

ACTION ITEMS!

NAMI SD's Dr. Gloria Harris on CA Board of Directors Ballot



NAMI San Diego's Board of Directors has nominated **Gloria Harris, PhD**, for membership on the NAMI California Board of Directors. Gloria is one of six candidates seeking your vote for election to the four open seats. **Please look for her name on your ballot.**

Legislative Muscle Needed!

Email Action Group

The Email Action Group is a special group of people from the NAMI family who have pledged to take legislative action by writing, emailing, calling, etc., when asked to do so by the legislative chair. All information is transmitted by email to help these dedicated people to understand the issues and take appropriate action. If you are interested in joining this group, call the office and leave your email address for **Caroline Hamlin**.

NAMI San Diego's First Thursday Advocacy Meeting July 7, 2005

The MMA (Medicare Modernization Act)/Medicare Part D/Medicare Prescription Drug Program

Call it what you will, the coming Medicare prescription drug benefit affects many more people than seniors paying for their healthcare with Medicare. People with disabilities that are eligible for Medicare or dually eligible for Medicare and Medi-Cal have important choices to make in the next few months. Our speaker will help us understand the changes and how to become informed consumers when responding to the changes.

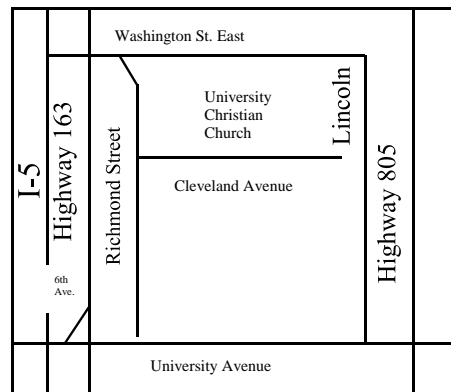
Speaker: Carol Neidenberg, Mental Health Program Manager, Consumer Center for Health, Education, and Advocacy, a program of Legal Aid of San Diego, where she and her staff help clients receive appropriate mental health services.

Carol has been a unit manager at Fountain House and created Lowenstein House as well as other clubhouses throughout the Mid-South. She has worked with both managed care and direct healthcare organizations in San Diego and serves on numerous healthcare-related committees. Most recently, Carol was awarded the 2005 Advocate of the Year by the San Diego Psychiatric Society.

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

Schedule:

- 6:30 p.m.:** Business and Advocacy
- 7:00 p.m.:** Program
- 8:00 p.m.:** Ask the Doctor



Please join us promptly at 6:30 so we can all congratulate our Sponsor's Honoree at the Mental Health Recognition Dinner, Judy Wasik, and our nominee for the new Program Manager Community Award, Mary Lou Erwin. (You don't want to miss the cake, do you?!)

Ask the Doctor: Ashok Paramerwaran, M.D., UCSD Outpatient Psychiatry

June

At-a-Glance

By Bettie Reinhardt
Executive Director

A Hot Time in Austin

NAMI National conferences are always "Hot!" Sometimes it is exciting to be in Washington, DC, and to feel a part of the legislative process but it is also nice to meet outside of the beltway. This year, the halls echoed with Texas "yahoos" and "NAMI Can & NAMI Will." We learned about the coming changes to Medicare from NAMI's master of legislative issues, Andrew Sperling. Our local *Peer-to-Peer* authorities, Mary Lou Erwin and Ann Cummings, helped plan revamps to this national program. Walk manager Kathy McKernan learned new tricks to make our 2006 NAMIWALKS bigger and better. Board member and Latino Task Force facilitator, Dahlia Fuentes, attended the Spanish language track each day. Sally Shepherd, Lynn Riggs, and I kept ourselves busy sampling several tracks. All California delegates were proud to see Assemblyman Darrell Steinberg receive NAMI's rarely given Friend of the Family award for his successful championship of Proposition 63.

Besides all of that, the temperature was 98 degrees. Why WERE all those people eating hot barbeque and chili?

Contacting PERT

PERT team members Sharon Wilcox, LCSW, and Officer Tina Mendoza presented information about how the Psychiatric Emergency Response Team program works at the June 2nd Education & Advocacy Meeting. They told the audience that they are able to respond differently than non-PERT officers because the clinician on

the team can do an assessment on site and recommend the appropriate next steps. They both spoke compassionately and enthusiastically about their work, including the ability to do follow-up and non-emergency visits.

The team stated that 911 is always the number to call in an emergency, when

*"National conferences are
always 'HOT!'"*

there is imminent danger to self or others. The caller should say that it is a psychiatric emergency, describe the danger, and request PERT. Non-PERT officers will respond if PERT is not available.

If the visit can wait a day or two, the local law enforcement agency should be called. The caller should describe the psychiatric problem and ask for a "welfare check" by PERT.

San Diego PD 619.531.2000, SD Sheriff Office 858.565.5200, Carlsbad PD 760.931.2100, Chula Vista PD 619.691.5151, El Cajon PD 619.579.3311, Escondido PD 760.839.4721, La Mesa PD 619.667.1400, National City PD 619.336.4411, Oceanside PD 760.435.4900.

Our Voice in MHSA (Prop 63)

The planning meetings for spending the Mental Health Services Act money continue to be open to the public and to provide a place for public comment and input. Meetings are held throughout the County and sometimes change place and time so

we will not publish them here. Instead, we suggest that you check our website, call the Albright Center, or contact me.

We are currently watching the County Counsel's office's advice to the mental health director that many advocacy groups, including NAMI San Diego, cannot be officially represented on the group that will make recommendations about spending the money. We are concerned that the interpretation of conflict of interest rules is overly strict and does not allow the family and consumer involvement in the process that the MHSA requires. Stay tuned.

Parents & Teachers as Allies

Children's Task Force members have made the first presentation, called *Parents & Teachers as Allies*, to teachers and were so successful that the invitations are piling up. They need your help. If you have an education background or have taught *Family-to-Family*, or experienced emotional/mental problems as a child or adolescent or are the parent of a child or adolescent currently experiencing emotional/mental problems, we hope you will join the presenting team. Call or e-mail me for more information.

Latino Interest Provider Group

NAMI San Diego's Latino Task Force, in cooperation with Community Research Foundation, Family Health Centers, UCSD Geriatric Psychiatry, and Grossmont College-Welcome Back Center, sponsored the first Latino Interest Provider Group on June 22nd. You do not have to be Latino or a provider to participate in future meetings of this group or in the Latino Task Force. Call or e-mail me for more information.

Contact Bettie Reinhardt at
exudir@namisandiego.org or 619.584.5567

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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Executive Director

Bettie Reinhardt
exudir@namisandiego.org

The NAMI San Diego Advocate is a monthly publication of

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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 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.

Sally's Update

Membership Committee Rolls Out Red Carpet!

By Sally Shepherd
NAMI San Diego Board President

*"Even if you're on the right track,
you'll get run over if you just sit there"*
Will Rogers

Many of us were amazed at the positive response when we sent out those personal letters to friends and family asking for their participation in the Walk. It just goes to show – you just need to ask. When Father Joe from St. Vincent de Paul talks about fundraising (and he is one of the best!), he always says: "You've got to get to the ask!"

We all know that increasing our membership here in San Diego would help with extra funds, more volunteers, more family-to-family teachers – I could go on and on. As we have chosen to focus this year on NAMI's visibility in the community as a provider of many excellent services, we need to ensure that we have the wherewithal to live up to that. For this reason, the Membership Committee will be rolling out an extensive membership drive in the next few weeks. There will be a "member to member" drive, with a chance to earn a discount on your own membership renewal. There will be a professional membership drive targeted at health care providers – they will receive regular supplies of NAMI literature if they join. Organizations will be asked to join. A number of different sponsorship levels will be available to those who can contribute more. And of course, we will always have our "scholarship membership" for anyone who needs a boost. The drive will offer an excellent opportunity for volunteers who cannot help during the day to

dedicate an evening or two at home to make phone calls or prepare mailings. Everyone can participate. An important requirement for a successful campaign will be to allow on-line membership application and payment, and we are within days of being ready for that.

I need to clear up one thing. Many people have asked, "What do people **get** when they join? The newsletter's on the Internet!"

"As we have chosen to focus this year on NAMI's visibility in the community as a provider of many excellent services, we need to ensure that we have the wherewithal to live up to that."

Here's the answer: membership is not about what you "get" – it is about what you "give". It is your opportunity to support the free services that NAMI provides for the community. It is your opportunity to provide one on one support to someone attending their first NAMI meeting. It is your opportunity to advocate for evidence-based treatments, increased research, increased availability and quality of services, and the elimination of stigma and discrimination.

*"Never say you know the last word about any human heart" (Henry James)
Just ask!*

Hear more about the campaign at the Education and Advocacy Meeting on July 7th.



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

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

La Mesa NAMI Support Group
Second Wednesday, 6:30 - 8:00 pm
Not Meeting In July
San Carlos Library
7265 Jackson Drive
Contact Karen Robinson, (619) 698-4711
E-mail: krsd@cox.net

Rancho Bernardo NAMI Support Group
Third Thursday, 7:00 - 8:30 p.m.
Community Presbyterian Church
(Upper Fireside Room)
17010 Pomerado Road, San Diego
(corner of Pomerado Road & Rancho
Bernardo Road)
Contact Jim at (858) 487-0517

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

NAMI North Coastal

P. O. Box 2235
Carlsbad, CA 92018
(760) 722-3754

Education Meeting
Third Thursday, 7:00 p.m.

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

Education Meeting followed by
1. Share & Care,
2. Share & Care/Living with Spouses
at 8:30 p.m.

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

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

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

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

Legislative Update

By Caroline Hamlin

COLA Suspensions

The state Budget Conference Committee has taken action to suspend the January, 2006, state COLA for SSI/SSP recipients for two years. NAMI-CA is supporting the Conference Committee Compromise feeling that it is the best we can do under the budget constraints of the state.

Mental Health Services Act

(Prop. 63)

Planning meetings are in full swing in our county. What follows is a rough overview of how some of the expected revenue will be spent:

County Mental Health estimates we will receive 8.4% of what the state is expected to generate from the Prop. 63 surtax. A portion of these monies, approximately \$20,524,470, is designated for Community Services and Support. The allocation will be as follows:

—Adults (25 to 59 years)	39.5%
—Transitional Youth (16 to 24)	15.9%
—Children (<16 yrs)	35.2%
—Older Adults (60 yrs. +)	9.4%

In addition, more than twelve million dollars is allocated for early intervention and innovative programs.

Legislative Activities

The NAMI-San Diego Legislative Committee, together with its sister affiliates from North Coastal and North Inland, have been visiting our San Diego legislators in order to acquaint them with our organizations and to identify issues and legislation that concern us. Since January, we have made more than fourteen visitations, talking with the legislator or a key aide. These contacts are invaluable inasmuch as they give us the opportunity to explain our mission, our positions, and our support or opposition to specific legislation.

Reaching Out

Variety is Spice of Outreach Life

By Becky Osterberg
Outreach Coordinator

One of the exciting things about NAMI San Diego's outreach efforts is that we meet such interesting and diverse people. So far this calendar year we have had NAMI information tables at over 15 conferences, meetings and health fairs, and we will participate in at least 7 more before the fiscal year is over. In addition, we have given presentations about NAMI San Diego's services to 27 groups year to date, and we will probably double that number of presentations before the year is out. But those numbers do not really tell the story about the incredible diversity of people and organizations that we meet and share with.

According to Becky Osterberg, NAMI San Diego's Outreach Coordinator, our program to do information tables at various public forums brings us in touch with people we might not reach any other way. The types of meetings we participate in range in size from 200 attendees to 1700. The audiences we reach vary in a lot of ways including age, economic circumstances, culture and relationship to the mental health system. For example, in May NAMI had an information table at the women's resource fair held at the Civic Center. Over 500 women with many challenges, including economic and health, attended. Then in March and April NAMI participated with information tables at two walks, California Walk for Recovery and NAMI Walks for the Mind of America. Between these two walks we had the opportunity to reach a really diverse group of 2,000 active people committed in some way to mental health challenges.

Plus, both walks were very exciting places to have our information tables, with great energy all around us. Swinging to a totally different audience, in late June we will have a table at a two day symposium for physicians with a family or general medicine practice. At this meeting we have an opportunity to reach 500 doctors with our First Contact Provider packet.



On the presentation front, the variety of audiences we reach is equally exciting and diverse. In one month we could be giving presentations to a dozen senior adults at

a local church, talking to the police about mental illness as it relates to their interaction with the public, providing an overview of our services to consumers that participate in a leisure group through the San Diego Parks and Recreation Department, and presenting information about our classes and support groups to various mental health provider organizations in San Diego. This Spring we have been particularly gratified to give several presentations to East County community and school collaboratives on NAMI's services and mental health issues among our youth.

Help NAMI
reach more audiences by
becoming a NAMI speaker.

Please contact
Becky Osterberg at
619.296.2430.

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
Every Thursday: 12 Noon - 1:00 p.m.

Joslyn Sr. Center

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

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 @ 5th and H

499 "H" Street, 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

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 of mental
health services who have been there, done that.
Listening and talking are what we like to do.

NAMI -C.A.R.E. NEEDS YOU!

C.A.R.E. Consumers Advocating Recovery
through Empowerment is a self-help con-
sumer support group led by consumers for
consumers with any mental health diagno-
sis. The C.A.R.E. program is looking for
consumers in recovery that are ready to
help others by becoming support group fa-
cilitators. There will be a free training of-
fered soon that will teach you the skills to
co-facilitate groups that will help you to
help others. If you are interested in being a
facilitator, please contact the NAMI office.



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

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The Advocate

Vol. IX, Issue 7, July/August 2005



4480 30th Street
San Diego, CA 92116

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

1st Thursday!!!

*Get the Goods
On Med Benees!
July 7, 2005
6:30 p.m.*



Return Service Requested

Changing Times

Review: Our Mental Health in the Age of Terrorism

*By Gloria Harris, PhD
Secretary, Board of Directors*

On May 24 the Mental Health Committee of the Jewish Family Service co-sponsored a luncheon presentation by Dr. Abraham Twerski, renowned psychiatrist and rabbi which was attended by more than 200 people. Dr. Twerski is founder and medical director emeritus of Gateway Rehabilitation Center, a not-for-profit drug and alcohol treatment system in Western Pennsylvania. He is the author of 40 books on a broad range of topics including stress, self-esteem, and spirituality.

Dr. Twerski believes that the incidence of obsessive compulsive disorder (OCD) has increased due to our national anxiety

about terrorism. In regard to severe mental illnesses, bipolar disorder and schizophrenia, he believes that people are embarrassed and in denial that these disorders exist in the Jewish community as well as in other religious and ethnic groups. He pointed out that Jewish people are more comfortable acknowledging the existence of diabetes or asthma in their family rather than mental illness. Similarly, he believes that Jewish people also want to deny the existence of alcoholism and domestic violence among its members. He encouraged synagogues to sponsor AA meetings which typically meet in churches. ☺

Dr. Gloria Harris, the writer of this article and NAMI San Diego Board member, is the NAMI SD candidate for the NAMI California Board of Directors. Watch for her name on your upcoming ballot!

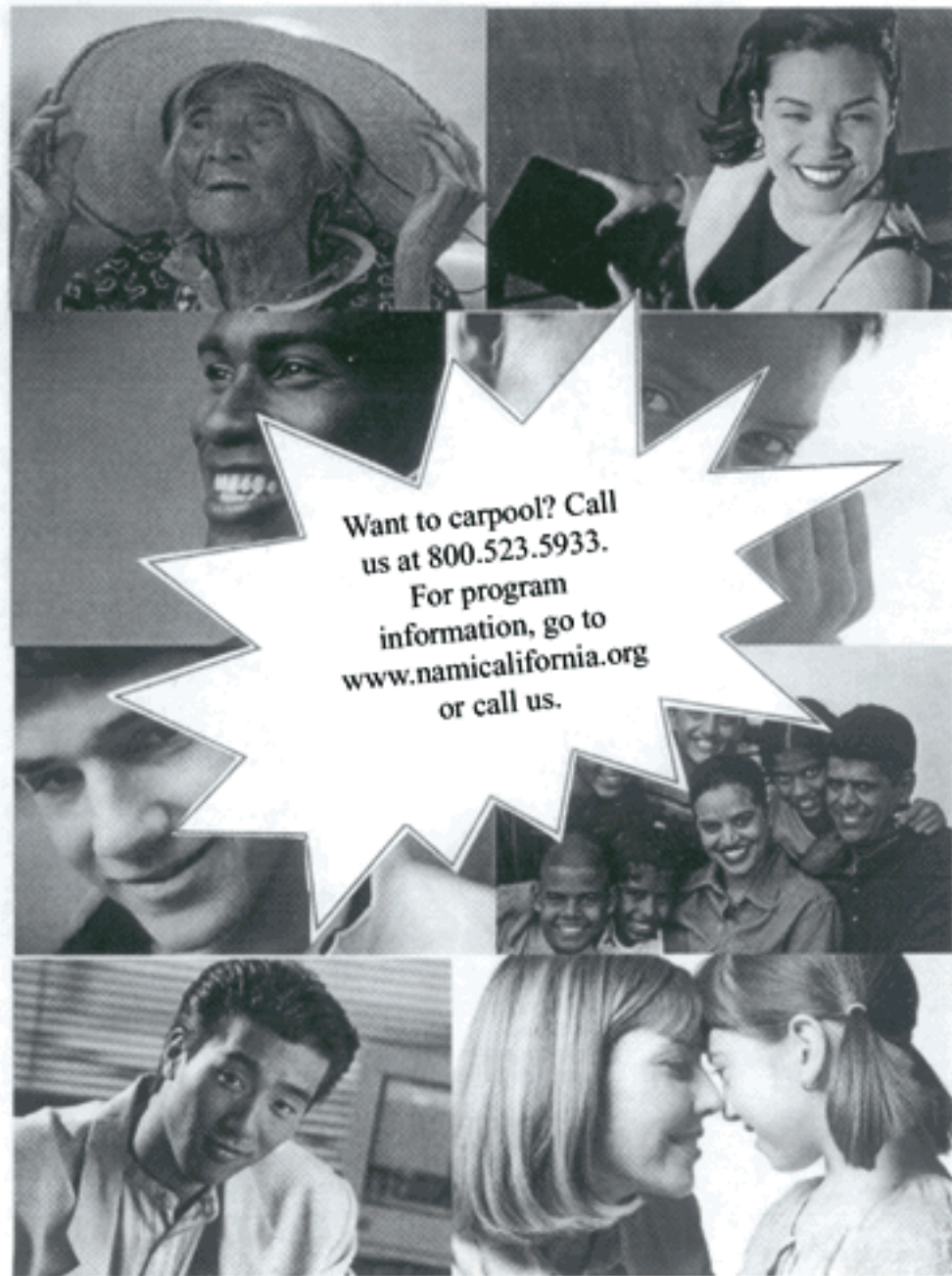
Media Planning & Action Committee Movin' n' Shakin'!

*By Wendy McNeill
Media Coordinator*

I have the pleasure to report that the first Media Planning and Action Committee (MPAC) meeting was well attended (eight folks present and more coming next time) and full of expertise, enthusiasm, and energy.

The goals of MPAC are few and focused. We intend to fully promote NAMIWalks for the Mind of America via all media outlets possible. Also, we intend to transform the image of persons with brain disorders from "Flawed" to "Courageous." Furthermore, we seek to build NAMI's reputation as the nation's leader in education, advocacy, and support for all those affected by brain disorders. ★

NAMI California Annual Conference 2005
The Many Faces of NAMI California:
We're All One Family



August 19 & 20, 2005
Irvine, California

NAMI CALIFORNIA ANNUAL CONFERENCE 2005
The Many Faces of NAMI California: We're All One Family

Marriott Irvine
18000 Von Karman Avenue
Irvine, California 92612
Phone: 949-553-0100
Fax: 949-261-7059

PRE-CONFERENCE ACTIVITIES:

The Affiliate Leaders and Presidents Council Meeting will be held on Thursday, August 18, from 11:00 a.m. to 6:00 p.m.

CONFERENCE:

Registration opens Friday, August 19 at 8:00 am. Conference begins Friday, August 19 at 8:30 a.m. and closes Saturday, August 20 at 4:30 p.m.

CONSUMER FORUM:

A consumer form will be held on Friday, August 19 at 12:00 p.m. If you are a consumer, and would like to participate in the forum, you must pre-register. See consumer registration below.

ACCOMMODATIONS:

Please make your hotel reservations by calling 888-228-9290 Ask for the specially negotiated rate of \$99 (single, double, triple or quad). This special rate is good from January 26, 2005 thru August 10, 2005. **Cut off date for this rate is August 10, 2005.** NAMI California cannot guarantee rooms beyond the number that have been reserved in our block, **so book now!** Hotel directions will be sent with confirmation of registration.

SHUTTLE SERVICE AND PARKING:

Hotel Shuttle service is available from the John Wayne airport to the Irvine Marriott. Self parking at the hotel is \$6 per day.

EXHIBITORS WELCOME:

Exhibitors may rent tables for the NAMI California Annual Conference 2005. The cost for a 6 x 30 table, two chairs, and listing in the conference program is \$500. For forms and details please contact Zima Graffigna at zima.graffigna@namicalifornia.org or 916-567-0163.

CONSUMER SCHOLARSHIPS:

NAMI California encourages affiliates to offer consumers a scholarship to attend the NAMI California Conference. A limited number of consumer scholarships will be awarded by NAMI California and will be awarded on a first come, first served basis. Please contact Zima Graffigna at zima.graffigna@namicalifornia.org or 916-567-0163 for an application.

CONTINUING EDUCATION UNITS AVAILABLE

NAMI CALIFORNIA ANNUAL CONFERENCE 2005 REGISTRATION FORM

Register Today to Get the Early Bird Rate!

Copy this form and use one for each individual registration (please print clearly)

<p>REGISTRATION FEES INCLUDING MEAL(S)</p> <p>Early Bird Special Paid before July 8, 2005: 2-Day Rate: <input type="checkbox"/> \$135/person 1-Day Rate: <input type="checkbox"/> Fri. <input type="checkbox"/> Sat. \$85/person</p> <p>Paid after July 8, 2005: 2-Day Rate: <input type="checkbox"/> \$160/person 1-Day Rate: <input type="checkbox"/> Fri. <input type="checkbox"/> Sat. \$100/person</p> <p>On-Site Registration (no meal guarantee): 2-Day Rate: <input type="checkbox"/> \$170/person 1-Day Rate: <input type="checkbox"/> Fri. <input type="checkbox"/> Sat. \$110/person</p> <p>Consumer Registration: 2-Day Rate: <input type="checkbox"/> \$90/person 1-Day Rate: <input type="checkbox"/> Fri. <input type="checkbox"/> Sat. \$55/person I will attend the consumer forum <input type="checkbox"/> I will not attend the consumer forum <input type="checkbox"/></p> <p>Cancellation Policy: A \$35 cancellation fee to cover operating expenses will be charged to those who register, but cannot attend. To cancel, you must notify the NAMI California office in writing no later than July 18, 2005. No refund will be made after this date.</p>	<p>Name: _____</p> <p>Address: _____</p> <p>City, State, Zip: _____</p> <p>Phone: _____ Email: _____</p> <p>NAMI Affiliate: _____</p> <p>MEALS:</p> <p>Friday lunch will be on your own.</p> <p>Friday Dinner: <input type="checkbox"/> Chicken <input type="checkbox"/> Fish <input type="checkbox"/> Vegetarian Saturday Lunch: <input type="checkbox"/> Chicken <input type="checkbox"/> Fish <input type="checkbox"/> Vegetarian</p> <p>NAMI California Conference Consumer Scholarship Donation: \$ _____</p> <p>PAYMENT:</p> <p><input type="checkbox"/> Visa <input type="checkbox"/> Master Card <input type="checkbox"/> American Express</p> <p>Account #: _____ Expiration Date: _____</p> <p>Signature: _____</p> <p>Total amount enclosed: \$ _____</p> <p align="center">Make check payable to NAMI California - Conference 2005 Mail to: NAMI California 1010 Hurley Way, Suite 195 Sacramento, CA 95825 Phone: 916-567-0163 Fax: 916-567-1757</p>
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6/29/2005

NEW LIBRARY PURCHASES FOR REVIEW

These new library videos and books need to be reviewed, using the form on the reverse, before we begin checking them out. If you would be willing to help, please call our Albright I&R Center at 1.800.523.5933.

TYPE	TITLE	AUTHOR
Video	Straight Talk About Mental Illness	
Book	Surviving Manic Depression: A Manual on Bipolar Disorder for Patients, Families & Providers	Torrey, E. Fuller
Video	Trouble in Mind: Panic Disorder	
Book	Straight Talk About Psychiatric Medications for Kids	Wilens Timothy E.
Video	Straight Talk About Mental Illness - Help Students Deal with Mental Illness	Marilyn Benoit
Book	My Mother's Keeper - A Daughter's Memoir of Growing Up in the Shadow of Schizophrenia	Holley, Tara Elgin with Joe Holley
Book	The Outsider: A Journey Into My Father's Struggle with Madness	Nathaniel Lachemyer
Work-book	Wellness Recovery Action Plan (WRAP): Peer Support	Copeland, Mary Ellen
Book	The Recovery Workbook II: Connectedness & Leader's Guide	Spaniol, LeRoy, et al
Book	The Role of the Family in Psychiatric Rehabilitation: A Workbook	Edited by LeRoy Spaniol, et al
Book	Diagnosis Schizophrenia: Introduction on Schizophrenia (35 interviews)	Rachel Miller
Book	Schizophrenia Revealed From Neurons to Social Interactions	Michael Foster Green
Book	My Sister's Keeper: Learning to Cope with a Sibling's Mental Illness	Margaret Moorman
Book	Learning to Cope with a Sibling with Mental Illness	Margaret Moorman
Book	Night Falls Fast: Understanding Suicide	Jamison, Kay Redfield
Book	Treating Chronic and Severe Mental Disorders: A Handbook of Empirically Supported Interventions	Edited by Stefan G. Hofmann
Book	When Pain killers Become Dangerous, What Everyone Needs to Know about Oxycontin and Other Prescription sDrugs	Drew Pinsky, MD., et al
Book	Sanity and Grace	Judy Collins
Book	The Music of Madness	Tracy Harris

NAMI San Diego
Review Form for New Library Materials

Date of Review:

Name & Phone/E-mail of Reviewer:

Title of Book/Video:

Year Book/Video published or revised:

Type of Book/Video:

Research
Biography

Other Descriptive
Other:

If specific mental illness addressed, what?

Summary of Book/Video:

Does the book/video address treatment options?

Yes

No

Does the Book/Video address recovery?

Yes

No

Describe the recommendations for recovery.

Describe the recommended treatment options.

What did you like about the Book/Video (How was it helpful)?

Was the information culturally appropriate?

Was there any part of the Book/Video that you disagree with or did not like?

Would you recommend this Book/Video to other NAMI members?

Yes

No

Does the Book/Video explain what might cause mental illnesses? Or certain behaviors related to mental illnesses?

Yes

No

Other comments: (use reverse side if needed)

**REVIEWER – PLEASE RETURN THIS FORM AND
REVIEWED BOOK/VIDEO TO THE LIBRARY**