

The Alliance Advocate

NAMI San Diego--San Diego's Voice on Mental Illness

Formerly San Diego Alliance for the Mentally Ill

Summer Edition - July/August 2001

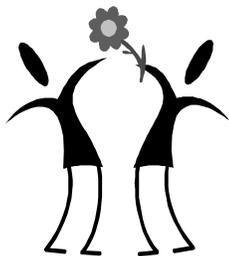
Volume V, Issue 7/8

Farewell Party for Emy Alhambra

Party Time for Emy

Emy Alhambra says she is retiring! She is putting late nights at the computer editing the newsletter and keeping the membership records in order behind her. Gone will be her daily presence in the office and our ability to rely on Emy's knowing where we keep 'that' or how we do 'this.' Emy's NAMI resume is very long, much longer than the number of years she has been a part of the organization would indicate, and includes staff work and a whole lot of volunteer work.

Although she assures us that she will be available "sometimes," we cannot let her slip away without our coming together to recognize the major contribution she has made to our organization. So let's have a party!!!



**Thursday
August 2, 2001
6:00 p.m.
University
Christian
Church
Friendship Hall**

Bring a summer salad, or other good picnic food, and a few good Emy stories and we'll roast Emy instead of hot dogs and marshmallows at our indoor summer evening picnic. Expect some original, and thus unique, entertainment, some laughs and tears, and plenty of good company.

Education & Advocacy Meeting

Thursday, July 5, 2001

6:30 - 8:30 p.m.

NAMI San Diego's New Home: A Workshop

So, NAMI San Diego has received a nice bequest, a quarter of a million dollars. So, we want to use it to start a capital campaign so we can have our own building. We need to have a dollar goal before we start raising money. How do we set that goal? We decide what we want in a building and then we determine what it will cost. It may take several rounds of deciding what we want and costing it before we settle on a building that will meet our needs and cost no more than we can reasonably raise within a reasonable period of time.

This is the exciting first step, an opportunity to say what YOU want in a building and hear from a panel about the special needs of the Albright volunteers, the staff, the communities we want to reach and about the feasibility and likely cost of some of our wishes.

Moderator: Carol Venable

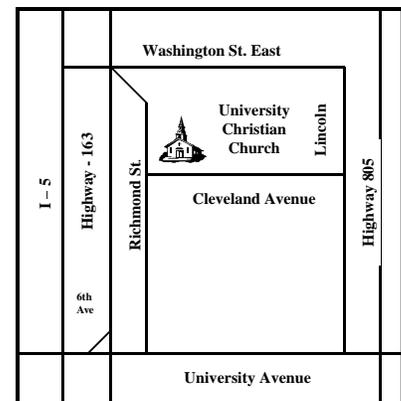
Board Member and
Professor, SDSU School of Accountancy

Panel:

Housing - Ann Wilson
Director, Corporation for Supportive Housing, San Diego
Realty - to be announced
Albright Center - Helen Bergen
Diverse Community Outreach - Sylvia Padilla
Staff - Bettie Reinhardt

This is where the journey begins. Don't miss the first step!

**The monthly meeting is open to anyone interested in learning about mental illness. The meetings are held on the first Thursday of the month at
University Christian Church,
Friendship Hall,
3900 Cleveland Avenue
San Diego, California
(see map)**



Additional AMI meetings in the San Diego County area are listed on Page 5

June-at-a-Glance

Bettie Reinhardt, Executive Director

Celebrate Mental Health! 2001

The Fun Walk/Resource Fair and the Employers Breakfast brought in underwriting, walk fee, booth registration, and product sales revenue of 16 thousand dollars. There were approximately eight thousand dollars in expenses. That means that eight thousand dollars is available for client empowerment programs!!! Yea, team! Thank you sponsors, walkers, and exhibitors! The two programs at the top of the list are the Scholarship Program and Living with Schizophrenia & Other Mental Illnesses.

Board News

Revised Board meeting schedule for the rest of 2001: no meeting in July, all future meetings from 5:30 p.m. to 7 p.m., third Wednesday in August, third Tuesday in September, October, and November, and no meeting in August. The Board meets in Suite 314 in our office building. Meetings are always open.

Family-to-Family Education Program

The next two classes are: July 10 – September 25, Grossmont Hospital, 6:30 – 9 p.m. and September 10 – November 26, County Health Complex, Rosecrans Street, 6:30 – 9 p.m. You won't get called to participate in these classes if you are not on the waiting list. So, call the Albright Center.

Schizophrenia: Education for Families and Caregivers

The next class will begin in late September and the following class is scheduled for late winter.

Advocacy Works

We are working on presenting this class again, we hope regularly. We need to know that you are interested in this

one-day workshop that provides a tool box of skills families can use in their own advocacy. Please call now.

Living with Schizophrenia & Other Mental Illnesses

Call Chuck Sosebee at 619.275-7165 to schedule a presentation to your group.

Education and Support to Fit You

You have probably noticed that there are more classes available now. You may even feel that you need a menu to keep them straight. That is just what we are working to provide our community - a menu of education opportunities. A variety of classes for family members, for clients, for providers, for caregivers of children and adolescents, for new timers, for old timers, for English-speaking, and for non-English speaking. And varied support groups for family members and for clients. Watch this newsletter closely during the coming months to see what is new. Call the Albright Center with your questions.

To Register for Classes

Call the Albright Center at 800.523.5933 or 619.543.1434 to sign up for any class or workshop described above. All of the classes are provided at no charge.

Our objective this year: do more of what NAMI does well – better, and in more places.

To register your opinion on any of these issues, call Bettie Reinhardt at 294-9941 or write to P.O. Box 710761, San Diego, 92171 or fax to (619)543-1498 or email at exudir@namisandiego.org or contact any of the people mentioned in the article.

Employers Needed

Are you an employer? Do you have an employer? Do you do business with someone that employs people? (If you haven't said 'yes' yet we want to know what planet you are living on and how our newsletter travels that far.) We are looking for a few good employers to educate about the value of employing people with mental illnesses.

All businesses, for profit and nonprofit, are required to consider job applicants on their merit without asking about the presence or nature of any disabilities. This law of the land is still scary to some employers and their fear causes them to miss out on some good employees. Our education program is designed to help people with mental illnesses that are ready to go to work by educating and supporting potential employers.

Please send any employer information you have to Bettie, Chuck, or Sylvia – telephone and fax numbers below. We will be particularly thrilled if you are able to give us the business name, contact name, contact telephone number, and business address.

Bettie 619.294.9941- Chuck 619.275.7165 - Sylvia 619.275.8374 - Fax: 619.543.1498

The Alliance Advocate

NAMI San Diego is a nonprofit organization that provides self-help advocacy, education, services, and support for consumers, families, and friends of people with severe mental illnesses and is dedicated to eradication of those mental illnesses and to improvement of quality of life of those affected by these diseases.

NAMI San Diego is an affiliate of
NAMI and NAMI California

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exudir@namisandiego.org

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Consumer Education & Outreach Coordinator

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The Alliance Advocate is a monthly publication of NAMI San Diego,
1094 Cudahy Place, Suite 120
San Diego, CA 92110-3932

Mailing Address:

P.O. Box 710761
San Diego, CA 92171-0761
Phone: (619) 294-9941 or
800 523-5933

Fax: (619) 294-9598 or
(619) 543-1498

TTY: (619) 275-7164

E-mail: sdami@adnc.com

Web Site: www.namisandiego.org

The Alliance Advocate Editor:

Emy Alhambra
E-mail: emynal@aol.com
Fax: (619) 294-9598

Submission of articles must be received
by the 15th of the month for consideration for
publication in the following month's newsletter.

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

A Message From NAMI San Diego's President

Too Many Wasted Years From Precious Lives!

I know of a young man who completed his college degree, and worked several years after his first major psychotic episode. While he was working he often said that he wished he knew other people with mental illnesses who were working so he could find out how they dealt with some of the issues he faced at work. If he had developed a good relapse prevention plan and had the chance to meet and know well other working people with mental illnesses; maybe he would not have spent the last six years living the "disabled lifestyle." **I don't know how often this scene is repeated; but I know it is much too often!**

NAMI San Diego has a chance to launch a new NAMI program called Peer to Peer. To take advantage of this opportunity we need \$20,000 by October 1st. Our board has determined that we cannot use funds from our current or next year's budget without harming the programs that are already up and running. We also won't invade any designated funds.

Peer to Peer is a series of 10 classes for consumers taught by three consumers. The curriculum includes much of the same information about the brain, the illnesses, medications, etc. as in the Family to Family curriculum. Two additional items that each participant will develop are an individual relapse prevention plan and an individual advanced directive. I think that these could be very powerful tools for consumers to have, but more importantly, to know how to develop and update from time to time.

I already sent an appeal letter to some of you. The letter tells more about the content of the classes, the history of NAMI's development of the program, and how NAMI San Diego happens to have this opportunity at this time. If you would like to donate to this potentially wonderful program and I did not send you a letter already, **YOU STILL CAN BE A PART OF THIS!** I have arranged for the Albright Volunteers to give you (in person) or send copies of any of the following:

Description of the Peer to Peer program.

Letter from NAMI National to state leaders that updates the web site information.

My original letter.

Bettie's proposed budget. (This was printed after my letter went out).

A donor slip for the Peer to Peer appeal.

Let's see what we can do to have less wasted years in the lives of people with mental illnesses!

I will be including a separate report in our newsletters of how we are doing on this appeal.

Marjie Joramo

Peer-to-Peer Appeal Report

As of June 18, we have received \$1,585.00 toward our goal of \$20,000.

We have received gifts from:

Kassie Bostwick
Mr. & Mrs. James Darr, Jr.
Mr. & Mrs. Augustine Escamilla
Karen Gurneck
Arden & Marjie Joramo
Loren & Linda Lee
Clyde & Dieane Petty
Mary Rutland
Marvin & Alice Thompson

Thank you so much!

Mental Health Facility Keeps Families in the Dark

By AMY PATTERSON-NEUBERT
Journal and Courier

LAFAYETTE, Ind. Lisa Harker knew her husband, Kurt, was diagnosed with a mental illness when they exchanged vows, and she was supportive. But when she wanted to be there for him during a nearly weeklong stay at Home Hospital's adult voluntary psychiatric ward, she hit a brick wall of confidentiality regulations. Under state law, she was unable to obtain information about his diagnosis or treatment until after he was discharged. "Nobody would talk to me. It irritated me to no end. How does keeping the family in the dark help the patient recover?" she said. It was nothing like when her father had a heart attack and the medical team was constantly updating the family. I was absolutely shocked by what I perceived as an archaic system. It was so different from hospital care.

Under the Indiana Patient Records Act, all records and information about patients admitted to mental health facilities such as Home Hospital are kept confidential unless the patient specifically releases them or is deemed

Continued on page 10-- Families in the Dark

Legislative Update

by Caroline Hamlin

LPS Reform Bills Pass State Assembly

The three Lanterman-Petris-Short Act Reform bills, AB 1421, 1422, and 1424, passed the Assembly successfully and are now in the Senate. As in the Assembly, these bills must pass through a series of committees before they come to the floor of the house, which will be very soon.

We call upon you again to contact your San Diego state senators to support each of these vitally important bills:

- **AB1421** will bring assisted outpatient community treatment to those high risk, severely ill individuals who have a history of repeated hospitalizations and incarcerations.
- **AB1422** would create the Mental Health Advocacy Commission and mandate local programs.
- **AB1424** would broaden types of information required to be considered by a hearing officer at a commitment hearing including medical and psychiatric history, including information from a person's family.

We have all worked diligently for passage of these bills which we believe will make substantial improvements to our mental health system. Let's go the whole mile!

Don't delay. Write, call, e-mail, or fax your state senator:

37th. District, Jim Battin, 15708 Pomerado Road, Suite N-107
Poway, CA 92064,
Phone: 858 675 8211
Fax: 916 3327 2187
e-mail: jim.battin@sen.ca.gov

38th. District, Bill Morrow, 2755 Jefferson St., Suite 101
Carlsbad, CA 92008
Phone: 760 434 7930
Fax: 916 446 7382
e-mail: senator.morrow@sen.ca.gov

39th. District, Deirdre "Dede" Albert, 1557 Columbia St.
San Diego, CA 92101
Phone: 619 645 3090
Fax: 619 645 3094

40th. District, Steve Peace, 7877 Parkway Dr. 1-B
La Mesa, CA 91942
Phone: 619 463 0243
Fax: 619 463 0243
e-mail: senator.peace@sen.ca.gov

Schedule of Meetings

NAMI SAN DIEGO
University Christian Church
3900 Cleveland Ave., San Diego
Call (619) 543-1434 or
1-800-523-5933

First Thursday, July 5
6:30 - 8:30

Speaker: Carol Venable, Ph.D.
Topic: NAMI-SD's New Home:
A Workshop

August 2
Farewell Party for Emy Alhambra
No Education & Advocacy Meeting

Evening Sharing and Caring
Third Thursday, 6:45 p.m.
University Christian Church
3900 Cleveland Ave., San Diego

Morning Sharing and Caring
Third Tuesday, 10:00 - 12:00 a.m.
University Christian Church
3900 Cleveland Ave., San Diego

Sharp Mesa Vista Hospital
Sharing and Caring
Fourth Thursday, 6:30 - 8:30 p.m.
Executive Conference Room
Sharp Mesa Vista Hospital
7850 Vista Hill Avenue (858) 278-4110

Sibling and Adult Children's Group
Second Wednesday, 7:00 - 9:00 p.m.
Scripps Well Being Center
Adjacent to the UTC Mall
Call Monica Astorga at (858) 483-9370

Clairemont Area Sharing and Caring
Second Monday, 7:00 - 8:30 p.m.
St. David's Episcopal Church (Library)
5050 Milton St., (619) 276-4567

La Jolla Sharing & Caring
First Tuesday, 7:15 - 9:00 p.m.
La Jolla Presbyterian Church Lounge
7715 Draper Avenue, (858) 459-4905
(Entrance on Kline St.)

El Cajon (East County)
Second & Fourth Wednesday
6:30-8:00 p.m.
562 E. Main St., El Cajon,
Call Donna Hawkins: (619) 401-5500
or Forough, Douraghi: (619) 401-5440

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

Filipino Family Support Group
UPAC,
1031 25th St., Broadway & 25th
For information on date and time
call (619) 235-4282

Alpine Special Treatment Center
Sharing & Caring
Last Wednesday - 6:00 - 7:30 p.m.
Community Room
(619) 445-2644, ext. 20 or
800-427-5817 (voice mail)

El Centro Sharing and Caring
Contact Dr. Ng's office for
date/time/location (760) 352-8171

NAMI NORTH INLAND
SAN DIEGO COUNTY
P. O. Box 300386
Escondido, CA 92030-0386
(760) 745-8381

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

Second Tuesday, July 10
11:30 a.m.
Annual Family/Client Picnic
Jesmond Dene Park Escondido

Second Tuesday, August 14
At Kinesis
7:00 - 8:30 p.m.
Speaker: Hamid Karimi
Treatment Finder
Topic: Latest Aspects of Research
in Mental Health

Share & Care
First, Second, Fourth & Fifth Tuesday
4:00 - 5:30 p.m.
210 Park (Senior Center), Escondido
Call (760)745-8381

NAMI NORTH COASTAL
SAN DIEGO COUNTY
P. O. Box 2235
Carlsbad, CA 92018
(760)722-3754
St. Michael's by the Sea Episcopal
Church Parish Hall, 2775 Carlsbad Blvd.
(760) 722-3754 or (800) 523-5933

Third Wednesday, 7:00 p.m.
Education Meeting followed by
Share & Care at 8:40 p.m.

Third Wednesday, July 18
7:00 p.m.
Speaker: Gordon Bear, LCSW,
Counselor
Marie Hane, Advisor
Board Members, Survivors of
Suicide Inc., San Diego County
Topic: Self-help for those who
have lost a relative or friend
through suicide.

Third Wednesday, August 15
7:00 p.m.
Living with Schizophrenia

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

Share and Care
Second Thursday at 6:00 - 7:00 p.m.
Tri-City Medical Center, Mental Health Unit,
4002 West Vista Way
Oceanside (760)940-5700

Pastoral Share & Care
Fourth Thursday - 7:30 p.m.
2807 Ocean St., Apt. 301, Carlsbad
Jane or Tim Hird, (760)435-2536
Call first for security reasons.

PATTON AMI
c/o Patton State Hospital
3102 E. Highland Avenue
Patton, CA 92369
Fax: (714) 963-9961

Third Sunday, 11:45 a.m. - 1:15 p.m.
Administrative Meeting Room
3102 East Highland Avenue
Patton, CA (909)425-7392

NATIONAL DEPRESSIVE &
MANIC DEPRESSIVE
ASSOCIATION
Call (800) 826-3632
for meeting places and times.

San Diego-La Jolla Chapter
Sponsored by
Dr. John Kelsoe, UCSD
Every Monday at the
VA Hospital La Jolla,
Room 2011 - 6:00 - 8:00 p.m.
(858) 535-4785
Toll Free: 1-888-274-3637
Support Line: (858) 535-4793
<http://groups.yahoo.com/group/San-Diego-La-Jolla-DMDA>

Client Corner

SCHOLARSHIP FUNDS AVAILABLE

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

To apply, call the Albright Center at (619) 543-1434 and request an application.



Applications up to \$500.00 will be considered.

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

Living with Schizophrenia And Other Mental Illnesses

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

It is for anyone who needs to know how people with schizophrenia and other serious mental illnesses cope with the realities of their disorder while recovering and reclaiming productive lives with meaning and dignity.

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



Chuck Sosebee
Coordinator of
Consumer Outreach & Education
(619) 275-7165
TTY/TDD (619) 275-7164
Email: EducNamiSD@cs.com

The Consumer Center for Health Education and Advocacy

If you need help getting mental health care services, please call or write us. We are ready to help you.
1475 Sixth Ave., 4th Floor
San Diego CA 92101
1-877-734-3258 Toll Free

The Meeting Place, Inc.

4034 Park Blvd., San Diego
(619) 294-9582
Open Tuesday - Saturday
10:00 a.m. - 4:00 p.m.

Corner Clubhouse

2852 University (at Utah)
San Diego (North Park) #7 Bus Line
(619) 683-7423
Open Monday - Friday
8:00 a.m. - 4:00 p.m.

Friend to Friend

1009 "G" Street
San Diego
(619) 238-2711
Open Monday - Saturday
10:00 a.m. - 6:00 p.m.
A peer advocate is available
Thursday, Friday (morning) and Saturday

Mariposa Clubhouse

560 Greenbrier, Suite .102, Oceanside
(760)439-6006
Open Monday - Friday
8:00 a.m. - 4:00 p.m.
Open Saturday & Sunday
10:00 a.m. - 2:00 p.m Brunch

Friends

144 Copper Ave. Vista
(760) 941-2153
Open Saturdays
1:00-4:00 p.m.

East Corner Clubhouse

562 East Main St., El Cajon
(between Mollison and Avocado)
(619)401-6902
Fax: (619)401-1751
Open Monday & Friday
8:00 a.m. - 4:00 p.m.
Tuesday & Thursday
8:00 a.m. - 12:00 noon
Wednesday - 8:00 a.m. - 6:00 p.m.
Saturday - 10:00 a.m. - 2:00 p.m.

Visions @ 5th and H

499 "H" Street, Chula Vista
(619) 420-8603
Open Mon., Wed., Fri., Sat.
Noon - 7:00 p.m.
Sun. -- Noon - 5:00 p.m.

Employment Services

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

The Access Center of San Diego

1295 University Avenue
San Diego, (619) 293-3500

The Creative Arts Consortium

P. O. Box 3053
San Diego, CA 92163-3053
Admin—Call Jane (858) 481-7069
Art—Call Michelle (619) 589-2434
Literature—Call Jim (619) 299-1753

Job Options

2727 Camino del Rio South
San Diego
(619) 688-1784 (Valorie)
Open Monday - Friday
8:00 a.m. - 5:00 p.m.

San Diego Parks and Recreation Disabled Services Program:

Ask for "The Leisure Seekers" group activities and calendar. No formal registration. Simply call ahead of event and say "I want to sign up for the event"
(619) 525-8247

Patient Advocacy Program

5384 Linda Vista Road, Suite 304
(619) 543-9998 or 1-800-479-2233
Mon. – Fri.
8:00 a.m. – 5:00 p.m.

The Access & Crisis Line

1-800-479-3339

24-hours a day 7 days a week

- Professional counselors
- Multi-lingual capability
- Spanish speaking counselors



Who Do You Call?

Bettie,

I appreciate how you mentioned Mark Roth in the June newsletter. He was my initial contact at NAMI-SD. He made the initial visit fun, and we accomplished so much that I became an immediate evangelist.

I came away with a lot of information that I desperately needed for a family member, who was in Boston in 1988. Now faced with my mother's death, who, in the past, had handled the family's mental illness issues, my surviving siblings needed quick education. NAMI-SD provided that source.

I found NAMI through a brochure at UCSD's Gifford Clinic. I drove to the office immediately.

Mark was the volunteer on duty. I explained to him that it may be difficult to get through to my siblings being so far away! He smiled, made a joke and continued to help out. Mark's help was perfect. We sorted through a lot of info, some was relevant, some not.

When I left I had a lot of information, but just the information that I needed for my specific needs, and Mark was excellent.

I was amazed at the content available at NAMI. This is one of the many reasons why I am involved today!

I will never forget my initial contact person, and I will always be grateful to him, I am glad he was mentioned and memorialized the way he would have liked it in the June newsletter.

I believe all any one of us really want to do is to help out as much as we can and Mark Roth exemplified this attitude and effort as a fine example and one to be proudly remembered by!

Thanks Mark.

Paul D. Cumming
NAMI-SD, Board of Director

When things go awry in our families, we often need to call for help.
Here are some simple rules to follow

Always ask first, "Is someone in immediate danger?"	Yes = call 911*
Does someone feel in immediate danger?	Yes = call 911*
You are not sure if someone is in danger. You need Someone else to check.	Yes = call the main Number for your local law enforcement*
You need help dealing with a crisis but it is not a 911 situation.	Call Access & Crisis Line at 800.479.3339
It is not a crisis but you need some suggestions and/or support regarding mental illness within a few hours.	Call NAMI San Diego Albright I & R Line at 800.523.5933

*When you call 911 or your local law enforcement main number about a psychiatric emergency, state clearly and briefly the situation, identify the danger or the fear of danger, state the psychiatric diagnosis, and ask that **PERT** (Psychiatric Emergency Response Team) be dispatched. Note: if PERT is not available, non-PERT officers or deputies will respond.

The Access & Crisis line is a 24-hour, 7 day-a-week hotline staffed by licensed and trained crisis counselors.

NAMI's Albright I & R line is a "warm" line staffed by trained family member and recovering client volunteers. A volunteer carries a pager after business hours to respond to evening and weekend calls.

Now that you are thinking about the possibility of a crisis, take a few minutes and make your own crisis telephone lists. Whether you are preparing for a heart attack or a psychotic episode, your list should start with when to call 911.

- ◆ Talk to your doctor and the other people in your house and agree, in advance, what signs and symptoms should trigger that 911 call.
- ◆ Ask the doctor if he or she is available to take crisis calls. Who does the doctor suggest you call in a crisis?
- ◆ Is there a case manager available to take crisis calls?

Each list will be individual based on many things including where you live, the illness type and severity, and treatment conditions.

Bipolar Disorder in Kids Focus of Several Studies Presented At International Meeting

PITTSBURGH, June 14 /PRNewswire/ -- Nearly one out of 100 children and teenagers worldwide have bipolar disorder, a mental illness characterized by swings between mania, or euphoric mood, and depression. Despite the number of young people affected, doctors still have limited resources when it comes to helping them because very few long-term studies to determine safe and effective treatments have been performed.

The few researchers who have focused on such studies presented new findings today at the Fourth International Conference on Bipolar Disorder in Pittsburgh, as well as highlighted areas where more work needs to be done.

While the disorder is better understood in adults, research into bipolar disorder in children and adolescents has been gaining ground. Some of the studies presented today suggest adolescents are more prone to a form known as "rapid cycling," where swings from mania to depression occur faster and more frequently than the standard form; children with bipolar disorder continue to have difficulties in relationships and school, even when treatment is successful; and bipolar disorder in adolescents is often accompanied by attention-deficit hyperactivity disorder (ADHD), anxiety disorders or conduct disorders, which complicates diagnosis and treatment.

Highlights of the presentations include:

Nearly Half of Bipolar Children Require Multiple Medications

Despite doctors' best efforts to avoid treating patients with more than one medication, up to 40 percent required at least three different drugs to control their symptoms, according to Boris Birmaher, M.D., of the University of Pittsburgh School of Medicine. In addition, while 70 to 80 percent of the 73 adolescents in the study recovered from their initial bout with the illness, 80 percent relapsed.

Bipolar Disorder is Often More Severe in Children than Adults

Bipolar Disorder in children is often similar to severe, treatment-resistant, continually cycling bipolar disease in adults, according to Barbara Geller, M.D., of Washington University in St. Louis. In that study, Dr. Geller compared patients with prepubertal and early adolescent bipolar disorder (PEA-BP) with patients with ADHD and normal controls and also learned that discreet episodes of mania and depression, with clear sudden onsets and offsets, are not the norm for kids with bipolar as they are in adults. Children with PEA-BP have low recovery and high relapse rates as well, and suffer from significantly worse psychosocial

functioning than those with ADHD and healthy kids.

Recent Advances in Psychological Measurements May Shed Light on Brain Changes

Young people with bipolar disorder suffer an apparent loss of connections between the emotional and the thinking brain that cause problems with mood regulation. Ian M. Goodyear, M.D. F.Med.Sci., Cambridge University, U.K., presented findings showing how diagnostic advances could impact the future of diagnosis and treatment for the neural, chemical and psychological processes behind bipolar disorder in adolescents.

Drug Shows Promise for Effective Treatment

The drug divalproex showed early promise for fulfilling doctors' wishes of being able to use just one medication for safe and effective treatment of children with bipolar disorder. In a study of divalproex conducted by Robert A. Kowatch, M.D., of the University of Cincinnati, 21 of 30 subjects with bipolar disorder showed improvement without having to be put on additional medications.

Certain Drugs May Trigger Bipolar Disorder in Genetically Susceptible Kids

Doctors should be careful in prescribing stimulants and antidepressants to hyperactive children, according to Catrien G. Reichart, M.D., of Academisch Ziekenhuis Rotterdam, The Netherlands.

Dr. Reichart and colleagues studied children in the United States and The Netherlands who had a parent with bipolar disorder. Their results show that the prevalence of bipolar disorder in these at-risk adolescents is much greater for American children (39 percent) than for Dutch children (4 percent). In The Netherlands there were very few cases of bipolar disorder found in children younger than 20, while in the U.S., children younger than 12 had been diagnosed.

The difference, according to Dr. Reichart, may be due to the use of stimulants and antidepressants to treat American children with hyperactivity, while doctors in The Netherlands rely more on psychosocial approaches.

Contact: Craig Dunhoff, DunhoffCC@msx.upmc.edu, or Lisa Rossi, RossiL@msx.upmc.edu, both for University of Pittsburgh School of the Health Sciences, 412-624-2607, or fax, 412-624-3184.

(Source: University of Pittsburgh School of the Health Sciences.)

NAMI Honors Los Angeles Times and San Francisco Chronicle for Leading Mental Health Reforms

Arlington, VA-June 20, 2001.

Each year, the National Alliance for the Mentally Ill (NAMI) honors reporters, editors and producers who have made a difference - covering stories or issues with exceptional accuracy, insight, balance, and sensitivity, and helping to challenge discrimination, or build public support for reforms that can improve the lives of people with mental illness.

In 2001, NAMI is honoring the Los Angeles Times and San Francisco Chronicle for outstanding editorial writing that has built broad, public support for legislative reform of the treatment system for mental illness.

NAMI cited as an example the Chronicle's publication of a full page editorial on February 21, 2001 entitled "State of Neglect: California's 30-Year Failure to Confront Mental Illness."

"The U.S. Surgeon General has called on the news media to help achieve greater public understanding of mental illness and to eliminate the stigma that often prevents people from getting the help they need," said NAMI Executive Director Richard Birkel, Ph.D. "NAMI's media awards traditionally recognize leaders in the profession who have set new standards of excellence in moving toward those goals."

"The Los Angeles Times and the San Francisco Chronicle represents civic responsibility at its best," said Birkel. "They have provided sustained, constant commentary, identifying and explaining issues, and keeping them at the forefront of the public agenda. Even for those who may disagree, their editorial positions have helped focus and raise the quality of public debate."

"Together, they provide a model for newspapers in other states." Birkel said. "The issues that confront California confront the rest of the nation. Mental illnesses are biological brain disorders. No one is immune."

NAMI is recognizing The New York Times for investigative reporting that has led to greater oversight and hope of legislative reforms in the state's for-profit adult home industry. The Boston Globe is being honored for health and science reporting on "The Changing Face of Mental Illness" and the Milwaukee Journal Sentinel for feature writing, based on a four-part series in August and September 2000 about "Broken Promises: 25 Years After We Unlocked the Mentally Ill."

For public education, NAMI is honoring the Idaho Department of Health & Welfare and Idaho Public Television which together produced two documentaries:

"Hearts and Minds: Teens & Mental Illness," which won a Peabody Award earlier this year, and "In Our Own Voice."

"NAMI is especially proud of the Idaho documentaries," Birkel noted. "They include interviews with several NAMI Idaho families. They are an important model of what state agencies and public television can do to create greater public awareness about the nature of mental illness and to reduce the stigma that surrounds it."

NAMI will present the media awards at its annual convention in Washington, D.C. on July 14, 2001. Additional honorees include The St. Petersburg Times, ABC's Prime Time Thursday, The Discovery Channel, and the radio series, The Infinite Mind, produced by Lichtenstein Creative Media.

Last week, NAMI announced media awards for drama in a television series and in a motion picture.

NAMI Outstanding Media Awards for 2001

Each year, NAMI presents awards to news reporters, editors and producers who have covered stories or issues about mental illness with exceptional accuracy, balance, insight, and sensitivity. Awards also are presented to actors, writers, directors and producers of television shows or motion pictures which portray mental illness compassionately, challenging stereotypes and stigma, and helping to build greater public awareness of the individual dignity of people who live with brain disorders. We both honor and profoundly thank this year's recipients, whose work has set new standards of professional excellence.

New York Times, Boston Globe, Milwaukee Journal Sentinel, Idaho Public Television, and others received Outstanding Media Awards

(Source: NAMI E-News June 21, 2001 Vol. 01-110)

Open Your Mind



*Mental Illnesses
are Brain Disorders*

NAMI Honors Hollywood Actors for Confronting Mental Illness in Drama & Real Life

incompetent to release them. Phyllis Garrison, an attorney who concentrates on health care law at Bose McKinney & Evans in Indianapolis, explained why confidentiality laws are more rigid for mental disorders than other types of medical problems. The laws intend to benefit the patient, she said. "We are talking about something that is such a highly prejudicial issue. This society has decided mental illnesses and physical illnesses are not the same." Craig Lysinger, CEO for Wabash Valley Hospital, a community mental health center, said strict confidentiality is essential for building a relationship between the patient and the caregivers.

"The principle is, if an individual is going to come in and share intimate details about their life, it's something to be trusted," Lysinger said. The same confidentiality exists on an outpatient basis as well, said Vicki DeMoss, Wabash Valley director of outpatient services. She said it doesn't matter whether the patient is married or not. "We're seeing someone over 18, unless a parent or someone is designated as guardian, we cannot talk to the family unless we get a release from the patient." Lisa Harker was exposed for the first time to one of Kurt's depressive episodes when he was admitted into Home Hospital's ward in 1996. When a person is checked into a hospital or a community mental health center, he or she has the option of signing a release to allow mental illness information to be disclosed to families. Kurt did sign such a release at the time he was admitted, but he had no explanation why information was not released to his wife. During his stay in the hospital, he was evaluated and determined to be bipolar. However, his wife did not learn of the evaluation until after he came home and she found an information sheet explaining his condition. No one said to me, "Here is his diagnosis." By being so hush-hush they perpetuate the stigma, she said. I don't want the doctor to tell me what Kurt said. But

ARLINGTON, Va., June 14/
PRNewswire/

The National Alliance for the Mentally Ill (NAMI) is honoring actors Maurice Benard, Sally Field, Carrie Fisher, and Samuel L. Jackson for facing the challenge of mental illness. Two have played characters with mental illness. The other two have lived it.

"Mental illnesses are biological brain disorders," said NAMI Executive Director Richard Birkel, Ph.D.

"Treatment works, but only if a person gets it. Too often, the stigma associated with mental illness discourages people from getting help when they need it most. That's why the U.S. Surgeon General has called on the entertainment industry to help eliminate stigma."

* Maurice Benard, star of ABC's General Hospital, will receive NAMI's Lionel Aldridge Award for courage, leadership and service. He is one of the first Hollywood and Hispanic celebrities to talk publicly about his experience with bipolar disorder (manic-depression). The award honors the memory of Lionel Aldridge, former defensive end of the Green Bay Packers, who struggled for years with schizophrenia.

* Carrie Fisher, who played Princess Leia in Star Wars, will receive NAMI's Rona and Ken Purdy Award, named in honor of the founders of NAMI's Anti-

the doctor can confer to say what the diagnosis is and how you can help him.

Note--This is just one of the reasons Family and Consumer Education is SO vital!

(Submitted by Chuck Sosebee, NAMI-SD, Consumer Education & Outreach Coordinator)

Stigma Foundation. In an interview on ABC's "Prime Time Thursday," Fisher last year disclosed her long battle with bipolar disorder. "I am mentally ill," she declared. "I can say that. I am not ashamed of that. I survived that. I am still surviving it."

NAMI also presents Outstanding Media Awards to actors, directors or producers who portray mental illness accurately and compassionately, challenging stereotypes and stigma.

* For television, NAMI is honoring NBC's "ER" for six episodes in which Sally Field starred as Maggie Wycenski, portraying her struggle with bipolar disorder. Field will share the award with Executive Producer John Wells.

* For motion pictures, NAMI is honoring Universal Focus' "The Caveman's Valentine," starring Samuel L. Jackson as Romulus Ledbetter, a homeless man with schizophrenia who lives in a cave, but solves a murder mystery. Jackson will share the award with director Kasi Lemmons and her sister, Dr. Cheryl Lemmons, the film's consulting psychiatrist.

"Television and movies shape public perceptions of mental illness," Birkel said, "They have tremendous power to do good or do harm to those who struggle to overcome mental illness in real life."

(Source: NAMI)

Contributions through United Way

NAMI's code for
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is
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NAMI 2001 ANNUAL CONVENTION

*July 11 - 15
Washington Hilton and Towers Hotel
Washington DC.*



Some 2,500 NAMI activists from all over the U.S. will come together with movement leaders from all over the world to discuss strategies, examine what works, and be updated by some of the world's best scientific and strategic thinkers.



NAMI -- CALIFORNIA STATE CONFERENCE SEPTEMBER 6 - 7, 2001 MARRIOTT HOTEL TORRANCE, CALIFORNIA

This conference will feature medical researchers, government leaders and other experts who share the very latest information on such things as the status of new medications.

Call NAMI San Diego for details on the above conferences-- (619) 294-9941

SUPPORT THE MEETING PLACE, INC.

RUMMAGE SALE SATURDAY, JULY 21ST 8:00 A.M. - 2:00 P. M.

Contact Jeanette at 619.294-9583 if you have item that could be donated for the sale.



MONTHLY CAR WASH (\$4.00 PER CAR)

SATURDAY, JULY 28TH, 9:00 A.M. - 1:00 P.M.
4034 Park Blvd.
(one block north of University Avenue)

All proceeds will be used by the members for recreational activities.

Your support and contributions are greatly appreciated.

Visit NAMI San Diego Offices

1094 Cudahy Place, Suite 120,
San Diego, CA 92110

*Directions to the office and the Al-
bright Information
and Referral Center:*

- 1 Going north on I-5 toward I-8, take the Morena Boulevard exit from the east bound I-8 ramp.
- 2 Going west on I-8 toward I-5, take the Morena Boulevard exit just before the I-5 exit.
- 3 Stay in the left lane of Morena Boulevard, which becomes West Morena Boulevard.
- 4 Turn left on Buenos Avenue. The three-story building called the Morena Office Center 1094 will immediately be on your left.
- 5 Going south on I-5 toward I-8, exit at Tecolote Road/Sea World. Go left on Tecolote Road and right on Morena Boulevard and right again at the first traffic light (Buenos Avenue). Cross West Morena Boulevard and the office building will immediately be on your left.

ALBRIGHT INFORMATION & REFERRAL CENTER

1094 Cudahy Place, Suite 120
San Diego, CA 92110-3932

Do you need information about
mental illness?

Talk to someone who understands
Call the Albright I & R Center
(619)543-1434 or
1-800-523-5933
7 Days a Week
24 Hours a Day

We have a library of books and tapes
available for you.

**Attend NAMI San Diego meetings
listed in this issue
"Schedule of Meetings"
and receive educational materials
to send to your far away family
members and friends who
do not understand.**

Volunteers Needed. Make a Difference.



**Wanted:
Individuals who want to
make a difference.
Training provided.**

**Call NAMI San Diego at
(800) 523-5933
for an application.**

The Alliance Advocate

Vol. V, Issue 7/8, Summer Edition--July/August 2001

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NAMI San Diego

2001 MEMBERSHIP APPLICATION

NAMI San Diego relies on its membership and your generous contribution to continue providing support and services to people with mental illness and their families. To join NAMI San Diego, renew your membership or make a contribution, complete the information below and **enclose your check payable to NAMI San Diego and mail to: P. O. Box 710761, San Diego CA 92171-0761.**

Name: _____

Street: _____ Home Phone # _____

City, State, Zip: _____ Work Phone # _____

Dues are from January 1 to December 31 of each year and include membership and newsletter subscription to NAMI and NAMI California.

I would like to join NAMI San Diego at the following level:

- _____ Regular Membership – \$35.00 Check one: () New Member () Renewal
- _____ Professional Membership – \$75.00 (includes office display of NAMI brochures)
- _____ Consumer Membership – \$10.00 _____ Newsletter Subscription Only – \$15.00
- _____ Open Door Membership \$3.00 (consumer, consumer family & friends in financial need)

ANNUAL SUSTAINING DONORS

- _____ Bronze Donor – up to \$99.00 _____ Benefactor – \$500.00 – \$999.00
- _____ Silver Donor – \$100.00–\$249.00 _____ Patron – \$1,000 +
- _____ Gold Donor – \$250.00–\$499.00 _____ I prefer my contribution to be anonymous
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- _____ Other _____
- _____ Self

_____ Please send me volunteer information and application.