

When Flying's Not Cool

By Wendy McNeill
Advocate Editor

In 1997, I had a major manic meltdown in the San Francisco airport. I was on my way home after a thoroughly unsuccessful romantic getaway with a man who became convinced that I was none other than the devil's mistress. As soon as he could, he dumped me and my luggage at my gate and headed for his own, Portland.

Finally it was time to board the plane, and I was asked for ID. Instead of producing ID, which was in my purse, I started screaming indignantly at the clerk. Security soon approached, but I had scooted out of line and decided I was going to Portland. (Stalker move.)

I was not well received by the clerk there, either. I started yelling, and again, when I didn't get my way, I bolted and had security after me.

Eventually, my "friend" tracked me down and kept me in one place. He called my mom and brother, who flew up from LA and San Diego respectively. My family met us in the airport, and I was whisked away to a hospital, and didn't come back home for a couple months. By that time, I was well sedated and lethargic enough to sit still for the ride home. (Note: Never saw guy again.)

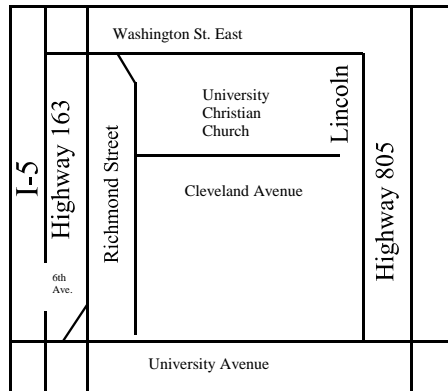
But I was lucky. It was 1997.

Last month, in Florida, a man with bipolar disorder had an episode on a plane, said he had a bomb, and was fatally shot by an air marshal. The passenger's wife tried to avert this disaster by announcing to the marshals that the man had bipolar disorder and hadn't been taking his meds.

NAMI National's official response to the fatal shooting is that air marshals need more training with respect to mental illness. Though this is a fine request, it prompts me to ask a few questions:

"Flying," cont. at right...

NAMI's Annual Meeting
Thursday, January 5, 2006
6:00 p.m. - 9:00 p.m.



6:00 p.m.: Arrive
6:30 p.m.: Ask the Doctor
with Dr. Dan Sewell
7:00 p.m.: *PROGRAM*
By Dr. Dan Sewell

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

...Flying, cont. from left

What kind of training? *Psychosis 101?*

How long is it going to take to implement this training?

How is a marshal going to respond to someone who says he/she has a bomb, whether he/she's mentally ill or not? Or other "bizarre" behavior?

Is a marshal going to be able to put training into practice appropriately?

Given these questions, it is my feeling that parents and consumers cannot rely on the possibility of "training" for air marshals to insure their safety, but rather, need to take responsibility for themselves. When I recall that trip long ago to San Francisco, I think of the level of my psychological disturbance, and I hope that if anything like that were to happen in the future, that my friends or family would insist that I not travel. The post 9/11 world is a precarious place.

It is fair to say that loved ones and consumers both should exercise the utmost caution when flying. The state of national security at present does not lend itself to leniency when it comes to erratic behavior, and as much as I do not like to encourage people to limit their freedom of movement, in the case of air travel, this may sometimes be the necessary course of action.

Having said that, I do not want loved ones or consumers to think that just because one must be extremely judicious in taking risks in one area of life, that this extends to life in general. My recovery has been contingent upon trying new things, going new places, meeting new people, chewing on new ideas, and continuing to grow.

It behooves me to remember, though, that if my stability is ever questionable, that Julian's a better bet than SF. I left my heart and lost my mind once there already. No sense losing my life over it.

NAMI's Workin'!

By Bettie Reinhardt
Executive Director

What's Up With Bettie?

If you don't know where you're going, how will you know when you get there?! In other words, it's time to review and update our strategic plan because the current document is for the period 2003 – 2006 and "expires" June 30, 2006. The Board of Directors will meet on January 7th to begin the review process but the document won't be complete until we hear everything you have to say on the subject. The strategic plan is a lengthy document – too expensive to send it out in every newsletter – but it is now posted on our website, www.namisaniego.org, is available at our Albright Center, and will be at every education meeting, support group and class. I will also e-mail it to you, just send your address to exudir@namisaniego.org.

Here Are the Current Goals:

Goal #1:

Residents of the greater San Diego area including people living with mental illnesses, their families and friends, health care professionals, legislators and other policy makers and the general community are aware of NAMI San Diego and the ways in which it can help everyone affected by mental illnesses.

Goal #2

NAMI San Diego's membership and leadership reflect and draw strength from the cultural diversity of the San Diego community.

Goal #3:

Families, mental health consumers, and others in the greater San Diego region will receive excellent education and supports services provided by NAMI San Diego.

Goal 4:

NAMI San Diego has the resources required to meet its constituents' needs for ongoing, reliable, and excellent education, support, and advocacy services.

Goal #5:

NAMI San Diego advocates for improved science and evidence-based program mental

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NAMI San Diego advocates for improved science and evidence-based program mental health care services.

health care services.

The complete document includes vision statements, key indicators with updates, strategies for success, and requirements for each goal. Bedtime reading? Well, not really, but necessary if we are to fulfill our mission!

While You're On the Internet....

Suicidality Self-Reports May Be Key Component of Depression Evaluation

Rates of suicidal thinking among depressed adolescents on medication are comparable to those in their peers who are in psychotherapy. Self-reports strongly predict emergent suicidality.

Depressed adolescent outpatients receiving psychotherapy but not medication displayed rates of emergent suicidality comparable to those reported in antidepressant trials, according to a new study.

Self-reported ideation at intake was the best predictor of eventual suicidality in that group, wrote Jeffrey Bridge, Ph.D., and four colleagues at the Western Psychiatric Institute and Clinic of the University of Pittsburgh Medical Center, in the November American Journal of Psychiatry. Self-report is often more accurate than interviews about

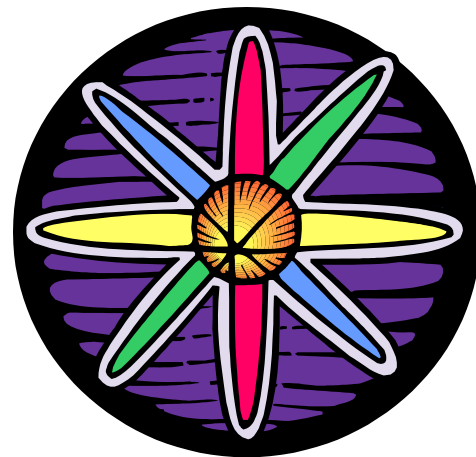
sensitive topics like suicidal thoughts, sexual behavior, and substance use, they concluded. The study was funded by the National Institute of Mental Health (NIMH).

Read the full article: <http://pn.psychiatryonline.org/cgi/content/full/40/22/13-a>

Teens Less Likely to Receive Counseling for Depression and More Likely to Be Prescribed Antidepressants

While the number of teens who were prescribed antidepressant medications between 1995 and 2002 increased from 47 percent to 52 percent, the number of teens during the same time period who were prescribed psychotherapy or counseling declined from 83 percent to 68 percent, a study published in the Journal of Adolescent Health indicates. Of those teens prescribed medications, most received antidepressants other than the one approved for pediatric use. The researchers note, though, that the study's results are derived from data that predates the Fed's warning about possible links between teen antidepressant use and suicidal behavior.

This food for thought courtesy of California Hospital Association Center for Behavioral Health Update.



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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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.

Spotlight's on Ellen

When's a Woman Got Impact?: When She's Ellen!

By James Starek
Staff Writer

Is the highest goal for a person afflicted with mental illness only stability? What is that missing piece that keeps a person in a certain stage of recovery? What about going beyond that and actually thriving and being happy?

These are some of the questions Ellen Frudakis began asking herself nearly four years after her bipolar II diagnosis. These questions were triggered by the suicide of her younger brother, and a revelation that came to her after his death. He too had a mental disorder.

But, prior to her self-described 'wake-up call,' Ellen viewed her life much differently. "I was med-compliant, but I hid behind my limitations. I was merely existing—I didn't believe I had anything to look forward to." Then, Ellen discovered NAMI, giving birth to a newfound shift in her consciousness.

With fervor, Ellen attended *Peer-to-Peer* meetings and soon became a *Peer-to-Peer* mentor. This past Spring, while in her last semester of college, she interned at the NAMI San Diego office as Coordinator for *In Our Own Voice*. "NAMI has helped develop the whole of who I am and not just focus on my illness. NAMI isn't just support but encourages commitment to growth and moving *beyond* limitations."

But the story doesn't end here. With her studies completed, Ellen began to recognize the number of her peers who can all too easily become isolated when they finish school, lose their job or are too sick to hold a job. As consumers, explains Ellen, "it is too easy to fall into the passive role or the receiving end. We go to doctors, psychiatrists, various meetings that are

facilitated by someone else, and there isn't always an opportunity to go out and create something of your own."

No longer willing to be solely on the receiving end, Ellen and a friend launched a social group for her peers called "IMPACT." "With IMPACT," Ellen explains, "We plan it together. We take an active role in saying what we want and how we want it to be." The group offers mutual support, empowerment

through peer mentoring, and social outings, but most of all, she emphatically states: "We have FUN!" A grant from the San Diego Foundation for Change, co-written by Ellen, was awarded to IMPACT earlier this year. What began as an idea only a short time ago, is now a fully realized and

burgeoning group.

Can we move beyond our limitations? For this remarkable young woman, the question seems to have already been answered.

For more information about IMPACT, go to www.impactsd.org.

"I was med-compliant, but I hid behind my limitations. I was merely existing—I didn't believe I had anything to look forward to.' Then, Ellen discovered NAMI, giving birth to a newfound shift in her consciousness."



NAMI San Diego Meeting Schedule

NAMI San Diego

4480 30th Street
San Diego, CA 92116
(619) 543-1434 or (800) 523-5933

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-Mende Well Being Center
Adjacent to the UTC Mall
Call Michelle Cauble at (858) 756-3140

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
First Monday, 6:00 - 8:00 p.m.
South County Family Resource Center
690 Oxford Street, Chula Vista
Call Luz Fernandez (East County clinic)
(619) 401-5500

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

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

San Diego Group
3rd Monday, 6:00-7:30 pm
NAMI San Diego Office
4480 30th Street, San Diego
Now meeting once a month
Karen Malsack (858) 560-0030

La Mesa NAMI Support Group
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 Family Support Group
Saturdays, January 14, 21, 28, and
February 4, 11:00 a.m. - 12:30 p.m.
NAMI-SD Office, 4480 30th Street
(attendance will determine whether Support
Group continues & how often it will meet.)
Just walk in, no registration necessary.

NAMI Patton
c/o Patton State Hospital
3101 E. Highland Avenue
Patton, CA 92369
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
2nd 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
- Jardin Cesar Chavez

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
(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
Mondays, 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 - 8:30 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
NAMI Facilitated Support Group*

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

Legislative Update

By Caroline Hamlin

2006 Budget Action

Congress has passed legislation containing 2006 budgets for housing, veterans, and criminal justice programs. This legislation restored big cuts that had been proposed for housing assistance to low-income people suffering with mental illness. The legislation also increased mental health treatment services for veterans. We are encouraged by this bit of good news in spite of looming cuts in Medicaid.

New NAMI Legislative Chair

I am pleased to announce that Margaret and James England will be assuming my responsibilities as legislative chair. We are most fortunate that the Englands are willing to assume this important position as they are very experienced as advocates for mental health. Thanks to all NAMI people who have responded over the past years to calls to action by contacting their legislators. If we have learned anything, we have learned the importance of having our voice heard. Yes, "The squeaky wheel gets the grease."

Personal Narrative

There is Always HOPE!

By Lee McNeill-West
Mother of Wendy McNeill, Editor

While Wendy was seeing her psychiatrist, I was seeing my therapist. What was there to discuss? Everything!! My therapist gave me Ativan for my anxiety as I followed Wendy to hospitals in England, Northern California, and San Diego. I discussed with the therapist Wendy's doctors, medication compliance, alcohol, her jobs, and her social circle.

I had attended a conference in which a renowned psychiatrist suggested that people with bipolar illness only get worse as they get older. I felt a deep sadness for this articulate, charming, bright, caring and funny girl..and for me!!! Where would it lead and how would we survive the ups and downs of her illness?

My therapist kindly said, "Doesn't Wendy have a circle of supportive friends? Isn't she a social person? I think Wendy will be all right. I think she will be able to manage her illness."

My face lit up! I could feel a brightness within. You mean she might get better! Could she be able to have a modicum of wellness in her life? It was the first ray of hope and I grabbed onto it with all my heart and soul.

BUT, this ray of sunshine was predicated on Wendy making some life changing decisions. The catalyst was placing her in a Board and Care.

It was the most difficult decision I ever had to make. I was desperate. Wendy had just come out of the hospital and had met an abusive and dishon-

est man while they were both recovering; he hoodwinked her. He said he would take her to Europe where she could teach English.

With my steely resolve I bought her "friend" a hamburger at McDonald's and "suggested," with her psychiatrist's

approval, that we would have him arrested if he tried to take Wendy out of the country. Three weeks later we learned that he had taken her to Mexico. She escaped... and fled back to the states.

The Board and

Care was my only choice.

I distinctly remember speaking to Dr. Abrams on a "help-line." He suggested a tough-love approach when I was groping for help. I spent two full days scouring the newspaper, making phone calls and trouncing through several decrepit Board and Care facilities. In retrospect, my choice was not the ideal place, but it was a wake-up call for Wendy, and it marked the beginning of her recovery. I visited her regularly, cried when I left, but had a firm resolve that this was the right thing to do.

As many of you NAMI consumers, friends, and professionals know, Wendy is on the road to recovery. She has a part-time job, is on the NAMI board and is now engaged to be married. None of this would have happened without the help of the NAMI community and Wendy's deep resolve to get out and make something of herself. My wish is that this story will give you a ray of hope for you and your loved one in the future.

"I distinctly remember speaking to Dr. Abrams on a 'help-line.' He suggested a tough-love approach when I was groping for help."



Client/Consumer Resources

NAMI C.A.R.E. Support Groups

Consumer Support Groups
For more information call the
Albright I & R Center at
(619) 543-1434 or 1-800-523-5933

NAMI San Diego Office

4480 30th Street
San Diego, CA 92116
Every Thursday: 6:00 - 7:30 p.m.

Gifford Clinic (Cafeteria)

140 Arbor Dr.
San Diego, CA 92103
1st & 3rd Wednesdays: 2:00 - 3:30 p.m.

Sharp Mesa Vista Hospital

(Activity Room)
7850 Vista Hill Ave.
San Diego, CA 92123
*2nd, 4th & 5th Thursdays:
11:00 a.m. - 12 Noon*

Joslyn Sr. Center

210 Park Ave
Escondido, CA 92025
1st & 3rd Tuesdays: 4:00 - 5:30 p.m.

What's Your Review?

The following are a list of a few of the videos that are available for check out in the NAMI library. Along with each video, NAMI provides a review sheet, done by someone like you, letting the next person know what you thought of the material.

Please help by checking one out and giving us your feedback. Call Emy Alhambra at (619) 543-1434 to participate.

A list of books will appear in the next newsletter.

Buckley, Peter, MD.

Beyond Schizophrenia: The Expanding Uses of Atypical Antipsychotics

DeBello, Melissa, MD. *Bipolar Disorder and Its Comorbidities: Rational Use of Combination Treatments*

Post, Robert M. *Depression: The Treatment Resistant Phase of Bipolar Disorder*

Masand, Prakash S., MD. *Is Recovery an Achievable Goal in Schizophrenia*

NAMI. *Learning to Live with Bipolar Disorder: You Are Not Alone*

Votolato, Nicholas A., Pharm BCPP
Rapid Cycling Bipolar Disorder: The Role of Atypical Antipsychotics

Patient Advocacy Program

5998 Alcalá Park, AW 304, San Diego, 92110
(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.

Bayview Clubhouse

330 Moss Street, Chula Vista, 91911
(619) 585-4646 • Fax: (619) 585-4625
*Mon, Tue, Wed & Fri: 9:00 a.m. - 3:00 p.m.
Thursdays: 9:00 a.m. - 5:00 p.m.*

Casa Del Sol Clubhouse

1157 30th Street, San Diego, 92154
(between Coronado Ave. & Del Sol Blvd.)
(619) 429-1937 • Fax: (619) 429-5205
*Monday: 8:30 a.m. - 6:00 p.m.
Tue, Thurs & Fri: 8:30 a.m. - 4:30 p.m.
Wednesday: Noon - 8:00 p.m. (Bilingual)*

Corner Clubhouse

2864 University Ave. (at Utah)
San Diego, 92104 (North Park, #7 Bus Line)
(619) 683-7423 • Fax: (619) 683-7428
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, Tue, Thurs & Fri: 8:00 a.m. - 4:00 p.m.
Wednesday: 8:00 a.m. - 6:30 p.m.*

Eastwind Clubhouse

2359 Ulric Street, San Diego, 92111
(858) 268-4933 • Fax: (858) 268-0244
Monday - Friday: 8:30 a.m. - 5:00 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, Suite A, San Diego, 92101
(619) 238-2711 • Fax: (619) 238-1127
Monday - Friday: 8:00 a.m. - 4:00 p.m.
An SSI advocate is available

Friends In Hand Clubhouse

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

Mariposa Clubhouse

560 Greenbrier, Suite 102, Oceanside, 92054
(760) 439-6006 • Fax: (760) 721-8542
*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.*

The Meeting Place, Inc.

4034 Park Blvd., San Diego, 92103
(619) 294-9582 • Fax: (619) 294-9588
*Monday - Friday: 8:00 am. - 4:00 p.m.
1st & 3rd Saturdays: 10:00 a.m. - 2:00 p.m.*

Neighborhood House Association (NHA)

Friendship Clubhouse
286 Euclid Ave., #104, San Diego, 92114
(619) 266-2111 Ext. 105 • Fax: (619) 266-0496
Monday - Friday: 8:30 a.m. - 4:30 p.m.

Visions

226 Church Avenue, Chula Vista, 91910
(619) 420-8603 • Fax: (619) 420-0385
*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 Park and Recreation Therapeutic Recreation Services

(619) 525-8247
Monday - Friday: 8:00 a.m. - 5:00 p.m.
Serves over 50,000 participants each year. The goal of the program is to provide year round recreational experiences for individuals with disabilities.

The Creative Arts Consortium

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

DBSA-Depression Bipolar Support Alliance

There are meetings in different regions of the county. Call for meeting information:
1-800-826-3632
or go to the DBSA website at: www.dbsalliance.org



Membership

NAMI San Diego relies on its membership and your generous contribution to continue providing education and other services to people with mental illnesses, their families, and the community. 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**.

Name _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

____ Please mail my newsletter via post office

____ Please email my newsletter

____ Membership \$40.00
() New Member () Renewal

____ Professional Membership \$75.00

____ Organizational Membership \$100.00

____ **Please contact me about a Scholarship Membership**

____ Donation* _____

____ Please contact about volunteer opportunities

To pay by Credit Card:

_____ print name as it appears on card

_____ card number

____/____ expiration date

____ Visa ____ MasterCard

\$_____ amount

_____ signature

The Advocate

Vol. X, Issue 1, January 2006



4480 30th Street
San Diego, CA 92116

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

1st Thursday!!!

Dr. Dan Sewell!

January 5, 2006

6:00 p.m.

See page 1 for info!



Return Service Requested

Older Adult Wellness

*By Sally Shepherd
NAMI San Diego Board President*

A few hours ago, I spotted an elderly man standing on the sidewalk in a mall parking lot. He was tall, thin and dressed in raggedy clothes. He definitely looked his age. He was holding a cardboard sign that said: "88 years old – need help – dollars or coins". I gave him a few dollars, but wished I could do more. NAMI can.

Fact: As the years go by we get older, not younger.

Fact: The number of seniors in America will more than double by 2030.

Fact: About 5% of older adults have a diagnosable depressive illness, and another 14% have significant symptoms of depression.

Fact: Though seniors comprise 13% of the population, they account for 19% of all suicides.

Fact: Depression is not a normal part of aging.

In San Diego County, NAMI has representatives on the Older Adult Wellness Coalition and the Older Adult Mental Health Council. Both groups are focusing on bringing about a dramatic improvement in older adult mental health care.

Please join me in recommending to NAMI National that we begin to include consideration of older adult mental health needs in our education, support and advocacy endeavors.

WALK Kick Off

Luncheon!

Please join NAMI at the Annual NAMIWalks for the Minds of America Kick Off Luncheon!

Thursday, February 16, 2006
Mission Valley Marriott

**Be a Team Captain!
Learn about Sponsorship!
Get Enthusiastic!**

Be There!

NAMI's Upcoming Educational Classes

FAMILY-TO-FAMILY

SATURDAYS, Jan 21, 2006-April 15, 2006
9-11:30 a.m.
Pegasus East
7841 El Cajon Blvd
La Mesa, CA 91941

TUESDAYS, Feb 21, 2006-May 9, 2006
6:30-9:00 p.m.
St. David's Episcopal Church
5050 Milton St.
San Diego, CA 92110

PEER-TO-PEER

MONDAYS, Feb 6, 2006-April 17, 2006
NO FEB 20
3-5:30 p.m.
Escondido Clubhouse
474 West Vermont
Escondido, CA 92025

MONDAYS, Feb 6, 2006-April 17, 2006
NO FEB 20
9:30 a.m.-12 p.m.
Carlsbad Community Church
3175 Harding St
Carlsbad, CA 92008

SATURDAYS, June 17, 2006-Aug 19, 2006
9:30 a.m. – 12 p.m.
NAMI Office
4480 30th Street
San Diego, CA 92116

SCHIZOPHRENIA EDUCATION CLASSES:

MONDAYS, Feb 6, 2006- March 27, 2006
NO FEB 20
6-8 pm
Sharp Mesa Vista Hospital
Executive Conference Room
7850 Vista Hill Ave.
San Diego, CA 92123

**SHARP MESA VISTA HOSPITAL
IN CONJUNCTION WITH NAMI SAN DIEGO AND
COUNTY OF SAN DIEGO MENTAL HEALTH SERVICES
PRESENTS**

**SCHIZOPHRENIA:
A FAMILY EDUCATION CURRICULUM**

**6:00pm – 8:00pm
(GROUPS WILL BEGIN AND END ON TIME)**

PRESENTERS: Patti Jakobcic, LCSW & Percia Amedee LCSW
And
GUEST SPEAKERS

PURPOSE OF GROUP:

To provide education for family members and friends of persons diagnosed with schizophrenia or schizoaffective disorder on Monday evenings:

February 6, 2006: Schizophrenia: A Brain Disease
February 13, 2006: Course, Causes and Prognoses of Schizophrenia
February 27, 2006: Treatment and Recovery

March 6, 2006: Anti-Psychotic Medication
March 13, 2006: Psychosocial Rehabilitation
March 20, 2006: Helpful Family Roles
March 27, 2006: “In Our Own Voice: Living With Mental Illness”

CLASSES WILL BE CANCELLED IF LESS THAN 10 REGISTRANTS

LOCATION: SHARP MESA VISTA HOSPITAL
7850 VISTA HILL AVENUE
SAN DIEGO, CA 92123

EXECUTIVE CONFERENCE ROOM

PARKING: SHARP MESA VISTA HOSPITAL PARKING LOT

**FOR RESERVATIONS AND INFORMATION
PLEASE CONTACT NAMI – SAN DIEGO AT (619) 543-1434**

FOR DIRECTIONS CALL (858) 278-4110



DBSA SAN DIEGO

PRESENTS

ANDY BEHRMAN

AUTHOR OF ELECTROBOY: A MEMOIR OF MANIA AND MENTAL HEALTH ADVOCATE

This presentation is for people with depression/bipolar illnesses and their friends and family members. Besides writing Electroboy: A Memoir of Mania, Andy has traveled the country speaking about bipolar disorder and positive coping mechanisms. He spoke at all three national DBSA conferences, our California state conference, and a NAMI event in Illinois this Fall alone. His book will become a major motion picture with Tobey Maguire in 2006. Currently he is working on a sequel to Electroboy and a self-help book for those with depression, bipolar disorder, and other mood disorders. Find out more online: <http://www.electroboy.com>.

He will talk to us about.....

“COPING WITH AN INVISIBLE ILLNESS. . .”

GARREN AUDITORIUM – UCSD CAMPUS
BASIC SCIENCE BUILDING

6:00PM – 7:30PM

MONDAY, January 9, 2006

FREE PARKING AT THE V.A. PARKING LOT
(SHORT WALK OVER THE BRIDGE)
FOLLOW THE SIGNS ABOUT 1 BLOCK
SUPPORT GROUP AT V.A. HOSPITAL (OPTIONAL) RM. 2011