinely to accept herself as is. July advises, "Be kind to yourself...you have to be very gentle."

Today more than ever she focuses on those positive elements that make us all truly unique. Along with mental illness comes great strengths as - sensitivity, compassion, creativity, vision and voice.

Again, July stresses the importance of taking time from the day for self-devotional care. In order to remain on the path to stability and wellness we must become very astute listeners. Through diligent practice, July herself is now an adept at hearing the needs of her inner being - be it mind, body, spirit, or heart.

Indeed, July Rose is a beacon within the mental health community. Her accomplishments are both extensive and staggering. July is the author of seven children's books and three books of poems - also contributing vigorously to a variety of publications with insightful articles. She was nominated for an Emmy for her appearance in the documentary film, *Art and Aspiration*. Additionally, July hosted *The Electric Drum* radio program for three years at Yale University. July, in her twenty-seven

year tenure as teacher and artist has received a Fullbright Fellowship among numerous other endowments, enabling her to pursue with great success the creative fire inside, as well as assist in liberating others' artistic callings along the way.

July is a great believer in the transformative power of art, and feels that such expression can do wonders for the healing process. Currently July continues with the development of her integrated storytelling as medium for presenting diverse curricula, while sitting on several Board of Directors, (*African American Writers and Artists, National Association of Multicultural Educators, and the Black Storytellers of San Diego*) mentoring, and providing workshops and instruction.



July Rose, Storyteller and much more.

Despite all this, her accomplishments are secondary to who she is as a person. "I used to believe I would find deep meaning in my accomplishments. Now that I've been successful, I realize they're not so important." July is duly proud of her achievements, certainly, but also has an awareness of their place in relation to the larger arena of her life. She no longer sees professional success as integral to happiness or identity - rather, more as the icing to an already stunning cake.

July Rose invites you to explore your creative side by contacting the Creative Arts Consortium and discovering what opportunities they have available: 619 282-4627, PO Box 3053, San Diego, CA 92163-3053, or email July at illuminatedstoryteller@yahoo.com.

Legislative Update

By Caroline Hamlin

Proposition 63

As NAMI'S 2004 legislative year comes to a close, we can congratulate ourselves on one of the most successful grassroots efforts in the history of NAMI-California: the passage of the Mental Health Services Act. Without missing a beat, state and local planning is in full gear. Watch for announcements of stakeholders' meetings because that is where your input as to the highest priorities for the expenditures of these monies will be heard.

The Act states that the purpose and intent of the bill is:

a.. To define serious mental illness among children, adults, and seniors as a condition deserving priority attention....

b. To reduce the long-term impact on individuals, families, and state and local budgets resulting from untreated serious mental illness...

c. To expand the kinds of successful, innovative programs for children, adults, and seniors begun in California...

d. To provide state and local funds to adequately meet the needs of all children and adults who can be identified and enrolled in its programs under this measure...

e. To ensure that all funds are expended in the most cost effective manner and services are provided in accordance with recommended best practice...

After years of funding cuts, we will soon have a substantial influx of proposition 63 money to fulfill the intent of the bill and significantly improve our mental health system.



your community Resources

NAMI C.A.R.E. Group

Consumer Support Group
NAMI San Diego Meeting Room
4480 30th Street, San Diego, 92116
Thursdays: 6:00 - 7:30 p.m.

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.

Patient Advocacy Program

5998 Alcalá Park, AW 304
San Diego, 92110-2492
(619) 260-7660 or 1-800-479-2233
Monday - Friday: 8:00 a.m. - 5:00 p.m.

The Consumer Center for Health

Education and Advocacy
1475 Sixth Ave., 4th Floor, San Diego, 92101
Toll Free: 1-877-734-3258
Mon, Wed, Thurs & Fri: 9:00 a.m. - 5:00 p.m.
Tuesday: 8:00 a.m. - 6:00 p.m.
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.

Casa Del Sol Clubhouse

1157 30th Street, San Diego, 92154
(between Coronado Ave. & Del Sol Blvd.)
(619) 429-1937
M - F, Call for hours. - Bilingual

Corner Clubhouse

2864 University Ave. (at Utah)
San Diego, 92104 (North Park, #7 Bus Line)
(619) 683-7423
Monday - Friday: 8:00 a.m. - 4:00 p.m.

East Corner Clubhouse

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

Escondido Clubhouse

474 West Vermont Ave., Suite 105
Escondido, CA 92025
(760) 737-7125
Fax: (760) 741-6645
Monday - Friday: 8:00 a.m. - 4:30 p.m.

Friend to Friend

1009 "G" Street, San Diego, 92101
(619) 238-2711
Monday - Friday: 8:00 a.m. - 4:00 p.m.
An SSI advocate is available

Friends In Hands (Clubhouse)

144 Copper Ave., Vista, 92083
(760) 631-2206
Saturdays: 11:00 a.m. - 4:00 p.m.

Mariposa Clubhouse

560 Greenbrier, Suite. 102, Oceanside, 92054
(760) 439-6006
Monday - Thursday: 8:00 a.m. - 4:00 p.m.
Friday: 8:00 a.m. - 1:00 p.m.
Saturday: 10:00 a.m. - 2:00 p.m.

Neighborhood House Association (NHA)

Friendship Clubhouse
286 Euclid Ave. San Diego, CA 92114
(619) 263-6269 Ext. 106
Monday - Friday: 8:30 a.m. - 5:30 p.m.

The Bayview Clubhouse

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

The Meeting Place, Inc.

4034 Park Blvd., San Diego, 92103
(619) 294-9582
Monday - Friday: 8:00 am. - 4:00 p.m.

Visions @ 5th and H

499 "H" Street, Chula Vista, 91910
(619) 420-8603
Mon, Thurs, Fri & Sat: Noon - 7:00 p.m.
Sunday: Noon - 5:00 p.m.

The Access Center of San Diego

1295 University Ave., Suite 10, San Diego, 92103
(619) 293-3500
Monday - Friday: 9:00 a.m. - 5:00 p.m.

Employment Services

1202 Morena Blvd., Suite 201, San Diego, 92110
(619) 276-8071
Monday - Friday: 8:00 a.m. - 4:30 p.m.

Job Options

3465 Camino del Rio South, San Diego, 92108
(619) 688-1784 (Valorie)
Monday - Thursday: 8:00 a.m. - 5:00 p.m.
Friday: 8:00 a.m. - 4:00 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

The Creative Arts Consortium

P. O. Box 3053
San Diego, CA 92163-3053
Director - July Rose
(619) 282-4627 or (619) 563-2708

DBSA

Depressive Bipolar Support Alliance

La Jolla/El Cajon group meetings
Call Agnes (619) 338-6024



NAMI Membership

Add your voice to ours

Let's work together to improve the quality of life for everyone affected by mental illnesses in San Diego.

Membership Application - - Each membership is for twelve months starting the month we receive your payment.

Name _____

Please indicate below how many voices are represented by the membership. If no indication is made NAMI San Diego will assume that this membership represents two voices. Number of voices _____.

Address _____

City/State/Zip _____

Phone _____ E-mail _____

Prefer newsletter by mail _____, to read newsletter on the web site _____.

_____ Check (please make payable to NAMI San Diego) _____ Cash

_____ Regular Member \$40.00

_____ Professional \$75.00

_____ Local Member \$20.00

_____ Newsletter Only \$15.00

_____ Open Door Member \$_____ any amount under \$40.00

_____ Donation* _____

_____ Please contact me/us with information about volunteering.

*Unless you instruct us otherwise, the first \$40.00 of a donation will be treated as payment for a membership if you are not already a member of NAMI San Diego. This will also apply if your current membership needs to be renewed.

Check relationship to a consumer

- _____ Parent of Adult
- _____ Parent of Child (under 18)
- _____ Sibling
- _____ Spouse
- _____ Professional
- _____ Other
- _____ Self
- _____ None

On the Cutting Edge

By Ginny Biewer, NAMI staff

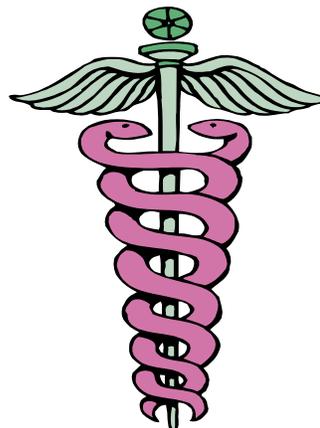
On Friday, November 12, 2004, there was a reunion meeting of Ginny Biewer, Jim England, and Dr. Ming Tsang, a geneticist with UCSD, to discuss the results of Congressional lobbying efforts in April 2004. Jim England was accompanied by his wife, Margaret, who is an ordained deacon in her church and has a ministry dealing with the mentally ill.

Dr. Tsang just returned from our nation's capital and learned that the funding from the National Institute of Health is being cut this year for the mentally ill. This is a big blow for research, which is at the heart of recovery for loved ones suffering from mental illness.

UCSD has always been at the forefront of research, especially in the area of mental health. Dr. Tsang would like to develop a Prevention Center at UCSD that would serve in a revolutionary capacity of working with families who have mental illness in their backgrounds and try to identify the good genes for psychiatric wellness versus the bad genes. Treatment would be started before the onset of the major illnesses.

The project is in its infancy and needs benefactors in the community of San Diego to fund this

cutting edge program. Ways of contacting the benefactors were discussed and next month there will be a tour of Dr. Tsang's facility.



Dr. Tsang would like to develop a Prevention Center at UCSD that would serve in a revolutionary capacity...

The Advocate

Vol. IX, Issue 1, January 2005

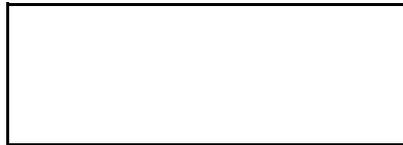


4480 30th Street
San Diego, CA 92116

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

1st Thursday!!!

*Learn, Connect,
Meet New Folks!
January 6, 2005
6:30 p.m.*



Return Service Requested

President's Message

By Sally Shepherd, President

Taking over from such a strong and effective president as Karen Gurneck will be no easy task. Fortunately, she has been mentoring me over the past year, and I feel much better prepared than I would have otherwise!

During the past two years, our affiliate has grown by leaps and bounds. We have embarked on many new projects – including the development of the Latino, African American and Child and Adolescent Task Forces. Reaching out into different cultures and age groups will require effort on the part of all our members and volunteers, but in the end, we will achieve the kind of diversity we had set as one of the goals of our strategic plan.

The results of our Needs Assessment surveys have clearly identified

the topics that are most important to our members, and the Program Committee is working on a plan to cover them during our Education and Advocacy meetings. The assessment also identified one particularly underserved group: spouses of persons with mental illness. During the coming year, we will need to find a way to reach this group, and will welcome new ideas and offers of assistance.

We feel very fortunate that our Education Director, Mary Lou Erwin, will be staying on at NAMI, and will continue to develop our peer support programs: Family-to-Family, Peer-to-Peer and NAMI C.A.R.E. This year we will be focusing on increasing the number of these programs, and hope to increase the number of participants who will remain involved with NAMI as members. At our December meeting, we received a number of pledges to help

increase our membership. I would like to suggest that we all adopt the motto "Each one reach one."

We know how valuable NAMI is to us, so why keep it a secret? For the first time this year, our affiliate will be participating in NAMI's National walk. All of you will be asked to participate in this huge event, so look for the invitation to the orientation for team captains in February.

At this week's Executive Board meeting, we elected our officers. I am proud to have been elected President, but I know that I cannot do it alone. Paul Cumming will remain as our treasurer, and we have requests out for Vice-President and Secretary. I hope that everyone will find a way to continue to support NAMI, to grow our membership, and to expand our outreach into the community.



INFORMATION SHEET ON SAN DIEGO AREA WALK

DATE: April 16, 2005; LOCATION: Balboa Park, San Diego
WALKER CHECK-IN TIME: TBD OFFICIAL WALK START TIME: TBD
DISTANCE: 2 or 5 Kilometers

- The **NAMIWalks for the Mind of America** is a nationwide fundraising and mental health awareness program that is being held in over 50 communities around the country in 2005, including right here in San Diego. It is expected that these walks will raise approximately 5 million dollars in 2005 for NAMI and the mental health services it provides to thousands of families across the country.
- There is no walker registration fee for the Walk. All participants are encouraged to collect donations from family members, friends, co-workers and business associates in support of their participation in the Walk.
- All the proceeds from the Walk will be used to fund NAMI's programs here in San Diego. These programs include support, education, research and advocacy involving schizophrenia, bipolar disorder (manic depression), major depression, obsessive-compulsive disorder and severe anxiety disorders.
- All walkers raising \$100 or more will receive a *NAMIWalks for the Mind of America* event T-shirt. Walkers will also receive additional incentives prizes based on the amounts that they raise up to \$5,000 or more.
- Companies, organizations and families are encouraged to organize teams of walkers made up of employees, organization members, relatives and friends to take part in the Walk. All participating teams will be recognized with special awards based on the amount that they raise for the Walk.
- Teambuilding and fundraising materials will be given out to team captains at a special kickoff event that will be held approximately 8 weeks before the Walk.
- **NAMIWalks for the Mind of America** is a rain or shine event.
- There is a wide-range of corporate sponsorship opportunities available to local companies and businesses relating to the Walk. Anyone interested in information on how his or her company or organization can sponsor the Walk should contact Kathy McKernan at katmckernan@verizon.net or 951.894.4182.

NAMI Walks For The Mind Of America

Position Description

here is one kind of team, other may be work based, etc

- Position Title:** Family Team Captain
- Works With:** NAMI Walk staff and/or Volunteer Walk Committee members in charge of working with family-based Walk teams
- Position Summary:** Responsible for recruiting family members and friends to gather pledges and participate in the Walk as a member of a family team. Most family teams dedicate their participation in the Walk to a loved one.

Major Responsibilities:

- Get a Team Captain's Instruction Folder and follow the team building instructions in it.
- Select a name for your team and complete and return the Team Registration Form that will be in the Team Captain's Instruction Folder.
- Recruit assistant team captains (maybe a brother-in-law or sister-in-law from both sides of the family) who can help you organize your team.
- Attend, with your assistant team captains if possible, the Team Captains' Kickoff Luncheon that will be held *Tuesday, February 15th*. (Team Captains will receive all the materials and instruction that they will need to organize their team at this luncheon.) *free*
- Set a positive example by being the first person on your team to officially register for the Walk. (The walker registration form is in the walker/donor pledge brochures that all team captains will receive with their Team Captains Instruction Folder or at the kickoff luncheon.)
- Distribute walker/donor brochures to family members and friends and recruit as many of them as possible to participate in the Walk. (Each walker that is recruited is responsible for gathering their own pledges for their participation in the Walk.)
- Consider increasing the size of your team by trying to involve your church, employer or a civic organization in the effort. (These groups can participate in the Walk in support of a family team or by organizing their own team.)
- Keep close track of the walkers that you recruit by collecting their registration forms, maintaining a master list of who is walking on your team, and then sending the forms in to *NAMI San Diego*.
- Communicate often with the NAMI staff member or volunteers organizing the event, and with the walkers that you recruit for your team. Make sure that everyone knows why raising money for NAMI is important to you and hundreds of other families in your community.
- Lead by example by sending a fundraising letter or email to everyone that you know asking them to either participate in the Walk as a member of your team, or to support your participation in the Walk with a donation. Encourage all the members of your team to write a similar letter or email.
- Design and order a special Team T-shirt that all your walkers can wear the day of the Walk. This is a great way for team captains to thank their walkers for their support, and to have their team stand out in the crowd the day of the Walk.
- Follow-up with all of your walkers to make sure that they are gathering pledges and will be attending the Walk. Plan activities, such as a post-Walk barbecue, that will make Walk Day special for your team members.

Union Bank of California is sponsoring luncheon.