

*In Our Own Voice:
Living with Mental Illness*

By Diana Waugh
"In Our Own Voice" Coordinator

I am happy to say that I am now the "In Our Own Voice: Living with Mental Illness" Coordinator. In Our Own Voice features trained presenters who have had profound experiences of recovery who share their stories with a broad range of audiences. I have been a presenter for the program since 2001, and I feel my recovery really began at that time.

The comments from people who have seen the presentation are, "I feel hopeful," "I don't feel so alone anymore," and "It really changed my opinion of people with mental illness."

We will be holding once a month presentations at the NAMI office. Many people have asked to see a presentation, but can't make daytime or evenings when most are given. So, the first presentation of the new year will be on Saturday, January 13 from 10:00 a.m. - 11:30 a.m. We have limited space, so please RSVP to me at the number below.

We will also be holding a presenter training on February 23, 24, and 25. If you are interested in being a presenter or have questions about the program, please contact me. Look for "Monthly Presenter Spotlights" in upcoming articles.

My contact information is:

Diana Waugh
tel (619) 398-8556
fax (619) 584-5568
dianawaugh@namisd.org

**NAMI San Diego's
First Thursday Advocacy Meeting
January 4, 2007**

Prodromal Schizophrenia: Early Identification

Presenter: Kristin Cadenhead, MD

The early identification of schizophrenia and even the potential for schizophrenia is Dr. Cadenhead's specialty and is also the subject of a number of other researchers. Dr. Cadenhead will discuss her own research, prodromal schizophrenia in general, and the function of white and gray matter that has been cited in recent media reports.

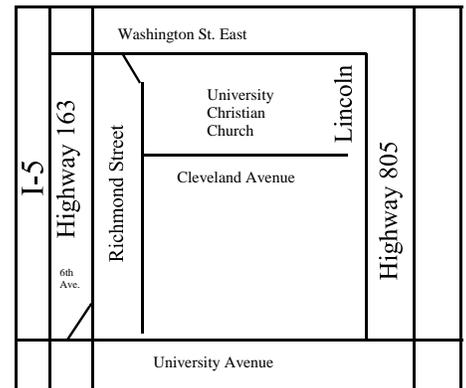
A Professor of Psychiatry at UCSD, Dr. Cadenhead is the Director of the "CARE" (Cognitive Assessment and Risk Evaluation) Program at Children's Hospital to study the early signs of psychosis in adolescents and young adults. She also chairs NAMI San Diego's Medical Advisory Board.

Ask the Doctor: Kristin Cadenhead, MD

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

Schedule:

- 6:30 p.m.:** Ask the Doctor
- 7:00 p.m.:** Announcements & Advocacy
- 7:10 p.m.:** Program
- 8:30 p.m.:** Refreshments & Social



NAMI's Workin'

By Bettie Reinhardt
Executive Director

Wow! It's 2007 already?! Wasn't it just yesterday that we were trying to decide what to call the years between 2000 and 2010? Would we say "aught one" or "oh one"? Now we're on the downhill side of the decade and I don't know who has time to worry about what we call the years.

Two-thousand-seven for NAMI San Diego will be very busy. Of course NAMIWalk in April already has people hustling. Have you suggested an organization to add to our growing list of partners yet? Are you forming a team or joining someone else's team? When we tagged Shannon to manage this year's walk, we didn't realize that she was turning into a marathoner herself and would pour so much energy into this event that the rest of us feel that we have to try to keep up. (Better to work hard on NAMIWalk than run a marathon – in my personal and humble estimation.)

The California Endowment grant for our Diverse Participation Initiative will end on May 31st but the initiative is just beginning. We have assessed ourselves including many of you for cultural competency readiness and have turned January into a cultural competency training month. In the meantime, Jul Rivera is building a pilot project to place Spanish speaking NAMI members in Latino community clinics on a regular basis. The pilot is based on what we learned from the Latino communities during the assessment period and is meant to reduce their barriers to treatment and introduce them to NAMI.

We just began a contract with the County to provide family education on a county-wide basis. (Please take a moment to read the piece on Gloria Deck.) Finally, there will be no wrong door when trying to enroll in a Family-to-Family class because all of the NAMI affiliates in the county will be working with one coordinator and all will know when and where other affiliates will be offering classes. An English language F2F teacher training is already

scheduled in June and a Spanish language F2F teacher training in March. Our partner in this effort, UPAC (Union of Pan Asian Communities), has begun translating materials into Vietnamese and soon will begin work on Arabic materials. At this time next year we can tell you when the Vietnamese and Arabic Family-to-Family classes will begin.

NAMI Convention, 2007! Right here at the Town and Country, June 20 – 24. We helped recruit workshop and poster presentations during November and December.

Now, we are working with the NAMI National conference planners on events during the convention and with the NAMI National Multicultural Action Center on co-sponsoring a FREE conference for the Latino communities on Saturday, June 23. Our indefatigable Shannon is coordinating volunteers for the conference. Remember, 4 hours of volunteer work earns you a full FREE day at the convention.

Of course, the usual work of NAMI goes on. An *In Our Own Voice* presenter training. The first *Hand-to-Hand* class. Legislative visits. Lots of presentations to the public. Monthly education meetings. Representative payee and other financial support services. Other classes and support groups. In the middle of it all, the Albright Information and Referral Center. And, of course, planning for the next Recovery in Action Dinner and Silent Auction on September 28, 2007, San Diego Marriott in Mission Valley.

There's more but I've hit Wendy's word limit. Call or email me for more information. 619.584.5567 or exudir@namisandiego.org.

"Black Box" Warnings on Antidepressants

In early December, the New York Times published an article, "Medication Raises Suicide Risks in Young Adults." The article's release date came just days before an important hearing of the FDA's Psychopharmacologic Drugs Advisory Committee. NAMI was represented by two individuals at the hearing who testified about the importance of these medications in the promotion of recovery from severe mental illness. In addition to the testimony, NAMI joined 15 other organizations in signing a joint letter, released December 11th, calling upon the FDA to move carefully as it weighs its statements and actions on this important issue. The impact of such a warning on the willingness of people to appropriately take antidepressants when they are likely to be life-saving and the willingness of physicians to appropriately prescribe the medications is of particular concern.

"NAMIWalk in April already has people hustling."



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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The NAMI San Diego Advocate
is a monthly publication of

NAMI San Diego
4480 30th Street
San Diego, CA 92116

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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 fax to (619)584-5569 or email at exudir@namisandiego.org or contact any of the people mentioned in the articles.

President's Page

Working to Make "NAMI" a Household Word

Sally Hands Torch to New President

By Sally Shepherd
Past Board President

As I reach the end of my term as Board President, I look back with awe at the tremendous strides that our Affiliate has taken since 2000, when I called Bettie to ask if they needed volunteers. Under her stewardship, a series of effective Boards and an ever-developing membership, NAMI San Diego has grown by leaps and bounds. I have to thank everyone for their hard work, zeal and persistence. I hope that I have done justice to the office of President by keeping NAMI looking forward and expanding our wonderful programs and community involvement. It has been an exciting two years! Thank you everyone for your support and hard work. Now it is with great pleasure that I hand over the "torch" to our new President, Louise Groszkruger. Louise comes to us with enthusiasm, tenacity, exceptional management skills and the kind of drive that fuels all family members and consumers. Please welcome her and lend her your support! Congratulations NAMI San Diego - we are the greatest!!!

Louise Says Thanks & Expresses Goals

By Louise Groszkruger
Board President

As I step into my new role as NAMI SD's Board President, my first thoughts go to the incredible team of staff and volunteers who make this organization work. There really is no way to adequately say "Thank You" for all you do throughout the year. For me, NAMI represents *hope and achievement*: Hope for a future in which mental illness is

viewed in the same light as physical illnesses, and recognition of the enormous achievement that NAMI has made toward this goal. My overarching goal for this wonderful organization is to increase NAMI SD's visibility within the community. In reality, my wish is for NAMI to be a household word, not just among individuals living with mental illness and their families, but in

*"For me, NAMI represents
hope and achievement..."*

all households. My belief is that when NAMI holds its annual Walk each April, it should raise the same level of community interest and support as the Walk for Breast Cancer. Mental illness, after all, touches the lives of all age groups; ethnicities; the rich, poor and in between; mothers and fathers; sisters and brothers; aunts and uncles; and friends. As President of your Board of Directors, I will strive to do all that is within my power to raise the public's awareness of the innumerable contributions that NAMI SD makes in the lives of individuals living with mental illness. I will, however, need your help. I believe that if each one of us talks to a friend, participates in NAMI's fund raising efforts, and speaks openly about mental illness, we will make NAMI a household word.

I want to thank each and everyone who makes this organization work; from Bettie who guides us on a daily basis, everyone who raises their voices through In Our Own Voice, our wonderful teachers who help family members and consumers cope with this illness, those who answer the phone and file papers, volunteers who set up meetings, our tireless staff, Wendy who puts together our Newsletter, and Sally whose Presidential shoes I must try to fit. The sum of everyone's contributions is the driving force that makes NAMI SD successful.

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

Sibling and Adult Children's Group

Second Wednesday, 7:00 - 9:00 p.m.
Scripps-Mende Well Being Center
Adjacent to the UTC Mall
San Diego 92122
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 Street, San Diego 92110
Call Joan Williams at (858) 274-3716

La Jolla NAMI Support Group

First Tuesday, 7:15 - 9:00 p.m.
La Jolla Presbyterian Church (Room #9)
Enter on Eads Ave. - San Diego 92037
(858) 457-5057

NAMI Family Support Group

2nd & 4th Thursdays, 6:00 - 7:30 p.m.
Pegasus East
7841 El Cajon Blvd., #C
La Mesa 91941
Call Carol Davis at (619) 641-6860

**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
(1st Floor, Fellowship Hall)
5777 Lake Murray Boulevard
La Mesa 91942
Call Peggy & Bob Chambers:
(619) 464-0476

Spouses of Persons with the Diagnosis of Bi-polar

Second Wednesday, 6:30 p.m.
Clairemont Lutheran Church
(Luther Hall, Rm. 13/14 on the 2nd Floor)
4271 Clairemont Mesa Blvd.
San Diego 92117
(858) 273-7423

Spanish - South Bay

First Monday, 6:00 - 8:00 p.m.
South County Family Resource Center
690 Oxford Street, Chula Vista 91911
Call Luz Fernandez (East County Clinic)
(619) 401-5500

Spanish - Area de Clairemont - NAMI-SD Grupo de Apoyo

Clairemont NAMI Support Group
Tercer Martes (3rd Tuesday) 6:30-8:00 p.m.
St. David's Episcopal Church (biblioteca)
5050 Milton Street, San Diego 92110
(619) 543-1434 or (800) 523-5933

Spanish Family Support Group

Third Thursday, 6:00 - 8:00 p.m.
South Bay Guidance Center
835 3rd Avenue, Suite C
Chula Vista 91911
Call Gina Osuna: (619) 425-6879

NAMI Patton

Third Sunday, 1:00 - 3:00 p.m.
c/o Patton State Hospital
(Administration Annex - Room 148)
3102 E. Highland Avenue
Patton, CA 92369
Tel: (909) 425-7392 ☒ Fax: (909) 425-0160

NAMI-SIT

Schizophrenics in Transition

Board Meeting

Call for meeting time.
144 Copper Avenue, Vista 92083
(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.

Kinesis North

474 W. Vermont Ave, Escondido 92025
(760) 745-8381 or 1-800-523-5933

Monday Share & Care in Fallbrook

Mondays, 5:00 - 6:30 p.m.
Fallbrook Healthcare Foundation Building
Corner of Mission and Fig
Fallbrook 92028
Call for further information: (760) 745-8381

Tuesday Share & Care Meeting

1st, 3rd, 4th & 5th Tuesdays, 4:00 - 5:30 p.m.
Joslyn Senior Center
210 East Park Ave, Escondido 92025
(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
2775 Carlsbad Blvd., Carlsbad 92008
(760) 722-3754 or (800) 523-5933

Education Meeting followed by

**NAMI Facilitated Share & Care
Support Group 8:30 - 10:00 p.m.**

TARA Borderline Personality Disorder Support Group

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

Legislative Update

GAO Recommends VA Track Spending for Mental Health Initiatives

The Department of Veterans Affairs should track how much of the funding it allocates for strategic mental health initiatives is spent for those initiatives, the Government Accountability Office recommended in a December report. GAO was asked by the House Committee on Veterans Affairs to examine how the VA allocated, used and tracked funding for strategic mental health initiatives in fiscal years 2005 and 2006. GAO said the VA did not allocate roughly \$12 million and \$42 million of the respective funding increases planned those years, nor track how the funds it did allocate were specifically spent. The VA provides mental health services to veterans with conditions such as post-traumatic stress disorder and substance abuse disorders. It approved a mental health strategic plan in 2004 to address gaps in services needed by veterans. Download the report here: <http://www.gao.gov/new.items/d0766.pdf>

Final Adjournment Wrap-Up: Congress Clears Legislation Reforming NIH, Full-Year "Continuing Resolution" Expected Early Next Year, New SAMHSA Administrator Confirmed

In a flurry of activity just prior to final adjournment, Congress passed legislation reforming the National Institutes of Health (NIH), by creating greater transparency in the NIH grant process and fostering more trans-NIH research opportunities. In addition, the Senate unanimously confirmed Dr. Terry Cline of Oklahoma as the new Administrator of the federal Substance Abuse and Mental Health Services Administration (SAMHSA).

Democratic Leaders Expect to Continue FY 2006 Funding Levels Through October 1, 2007

Congress adjourned for the year without completing action on spending bills for the current fiscal year covering nearly all domestic agencies and programs (\$463 billion in total discretionary spending), including mental illness research and services, as well as housing and veterans programs. Thus,

...cont. on page 8

Meet Gloria!

Welcome New Ed Director from the North

By *Bettie Reinhardt*
Executive Director

Why would we hire a newbie from the cold country of Canada to coordinate our new Family Education contract? Read on. You will soon see.

First, a few words about the Family Education contract. It is funded out of Mental Health Services Act (MHSA) money that you may still think of as Proposition 63. The three year agreement requires the NAMI affiliates in San Diego County to provide 20 Family-to-Family class series and two Schizophrenia Education class series each year. Of the 20 F2F courses, three must be in Spanish, one must be at the VA Medical Center, and 12 must be evenly distributed among the six County regions. See why it needs a coordinator? Finally, we must present one F2F class series in Vietnamese and one in Arabic by the end of the second contract year (June, 2008). UPAC is subcontracting with us to translate the F2F curriculum and develop community participation in the new languages.

The four NAMI affiliates (North Coastal, North Inland, San Diego and SIT) have signed memoranda of understanding to work together and with the coordinator to ensure that the contract requirements are met. It is a wonderful opportunity to help our community members find a F2F class that meets their needs with just one phone call! It is also a great opportunity to provide needed support to our dedicated F2F leaders. Gloria will be acquainting herself with the geography and freeway snarls of our county as she works with each affiliate's F2F leaders.

Back to Gloria. She is so new to this country that she is volunteering until her work visa is approved. Thank you, Gloria! She describes herself as energetic and enthusiastic with a strong passion for her work. She has demonstrated that already. She is also knowledgeable. She holds a

"She describes herself as energetic and enthusiastic with a strong passion for her work."

BA in Adult Education from University College of the Fraser Valley. She was trained by Joyce Burland – yes, they have Family-to-Family in Canada – as a F2F teacher and a trainer. She has taught 13 F2F classes herself and trained other teachers since 1999. The F2F work was, of course, as a volunteer. Professionally, she has been the Community Education Coordinator/Trainer for the Central Vancouver Island Crisis Society for the last four years. She began work with that organization in 1994 as their Coordinator of Volunteers and Training.

Did we mention that she is bilingual? However, she hasn't volunteered to translate F2F into Finnish, her second language.

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
2nd & 4th Thursdays: 6:00 - 7:30 p.m.

Gifford Clinic (Cafeteria)

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

Sharp Mesa Vista Hospital

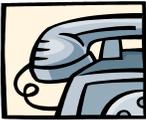
(Activity Room)
7850 Vista Hill Ave.
San Diego, CA 92123
Every Thursday: 11:15 a.m. - 12 Noon

Tri City Outpatient Program

510 West Vista Way
Vista, CA 92083
Call: (760) 722-3754
Every Wednesday: 2:00 - 3:00 p.m.

North Coastal Mental Health Clinic

(in the trailer in back parking lot)
1701 Mission Ave.
Oceanside, CA 92054
Call: (760) 722-3754
Every Friday: 2:00 - 3:00 p.m.



Access & Crisis Line

1-800-479-3339
24 hours a day/7 days a week

Client Warm Line

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

Albright Information & Referral Center

1-800-523-5933, 1-619-543-1434
Volunteer resource specialists can pro-
vide information and support to callers
and visitors, including consumers,
family members and professionals.

Client/Consumer Resources

Patient Advocacy Program

5998 Alcalá Park, AW 304, San Diego 92110
(619) 260-7660 or 1-800-479-2233
Fax: (619) 260-7680
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 ☎ Fax: (619) 471-2782
Monday - Friday: 9:00 a.m. - 5:00 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
Monday - Friday: 8:00 a.m. - 4:00 p.m.
Once a month Saturday outing - Call for
information.

Casa Del Sol Clubhouse

1157 30th Street, San Diego 92154
(between Coronado Ave. & Beyer 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 Ext. 109 ☎ 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 92025
(760) 737-7125 ☎ Fax: (760) 737-6129
Monday - Friday: 8:00 a.m. - 4:30 p.m.
1st Saturday of month: 10:00 a.m. - 2:00 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 (must be a member)

Friends In Hand Clubhouse

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

Mariposa Clubhouse

560 Greenbrier, Suite B, Oceanside 92054
(760) 439-2785 ☎ Fax: (760) 439-6902
Monday - Friday: 8:00 a.m. - 4:30 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.

Neighborhood House Association (NHA)

Friendship Clubhouse
286 Euclid Ave., #102, San Diego 92114
(619) 266-2111 Ext. 106 ☎ 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
Monday - Friday: Noon - 7:00 p.m.
Saturday & Sunday: Noon - 5:00 p.m.

The Access Center of San Diego

1295 University Ave., Suite 10, San Diego 92103
(619) 293-3500 ☎ Fax: (619) 293-3508
Monday - Friday: 9:00 a.m. - 5:00 p.m.

Employment Services

1202 Morena Blvd., Suite 201, San Diego 92110
(619) 276-8071 ☎ Fax: (619) 276-3542
Monday - Friday: 8:00 a.m. - 4:30 p.m.
(Must be receiving services from a county funded
mental health program and approved by Depart-
ment of Rehabilitation)

Job Options

3465 Camino del Rio South, Suite 300
San Diego 92108
(619) 688-1784 (Valorie) ☎ Fax: (619) 688-9884
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

3325 Zoo Drive, San Diego 92101
(619) 525-8247 ☎ Fax: (619) 299-9304
Monday - Friday: 8:00 a.m. - 5:00 p.m.
Provides year round recreational experiences for
individuals with disabilities.

The Creative Arts Consortium

P. O. Box 3053, San Diego 92163-3053
(619) 282-4627 or (858) 481-7069

Compeer San Diego

Offering support, information, and friendship!
For more information: (858) 361-3632
Website: www.compeersandiego.org
E-mail: info@compeersandiego.org

DBSA-Depression Bipolar Support Alliance

There are meetings in different regions of the
county. Call for meeting info: 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: _____ E-mail address: _____

Address: _____ Home Phone: _____

City/State/Zip: _____ Work Phone: _____

Cell Phone: _____

____ 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

Annual Supporting Donors

Platinum—\$1,000 or more

Gold—\$500-\$999 or more

Silver—\$100-\$499

Bronze—up thru \$99

To pay by Credit Card:

print name as it appears on card

_____ / _____

card number expiration date

____ Visa ____ MasterCard \$ _____

amount

signature

Planned Giving!

Would you like to make a gift to NAMI and also have it work for you? NAMI has a new volunteer, **Mike McNeill**, a chartered financial consultant with Prudential Financial. Mike can advise you about **Planned Giving** so that your gift is a win-win. Please contact Mike at (858) 272-7997 or email at mike.mcneill@prudential.com.

Please Mail To:

NAMI San Diego
 4480 30th Street
 San Diego, CA 92116

Or Fax To:

619.584.5568

All gifts are tax deductible as provided by law.
 NAMI is a not-for-profit 501(c)(3) organization.

The Advocate

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4480 30th Street
San Diego, CA 92116

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

1st Thursday!!!

Prodromal Schizophrenia

January 4, 2007

6:30 p.m.

See page 1 for info



Return Service Requested

Legislative Update

Cont. from page 5

most federal agencies and programs will be operating under a budget freeze through October 1, 2007 – at levels that Congress put in place back in the fall of 2005. Of particular concern are programs and agencies that were proposed for increases for FY 2007 – most prominently, a \$3.1 billion increase for VA medical care that was endorsed by the House and Senate, but can not be realized under a continuing resolution. Democratic leaders are now considering adding these funds to the continuing resolution in February, or in-

cluding them as part of any FY 2007 supplemental funding request that the President will make in February. Also at risk in this process are increases that were proposed by the President and endorsed by Congress (e.g., a proposed \$209 million boost for homeless funding at HUD and a proposed \$8.7 million increase for youth suicide prevention funding at SAMHSA endorsed by the Senate). For NIMH, the President's proposal for an \$8.5 million reduction for FY 2007 would be restored under this "continuing resolution," bringing funding back to a freeze level of \$1.404 billion. However, this is below the projected annual increase in the

cost of doing research (i.e., medical research inflation) for FY 2006 and FY 2007, thereby eroding the capacity of NIMH to invest in new extramural grants. Likewise, nearly all mental illness services programs at SAMHSA: the Mental Health Block Grant (\$428.5 million), PATH homeless services (\$54.3 million) and Childrens Mental Health (\$104.1 million) would all be frozen at current levels for the rest of FY 2007.



**Mental Health Issues Affect 1 in 5 People - Help Make a Difference by Joining
Thousands in the Walk for the Mind of America!**

San Diego County NAMI WALKS Fun 5K
April 21, 2007

The walk is a day to bring people together to provide information and support for families, educate and erase mental health stigma, and let people know that there is support in San Diego County through NAMI affiliates. The walk is an opportunity for individuals or families to come together and walk as a team, with friends, or with co-workers.

This is the season for sponsorship recruitment! I would like to thank our first couple of sponsors:

Union Bank of California
American Medical Response

If you would like to approach a potential sponsor, ie your employer or somewhere you patronize often, please call Shannon Jaccard at 619-584-5564 or email: shannonjaccard@namisd.org to get a sponsorship packet and tips for success!

NAMIWALKS is the area's largest and most important event to raise awareness and funds to help underwrite programs such as "Family to Family", as well as other important programs of support, education, advocacy and research.

Online registration is open! Go to: www.nami.org/namiwalks/CA/sandiego

We look forward to seeing you there!

TARA's DBT FAMILY WORKSHOP

Coping Skills for Families of People with Borderline Personality Disorder

CLASS SCHEDULE:

**Saturday, January 13, 2007
8am – 5pm (lunch provided) plus
Five Thursday Evenings 7-9 PM
CLASS LOCATION: Carlsbad California**

CLASS FEES: Individual \$250.00 Couples \$400.00

How to Register for Workshop
To reserve your place in this workshop, please call
760-729-2331 (w), ask for Sandy

- Are you a parent? A sibling? a spouse? a partner?
- Are you struggling to cope with someone with BPD?
- Are you coping all alone?
- Are you in a Crisis?
- Are you Frustrated? Confused? Angry? Overwhelmed?

Classes are limited in size

Homework assignments required

Workshops must be paid in full, in advance.

Educational Materials Provided