

Special Recognitions at June Education & Advocacy Meeting

Louise Groszkruger, NAMI San Diego Board President, and Bettie Reinhardt, Executive Director, recognized some special people at the June 7th Education and Advocacy Meeting.

Shannon Jaccard, NAMI San Diego's Sponsor's Honoree at the June 1st Mental Health Recognition Dinner was praised for her air of optimism as well as her work. Shannon has a list of accomplishments including Junior Jaycee Young Californian and founder of Compeer San Diego. While maintaining an impressive list of volunteer/client "matches" with Compeer, Shannon has helped found the Senior Mental Health Partnership, served as an officer for the San Diego Coalition for Mental Health and as a member of the Mayor's Disability Council. She has coordinated volunteers for NAMI San Diego, and managed the 2007 San Diego County NAMIWalks. A person who is too interested in learning and helping others to say 'no' very often, Shannon is of great value to both her brother Jeff and her community.

Patrick Cremeens manages seven programs, two subcontracts, and six staff members as the A.M.H.P. Programs Manager. In spite of this more than full-time work in NAMI's background, Patrick steps forward to help with other NAMI projects as he has for the last two years chairing the registration process for NAMIWalks. Patrick joined the NAMI staff ten years ago.

(Cont'd right)

NAMI San Diego's First Thursday Education & Advocacy Meeting July 5, 2007

Program: Functional Disability in Schizophrenia
Speaker: Greg Light, M.D., Assistant Professor of Psychiatry, UCSD

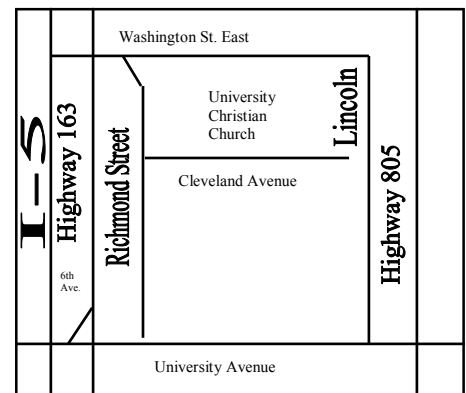
Dr. Light is part of the UCSD team working to understand more about schizophrenia – the genetics, early identification, pharmacologic treatment, and real world functioning – in order to improve the lives of people living with schizophrenia.

This month's expert is Dan Macias, Community Research Foundation. Dan will answer questions about CRF's START (crisis houses) program.

Two reminders:

- The July meeting is back at University Christian Church
- There is no August meeting or newsletter

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



Schedule:

6:30 p.m.: Ask the Expert
7:00 p.m.: Program
8:30 p.m.: Refreshments & Social

Save the Date: Friday, September 28, 2007
NAMI San Diego's
Annual "Recovery In Action" Dinner
The 2007 Inspiration Awards

Rita Navarro is NAMI San Diego's Operations Manager. She manages the organization's internal and external communications, supplies and equipment, property maintenance, human resources, and the Helpline and the rest of the Albright Center. She doesn't have any spare time but she made the time to take Family-to-Family and the F2F teacher training so she can teach in both Spanish and English.



Legislative Update

By Jan Daugherty,
GRAC Communications

U.S. House of Representatives Passes National Gun Reporting Law

On June 13th, the U.S. House passed a bill to provide more funding and incentives to states to report people to the National Instant Background Check System. NAMI supports the goal of keeping guns out of the hands of criminals; however, the bill does nothing to correct the vague and stigmatizing language around mental illness that makes it unclear who should be included in the background check system. Moreover, there is no time limit on how long someone stays in the system after an involuntary commitment. Finally, there need to be clearer protections to keep private the medical records of people with mental illness. For more information on the bill, copy this address into your browser:

[http://capwiz.com/nami/utr/1/
FVIFHHPPXJ/
CAZZHHPVRM/1254085056](http://capwiz.com/nami/utr/1/FVIFHHPPXJ/CAZZHHPVRM/1254085056).

If you are so inclined, please contact your Senators and urge them to correct the oversights in the House bill. The Senate needs to make sure that there are clear guidelines, based on science, about who should be included in the background check system; that there are limits on how long someone is included in the system after an involuntary commitment; and that the private medical records of people with mental illness are protected. It is important for all people with serious mental illness that our leaders know that mental illness is not a proxy for violence.

You can take action now on NAMI's Legislative Action Center
[http://capwiz.com/nami/utr/1/
FVIFHHPPXJ/
OHLZHHPPVRN/1254085056](http://capwiz.com/nami/utr/1/FVIFHHPPXJ/OHLZHHPPVRN/1254085056).

On a personal note, as someone who has experienced clinical depression, I would hope that no one would ever sell me a gun even though I have been free of symptoms for 16 years. I do believe we should place a priority on people's lives rather than their privacy. How about some discussion on this issue!

Important Hearing About Limits on Numbers in Prisons in Sacra- mento on June 27, 2007

On June 27, 2007, Judges Thelton Henderson and Lawrence Karlton held an important hearing that will impact the lives of every prisoner, parolee in California, and their families. A limit on the number of prisoners who can be placed in the system was decided upon in this hearing. I am writing this before the hearing so can only urge you to check the news or call the NAMI San Diego Helpline. In addition, you may want to evaluate bills AB 1539 Expanded Compassionate Release, AB 160 Sentencing Commission, SB 110 Sentencing Commission, AB 1393 Media Access to Prisons, Police Officer Discipline Disclosure, SB 1019. The bills are sponsored by UNION, United for No Injustice, Oppression, or Neglect, with a web site at: <http://www.1union1.com>. GRAC is not familiar with this organization, but believes this is an important issue that merits our attention.

Improving Board & Care Problems

The Board and Care Committee (chair, Jane Fyer) would like your input as we prepare to write to Congress about problems with residences (licensed and Independent Living Facilities) that you or your family member may have lived in, or be currently living in. Please help by writing or calling to share your personal story. Frequent abuses include poor nutrition, poor sanitation, stolen property, overcrowding, even sleeping in a garage. If meds are being administered by non-English speakers, please mention this. When you contact us, please include what changes you would most like to see. A lack of national data has hampered good public policy decisions, so your information will help improve conditions.

Contact Margaret Agne, Committee Member
858-451-3881
magne@san.rr.com



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

Notice: No July meeting scheduled - Meeting resumes in August.
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, CA 91941
RSVP-Carol Davis at 858-220-3737.

Support groups for families and caregivers of children and adolescents

La Mesa Group

Notice: This meeting has been suspended until this fall.
2nd Tuesday, 6:30-8:00 pm
Call Peggy & Bob Chambers:
(619) 464-0476

Spouses of Persons with the Diagnosis of Bi-polar

Third Tuesday, 6:30 to 8:00 p.m.
Clairemont Lutheran Church
(Luther Hall, Room 2 on the 1st 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

Notice: This meeting has been cancelled until further notice.

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

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

Board of Directors:

President - Louise Groszkruger
Past President - Sally Shepherd
Treasurer - Paul Cumming
Secretary - Phyllis Meagher

Directors at Large

Gay Ames
Jamila DeCarli
Anita Fisher
Patti Jakobcic
Wendy McNeill
Rosemarie Wilson

Medical Advisory Board

Kristin Cadenhead, M.D., Chair
Neal Swerdlow, M.D., Ph.D.
Dan Sewell, M.D.
Carol Matthews, M.D.

Executive Director

Bettie Reinhardt
exudir@namisandiego.org

The NAMI San Diego Advocate
is a monthly publication of

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

Phone: (619) 543-1434 (Helpline)
(619) 584-5564 (administration)
(800) 523-5933 (Helpline)
Fax: (619) 584-5569

E-mail: information@namisd.org
Web Site: www.namisandiego.org

The NAMI San Diego Advocate:
Editor: Monica Villanueva
raya.villanueva@gmail.com
Staff: Patrick Cremeens
James Starek
E-mail: information@namisd.org
Fax: (619) 584-5569

Articles received by the 15th will be considered
for publication in the following month's news-
letter.

*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.

Education Corner



All of Us Are Educators

By Jean Selzer



When we think of education we generally think of classes that have teachers and professors who give us valuable information and insights to use for planning our future, update our current information, and help us learn to navigate our lives and the world.

But what about the informal education we give and receive without realizing what we are doing? What about the education we get listening to people who have experiences they have obtained from the school of "hard knocks"? What about learning from people who have been where we are - people whose shoes we are walking in?

I'm talking about Support Groups. NAMI offers many Support Groups throughout San Diego. There's the NAMI Support Groups, the Child/Adolescent Support Group, and the C.A.R.E. Support Groups for individuals living with mental illness. These Support Groups have wonderful, caring, trained individuals who are there to help us obtain informal education we won't find anywhere else. The individuals who attend, contribute to our education by sharing their hard-earned experiences, ah-ha moments, AND what they've learned about working with the mental health systems. These valuable and free educational experiences are too good to pass up AND they need your support to stay in existence.

Please go to any of the Support Groups listed in the Resources section of The Advocate. Share your "education" with others; listen to theirs. Support each other. In doing so you'll get an education unlike anything provided by the mental health professionals who are supposed to "educate" us. You'll meet others who are or have been where you are, you'll get new ideas,

learn to think out of the box, and you'll become an educator when you share your experiences, ah-ha moments, and valuable information and resources.

We are all educators. Individually we have a lot to share and a lot to learn. Share that knowledge with others. Educate yourself and others. Support NAMI's Support Groups!

Tupperware Fundraiser for NAMI San Diego

Come one! Come all! Community friend Everardo Aguilar will be at NAMI San Diego on **Friday, July 13 from 2:00 - 4:00 pm** for a Tupperware fundraiser. Tupperware is a great way to reduce food waste, keep our environment cleaner, and save storage space. Plus, on July 13, it's a great way to raise money for NAMI San Diego. Bring your cash, checks, and Visa/MasterCards and a hungry appetite for some great products. A generous portion of the proceeds will go directly to NAMI San Diego (in some cases 100%!!) Can't make it to the party? Well, let us know and you can order before the big day. **For more information, please call Dave Andrews, NAMI's bookkeeper, at (619) 398-9852 or send a message to him at daveandrews@namisd.org.** Happy Shopping!

NAMI C.A.R.E. Support Groups

Consumer Support Groups
For more information call the
NAMI San Diego Helpline 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 p.m.

Sharp Mesa Vista Hospital

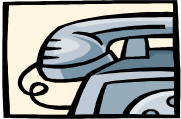
(Activity Room)
7850 Vista Hill Ave.
San Diego, CA 92123
Every Thursday: 11:15 a.m. - 12 Noon

St. Michael's By The Sea Episcopal Church (Parish Hall)

2775 Carlsbad Blvd.
Carlsbad, CA 92008
Call: (760) 722-3754
Third Thursday: 5:30 - 6:30 p.m.
(just prior to the General Meeting)

Mariposa Clubhouse

560 Greenbrier, Suite D
Oceanside, CA 92054
Call: (760) 722-3754
Every Thursday: 1:00 - 2:00 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.

NAMI San Diego Helpline

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

Resources

Client/Consumer

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.
Evenings/Weekends - Call for Schedule

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., San Diego 92104
(North Park at Utah Street)
(619) 683-7423 ☐ Fax: (619) 683-7428
Monday - Friday: 8:00 a.m. - 4:00 p.m.

East Corner Clubhouse

1060 Estes Street, 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 W. Vermont Ave., Ste. 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, Ste. 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, Ste. B, Oceanside 92054
(760) 439-2785 ☐ Fax: (760) 439-6902
Monday - Friday: 8:00 a.m. - 4:30 p.m.

The API Discovery Clubhouse

5550 University Ave., San Diego 92105
Membership Information: (619) 667-6176
Saturday & Sunday: Noon - 4:00 p.m.

The Meeting Place, Inc.

4034 Park Blvd., San Diego 92103
(619) 294-9582 ☐ Fax: (619) 294-9588
Monday - Friday: 8:00 a.m. - 4:00 p.m.

The Oasis Clubhouse

3635 Ruffin Road, Ste. 101, San Diego 92123
(858) 300-0470 ☐ Fax: (858) 300-0471
Monday - Friday: 10:00 a.m. - 7:00 p.m.
Serving Transitional Age Youth (16-25)

Neighborhood House Association (NHA) Friendship Clubhouse

286 Euclid Ave., #104, San Diego 92114
(619) 266-2111 Ext. 106 ☐ Fax: (619) 266-0496
Monday - Friday: 8:30 a.m. - 5:30 p.m.

Visions

226 Church Avenue, Chula Vista 91910
(619) 420-8603 ☐ Fax: (619) 420-0385
Mon - Fri: Noon - 7 p.m.; Sat & Sun: Noon - 5 p.m.

The Access Center of San Diego

1295 University Ave., Ste. 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., Ste. 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 Department
of Rehabilitation)

Job Options

3465 Camino del Rio South, Ste. 300
San Diego 92108
(619) 688-1784 (Valorie) ☐ Fax: (619) 688-9884
Mon - Thurs: 8 a.m. - 5 p.m.; Fri: 8 a.m. - 4 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
(619) 282-4627 or (858) 481-7069

Compeer San Diego

(858) 361-3632
Offering support, information, and friendship!
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

In Our Own Voice

*IN Our Own Voice, (IOOV)
Living With Mental Illness*

**A program for and by people with
mental illness to promote educa-
tion, empowerment, and
recovery.**

By Diana Waugh
IOOV Coordinator

I just returned from St. Louis where I was trained as a California Presenter Trainer. Ann Cummings from NAMI No. Coastal was also trained. Since the new Best Practices requires two trainers instead of one, we will work as a team to train new IOOV presenters.

It was wonderful to meet other IOOV presenters and coordinators from around the country and to hear their stories of success. We watched the new DVD that goes with the presentation. It has been improved over the old video so that it automatically stops between each section to allow for questions and discussion. The Spanish DVD has been made and is in the editing process. It should be ready by the end of summer. There will be a presentation on it at the NAMI National Convention. We only have one Spanish-speaking presenter at the moment and we need your help finding more Spanish speaking consumers to present.

We were given a new presenter manual at the training. It gives more tools and techniques for group discussion and dialogue so we have begun Presenter Refresher Trainings. The role-playing using active listening can be used in every aspect of our lives and I have learned so much from giving these trainings. The presentations we have given using these new tools have been very successful and the evaluations reflect how much everyone likes the new format.

In Our Own Voice is a powerful tool to break stigma and promote hope for both consumers & family members. It can educate employers to understand the illness, especially depression and anxiety so prevalent in the work place. It is also a tool for the consumer presenter's growth and self esteem. I feel my recovery really began when I started presenting and I know that every presentation is a learning experience for both the audience and the presenter. All the presenters say that giving IOOV presentations is a coping skill to help

"All the presenters say that giving IOOV presentations is a coping skill to help them with their recovery. We get a chance to reinforce what we are already doing, remind ourselves of what we need to do and to see how far we've come. Help give us more opportunities to do that."

them with their recovery. We get a chance to reinforce what we are already doing, remind ourselves of what we need to do and to see how far we've come. Help give us more opportunities to do that.

We now have 30 consumers trained as presenters. They receive a stipend of \$30.00 plus mileage reimbursement for each presentation. Two presenters are required to present. If every presenter were to give just one presentation a month we would need to give 15 presentations. We are presently only giving about 7 so we need more venues for presentations.

If you have seen a presentation you know how powerful they are. Tell people about it - your family and friends, your employer, church and other organizations. Bring someone to a presentation at NAMI on the third Tuesday of the month during the

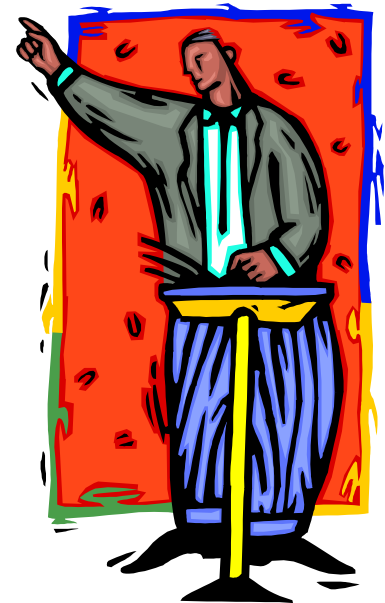
summer. Give them an opportunity to learn more about mental illness and recovery.

Put these dates on your calendar:

July 17 6pm-8pm and August 21 6pm-8pm. We will announce a new schedule in the fall.

Please help us build our program and give our wonderful presenters an opportunity to tell their moving stories of recovery.

If you have any questions or suggestions about the program, please contact me, Diana Waugh, at (619) 398-8665, or dianawaugh@namisd.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
 Attn: Membership
 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

Vol. XI, Issue 7, July 2007



4480 30th Street
San Diego, CA 92116

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

1st Thursday!!!

July 5, 2007
University Friendship
Church

Reminder:
No August Meeting



Return Service Requested

Scholarship Opportunities



Small scholarships are available for the fall semester.

Application deadline is August 31, 2007.

*Call the NAMI San Diego Helpline, 619.543.1434,
or come into our office at 4480 30th Street to obtain an application.*

Eligibility criteria are listed on the application.

NAMI's Workin'

NAMI Convention Comes to San Diego

By Bettie Reinhardt
Executive Director

Talk about excitement! I don't remember so much hullabaloo in laid-back San Diego since....well, I just don't remember as much. It has really been more like my first exposure to Ringling Brothers, Barnum & Bailey only then I dressed up more. My hat was a Margaret O'Brien special and I think red. The shoes would have been Buster Brown with a picture of "my little dog Tyge, too." Getting older lets you talk for hours without half your audience knowing what you're talking about – I want to hear from the people that remember Margaret O'Brien and Buster Brown! Strange as it may seem, that leads into our first big moment at the convention.

We have been working hard to not talk about mental illness, treatment, and recovery in ways that others do not understand for linguistic and cultural reasons. That hard work was recognized by NAMI and we were the affiliate that received the award for Multicultural Outreach. Fred Frese, PhD, representing the NAMI Board, presented the award to NAMI San Diego during the opening plenary session on Thursday the 21st. I had to admit when I accepted the award that this was clearly something I did not do by myself. As most things in NAMI do, it takes a team so I thanked our Board, past and present, our passionate diverse participation coordinator, Jul Rivera, our community partners, our Multicultural Advisory Board, and The California Endowment and NAMI Multicultural Action Center for funding our work.

While I had the microphone and was in the swing of talking about our working together, I welcomed people

to San Diego (Dr. Ralph Nelson had already greeted people on behalf of NAMI California) and said what a thrill it was to have our NAMI family here with the great people in the community with whom we work on a daily basis. They were too many to call out but I had to mention our County's Behavioral Health Department and the UCSD Department of Psychiatry for ongoing support and partnership as well as for lending us Dr. Richard Prather. Dr. Prather staffed the Consumer Welcome Center for the duration of the convention. All that in three minutes – more or less.

The Senior Mental Health Partnership (SMHP), a program of NAMI San Diego, conducted a senior symposium

"We have been working hard to not talk about mental illness, treatment, and recovery in ways that others do not understand for linguistic and cultural reasons. That hard work was recognized by NAMI and we were the affiliate that received the award for Multicultural Outreach."

on Friday, June 21st, titled, "Senior Mental Health Partners: Collaboration and Innovation in Serving Older Adults." Speakers included Dr. Barry Lebowitz, Dr. Thomas Meeks, Maureen Halpain, and Shannon Jaccard. Moderator for the session was Jim Dailey, member, NAMI National Board of Directors. Presentations covered a range of topics from Mental Health and Aging in the US, the differences between younger and older adults, and collaboration and innovation of senior services. The Senior Mental Health Partnership distributed CDs that contained senior fact sheets, videos, and national senior information. It was exciting to see the interest in replicating this partnership among other NAMI

affiliate and state organizations plus the interest in supporting such partnerships at the national level.

NAMI National and NAMI San Diego co-sponsored a free mini-conference on Saturday, June 23rd, for San Diego's Latino community. The forum, *Aprendamos Juntos* or Let's Learn Together, was presented entirely in Spanish – including my welcome. Fred Sandoval from the NAMI National Board and Piedad Garcia from our County's Behavioral Health Department welcomed people more fluently and completely. The keynote address was a compelling multi-media presentation on the signs of serious mental illness by Dr. Steve Lopez from UCLA. Luz Maria Fernandez, Adela Detrinidad, and Juan Garcia gave a panel presentation moderated by Dahlia Fuentes on the resources available to community members once they think a mental health problem may exist. Yolanda Cortez closed the forum very appropriately with her message that recovery is possible.

Finally, the chair of NAMI San Diego's Medical Advisory Board, Dr. Kristin Cadenhead moderated a presentation on Schizophrenia, Genetics, Early Identification, Pharmacologic Treatment, and Real World Function.

Next year – Orlando.

From Dream to Reality
NAMI California Conference
September 28, 29, 2007
Irvine Marriott
Irvine, California

Register by August 3rd
Registration and Convention
Information
At www.namicalifornia.org

NAMI Pictures

At The Convention



Left:
Bettie Reinhardt, Executive Director after receiving the Multicultural Award for NAMI San Diego.



Right:
Gay Ames and Anita Fisher, Board Members, reviewing the program on the first day of the convention.



Brandi Marcoe, Outreach Specialists assisting visitors at the NAMI San Diego booth in the Exhibitor Hall.



Joan Williams and Mary Miesner, Resource Specialists for the Albright Center assisting Pre-Registration



Anita Fisher, Board Member Assisting On-Site Registration



Aprendamos Juntos Forum

TARA APD - San Diego County

Treatment And Research Advancements Association for Personality Disorder

MONTHLY SUPPORT MEETINGS

Sunrise at La Costa

7020 Manzanita Street

Carlsbad CA 92009

THURSDAY, June 14, 2007

2nd Thursday Monthly

6:30PM - 9:00PM

Sunrise at La Costa is located at the North West corner of El Camino Real & Aviara Parkway

Rancho Bernardo Swim and Tennis Club

16955 Bernardo Oaks Drive

San Diego CA 92128

THURSDAY, June 21, 2007

3rd Thursday Monthly

6:30PM - 9:00PM

Directions from I-15, exit Rancho Bernardo Road-Turn East

Approx 1 mile turn left onto Bernardo Oaks Dr. (there is signal light)

The club is on the corner on your right after you complete turn.

Use parking lot-t. There will be someone in the bldg with directions.

UCSD Outpatient Psychiatric Services (Gifford Clinic)

140 Arbor Drive

San Diego Ca 92103

1st Wednesday (beginning Sept 5)

6:30PM - 9:00PM

**Tri-city Medical Center
4002 Vista Way
Oceanside CA 92056
6:30PM - 9:00PM**

3rd Wednesday Monthly

Use elevator at main entrance, proceed down to Assembly Room #3

**For information about any meeting
Call 760-729-5748 (ask for Sandy)**

Suggested Donation for Support Meetings \$10.00

***San Diego TARA's Advanced DBT FAMILY Class Series
Coping Skills for Families of People with
Borderline Personality Disorder***

CLASS SCHEDULE:

Saturday, August 4, 2007

8am – 5pm (lunch provided)

plus

Five Wednesday Evenings 7-9 PM

CLASS LOCATION:

UCSD Outpatient Psychiatric Services (Gifford Clinic)

140 Arbor Drive

San Diego Ca 92103

To reserve your place in this workshop, please call 760-729-5748 ask for Sandy