

## More Funds, Please for Gateway to Wellness

Remodel main corner, double-door entry at 4480 30 <sup>th</sup> Street	
Estimated amount needed	\$5,000
Amount collected	3,362
Still needed	\$1,638

Recent Donors are:  
Nancy Jacobus  
Mary Lou & Paul Jacot  
Carol Venable

## Helen Teisher Education Fund

Total fund balance as of June 14,  
2003: \$ 6,545.00

## Thanks to Donors...

Nancy Jacobus  
Mary Lou & Paul Jacot

### NO First Thursday

NAMI will NOT be hosting a meeting on Thursday, July 3, 2003.



Please stay home and celebrate the Eve of Independence Day!

## NAMI Recognizes Key People at Dinner

By Bettie Reinhardt

As one of the sponsors of the 17<sup>th</sup> Annual Mental Health Recognition Dinner on June 6, NAMI San Diego is able to honor one special person. The Board felt the choice this year was easy when it named Karen Gurneck "NAMI San Diego Volunteer of the Year".

Karen Gurneck has worked to help NAMI San Diego improve the lives of everyone affected by the mental illnesses since she joined the Board in 1999. With a long and deep dedication to volunteering for her community, even when working as a Court Investigator, she has willingly taken on the tasks – none too small or too big – that are needed to provide education, support services, and advocacy for people living with mental illnesses. For the last two years, Karen has served as Board President, demonstrating the respect for others, the strong advocacy, and the pragmatic idealism that has made her leadership effective.

Please join the Board and the 700+ people at the Mental Health Recognition Dinner in congratulating Karen on her award and thank her for her service to NAMI and our community.

### Self Help Volunteer of Year

Kamala Castle was nominated and selected by her peers to be recognized at the 17<sup>th</sup> Annual Mental Health Recognition Dinner on June 6 as the "2003 Self-Help Person of the Year".

The recognition statement in the MHRD program reads, "Kamala has been a client for 24 years and has experienced almost everything a client can experience! Currently she is a (the) coordinator of NAMI's *In Our Own Voice: Living with Mental Illness*, a

"Peer to Peer" trainer, and a *NAMI Care (C.A.R.E.)* facilitator. Despite dealing with ongoing symptoms, Kamala began to go beyond being 'just a consumer' when she took over as manager of a patient store and then became a volunteer in pet therapy for the Humane Society. In her roles with NAMI, Kamala speaks to school groups, nursing and psychology students, family



NAMI San Diego recognizes Karen Gurneck as Volunteer of the Year.

members, and legislators. She has presented at the NAMI National Convention and the NAMI State Conference. Kamala advocated to The California Endowment, which resulted in NAMI San Diego being awarded \$190,000 for the *Peer to Peer* program. Kamala now travels to other cities to train *Peer to Peer* trainers. Hope is what she leaves with her audiences. 'I talk about the dark days, the need for acceptance, good treatment and meds, success, and hopes and dreams. It is neat to show hope...' What better way to erase stigma!"

ment and meds, success, and hopes and dreams. It is neat to show hope...'

What better way to erase stigma!" Kamala is extremely deserving of this recognition. It is a great honor to have her represent NAMI San Diego.



NAMI San Diego recognizes Kamala Castle as Self Help Volunteer of the Year.

By Bettie Reinhardt, Executive Director

## 16.5 Million Funding Cuts Affect Programs and Lives

This is a sequel to last month's column that listed the \$16 million in cuts to County Mental Health Services.

Dr. Piedad Garcia, Director, Systems of Care, Adult/Older Adult Mental Health Services, led informational and dialogue-producing transition planning meetings throughout the County during June. She described the closure of day rehabilitation (day treatment) programs at Project Enable (operated by Neighborhood House Association in Southeast San Diego), Areta Crowell (operated by Community Research Foundation in downtown San Diego), Central Adult (operated by CRF in North Park), Heartland (a CRF program in El Cajon), and Kinesis North (run by Mental Health Systems, Inc. in Escondido). Community Research Foundation announced that they would also have to close the outpatient program at Central Adult. The La Mesa outpatient clinic also is closing.

The goal is to develop an individual transition plan for each client of these programs to a consumer-driven program (clubhouse) and to appropriate clinical care. The closing day rehab programs were co-located with a clubhouse and/or an outpatient program. In most cases, clients can continue their medication visits at the same location. That is, Project Enable day rehab clients can see psychiatrists in the Project Enable outpatient program, etc. Where this does not work, community fee-for-service is the preferred recommendation. However, all clients, families, and care givers have been assured that priority will be given to these "displaced" clients at County and County-funded clinics. In addition, clients that need extra support during the transition period will be given priority for services by County Mental Health Case Management.

Clients attending the meetings expressed feelings of mourning, fear, and

anger at the loss of programs they considered valuable and staff members they felt were special.

We want to see this shift to psychosocial rehabilitation (PSR) services work although we would rather not have combined it with funding cuts because good PSR costs money, too. Clubhouses are being given some extra funding but we are concerned that they are not

being given enough funding to meet this new challenge. We are advocating for additional clubhouse funding at the first possible opportunity. Please let us know if the transition does not work well for you or your family – it is possible that we can help.

PERT capacity is being reduced both in service hours, a loss of 172 hours per week, and in administrative support. The liaison to law enforcement and administrative time for team leaders have been cut. Clinicians are being spread to more divisions and departments so each team will have to travel farther to assure service to the different regions of the County.

Some cuts are being held at bay because of California legislators' actions, relief from the federal government, and loans to the State.

New temporary federal funds are coming to the 50 states in two streams:

- \* Total of about \$2.4 billion (in California's case) in temporary new federal tax relief funds.

- \* Of that amount, about \$1.218 billion is due to the tax relief federal legislation that temporarily increases the federal reimbursement rate for the states, for state or local Medicaid (Medi-Cal) costs between April 1, 2003 and June 30, 2004. It is not certain if this increase will continue beyond that time. The increased federal dol-

lars frees up (or saves) state dollars. It is those dollars that are being used to fund some of the restorations.

\* The total remaining amount (about \$1.152 billion) are temporary federal funds from the tax relief legislation that are specifically for fiscal relief for the states. That amount is California's share. These funds must be used to provide "essential" government services or for unfunded federal mandates, included in the most recently approved state budget. This funding, according to the Davis Administration, cannot be used to directly fund programs that receive federal matching funds.

*"We are advocating for additional clubhouse funding at the first possible opportunity."*

## Employment Opportunities

UCSD OUTPATIENT PSYCHIATRIC SERVICES (*Gifford Clinic*) ANNOUNCES EMPLOYMENT RESOURCE FAIR!

Mark your calendars for **August 21, 2003!** That's when UCSD GIFFORD CLINIC will be hosting an EMPLOYMENT RESOURCE FAIR. The fair will be open to consumers, mental health professionals, family members and anyone interested in learning more about resources. This exciting and informative event will take place at **140 Arbor Drive, San Diego 92103, in Room 346 from 1:00-4:00 p.m.** No fee or registration is required.

Come and learn about some of the vocational resources and options available in San Diego. A representative from Project Independence will be on hand to present information about how working will affect your benefits. Participating agencies include Employment Services, Department of Rehabilitation, Able-Disabled, Job Options and several others with services suitable for people with disabilities.

# 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 illness.

NAMI San Diego is an affiliate of  
NAMI and NAMI California

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## Executive Director

Bettie Reinhardt  
exudir@namisandiego.org

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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](mailto:exudir@namisandiego.org) or contact any of the people mentioned in the articles.

# Take Legislative Action!

## Criminalization Bill Needs Your Support

By Caroline Hamlin

The "Mentally Ill Offender Treatment and Crime Reduction Act of 2003" would authorize new federal funds up to 100 million dollars for jail diversion funds for adults with serious mental illness and juveniles with serious emotional problems. Two identical bills have been introduced into the Senate and House of Representatives, Senate bill 1194 and House bill 2387. These funds would also be used for cross training among the criminal justice system and court and mental health personnel.

As you might expect, NAMI strongly supports this bill. We have been increasingly concerned about the large numbers of people with serious mental illness, about 16% of persons incarcerated in jails or prisons, who end up in the criminal justice system as a direct result of their illness. This bill is recognition, at long last, that the mentally ill need treatment not incarceration.

Please contact your senator or representative and ask them to sponsor these bills:

Senator Barbara Boxer  
600 B Street, Suite 2240  
San Diego, CA 92101  
Fax: (619) 239-5719

Senator Diane Feinstein  
750 B Street  
San Diego, CA 92101  
Fax: (619) 231-1108

Representative Susan Davis  
4305 University Ave., Suite 515  
San Diego, CA 92106  
Fax: 619 280 5311

Representative Bob Filner  
333 F. St., Suite A  
Chula Vista, CA 91910  
Fax: 619 422 7290

## Police Training Update

AB 1102, authored by Assemblyman Leland Yee, is a state bill which specifies increased training programs for law enforcement. Existing law already requires the Commission on Police Officer Standards and Training in the Department of Justice to provide adequate instruction in the handling of persons with developmental disorders or mental illness or both. This bill would require the commission to make available to individual law enforcement agencies an intensive 40 hour mental health training program.

NAMI-California is supporting this bill although they have not taken overt action as yet. In San Diego police officers receive ten hours of instruction regarding the mentally ill. Our PERT program in itself has been a great source of education for both officers and mental health workers. Would increased training result in fewer violent confrontations between the mentally ill and the police? We will be following this bill with interest.



## No Transit Hikes

By Bettie Reinhardt

The NAMI San Diego office is in the 3<sup>rd</sup> District represented on the City Council by Toni Atkins. We sent a note to Councilmember Atkins, who also serves on the Metropolitan Transit Development Board, this month supporting her opposition to fare increases.

Perhaps it is an issue you want to follow and, even better, let your councilmember and other members of the MTDB know your feelings. The 15 members are listed at [209.125.19.196/boards/mtdb/mtdbmembers.asp](http://209.125.19.196/boards/mtdb/mtdbmembers.asp) or call Bettie at (619) 584.5567. (See Toni Atkins' article in the editorial section of San Diego Union-Tribune, [signonsandiego.com](http://signonsandiego.com), June 10, for more information.)

# NAMI San Diego Meeting Schedule

## NAMI San Diego

4480 30th Street  
San Diego, CA 92116  
(619) 584-5564

**NAMI-SD's Education and Advocacy**  
meeting takes place the First Thursday  
of each month at University Christian  
Church, 3900 Cleveland Ave.,  
San Diego. (Additional info, pg. 5.)

**Evening NAMI-SD Support Group**  
Third Thursday, 6:45 p.m.  
Note New site, 4480 30th Street

**Morning NAMI-SD Support Group**  
Third Tuesday, 10:00 - 12:00 a.m.  
Note New site, 4480 30th Street

**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 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

**El Cajon (East County)**  
Second Wednesday, 6:30–8:00 p.m.  
Heartland Center, 1060 Estes Street  
(off Chase)  
Dale or Judi at (619) 401-5500

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

**La Mesa**  
Second Tuesday, 6:30—8:00 pm  
San Carlos Library  
7265 Jackson Drive  
Contact Karen Robinson, (619) 698-4711  
E-mail: krsd@cox.net

**NAMI Patton**  
c/o Patton State Hospital  
3101 E. Highland Avenue  
Patton, CA 92639  
Fax:(714) 963-9961 Tel: (909) 425-7000  
Third Sunday, 11:45 a.m. - 1:15 p.m.  
Administrative Meeting Room

## NAMI-SIT

### Schizophrenics in Transition

Board Meeting  
1st Wednesday at Noon  
144 Copper Avenue, Vista 92083  
(760) 941-2153

NAMI-SIT includes the following :

- Copper Hill Living & Learning Center
- Creative Arts Consortium
- Friends
- Advocacy Works
- MIXTECO Community Garden

## NAMI North Inland

P.O. Box 300386  
Escondido, CA 92030-0386  
(760) 745-8381

**Second Tuesday**  
7:00 pm. Education Meeting  
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

**Wednesday Share and Care**  
Weekly Meeting, Wednesday morning  
at 10:30 a.m.  
Palomar Family Counseling Building,  
120 West Hawthorne Street

**Wednesday Weekly in Fallbrook**  
Wednesday, 5:00—6:30 p.m.  
Call for address (760) 745-8381

## NAMI North Coastal

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

Thursday, July 17, 7:00 p.m.  
"Tic Talk: Tourette's Syndrome"  
Speaker: Neal Swerdlow, M.D., Ph.D.  
Professor, Dept. of Psychiatry  
at UCSD

Education Meeting followed by  
Share & Care at 8:40 p.m.

**Share & Care**  
Fourth Tuesday - 5:00-6:30 p.m..  
North Coastal Behavioral 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, Vista  
(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.

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

## Dual Diagnosis: A Review of Ertl's Talk

By Lew Buller

Co-occurring disorders—the simultaneous presence of substance abuse and mental illness—is a specialty of Charles Ertl, Ph.D. from Sharp Mesa Vista Hospital. He said most people who have dual diagnoses actually have more than three diagnoses, having some combination of drug abuse, alcoholism, personality disorder, or other mental illness. Experience over the past twenty years has taught mental health professionals that the diagnoses must be treated simultaneously because they interact; sequential treatment does not work.

Alcoholism is a common diagnosis; alcohol is legal, socially acceptable, and widely available. It is used for self-medication; bipolar people may resort to it at the end of mania, not knowing it will intensify the depression which follows. Like other abused substances, alcohol chemically alters mentally capacities. When abused, alcohol eats at the brain, leaving holes in it, forever impairing brain function.

Dual diagnosis is so prevalent it is the norm rather than the exception. 37 percent of those with alcohol abuse and 53 percent of those with drug abuse have mental illness; 30 percent of those with mental illness have substance abuse. People with substance abuse are not medication compliant; their failure to recover can lead to loss of friends, family, and home and to grave risk of suicide.

Substance abuse and mental illness differ in severity from person to person. People can suffer severely from both, suffer more from one than the other, or suffer both lightly. Medications that work for one illness can interact badly with medications for the other, sometimes resulting in death.

Compared to a single diagnosis, progress with dual diagnosis is uneven and slower, and relapses are more prevalent. Living with others in recovery, following the 12 steps of the Dual Recovery Anonymous support group, and family support can all help in the recovery process.

## NAMI Building for the Future

By Marjie Joramo

I have been very busy the past month so I decided to share with you the questions I am trying to address in a grant application that I have been writing.

This grant, if we get it, will allow us to take time to answer some of the questions below. This grant application is to The Institute of Youth Development (IYD) Compassion Capital Fund.

These funds have been set aside to enable faith-based and non-profit organizations like ours to increase our capacity to apply for federal grant money. IYD will guide us in applying for federal funding over the next two years if we are not successful the first time.

How do we get funds to operate all the wonderful programs that we have?

How do we decide what programs to expand or new ones to add?

What do we need besides money to have a program?

Do we have enough peoplepower: members, staff, board, and volunteers to expand?

Do we have enough space, partners, knowledge, desire, and technology to expand?

When should we expand or add programs?

Who should we partner with for what programs?

Where should a program be offered – how do we pick the best place? How can we broaden our base of funding?

How do we address the changes in people's lives caused by the budget cuts?

How can we get the message about us to those who need us?

How can we fight stigma?

How can we get to those people with a mental illness who are still "in the closet?"

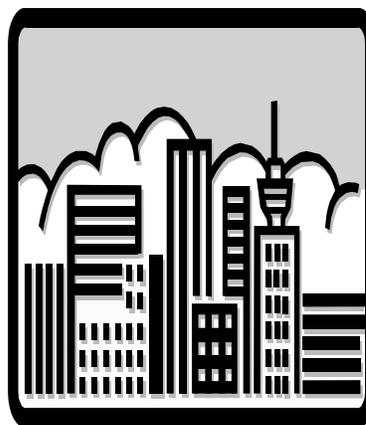
How do we provide for the sustainability of our organization and programs?

How do we determine what would be most needed by con-

sumers?

How can we include more people in the program planning (grant application) process?

If we do get this grant, you will be hearing more from me this fall; if we don't get it we'll try again!



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First Thursday Meeting Cancelled for the month of July!

See you on August 7th! In August, hear Richard talk about the Board and Care Project and Shannon talk about the new buddy program.

For an overview of Chuck Ertl's talk, please see the left hand column.

## Board Meets at Mesa Vista

By Karen Gurneck

On June 7, 2003, at 9:30 a.m., our Board Members, weary from the Mental Health Recognition Dinner from the night before, prepared for a half day of strategic planning.

The retreat was hosted by Mesa Vista Hospital, which included a delicious lunch coordinated by Board Member Karen Ross.

The goal to be accomplished was the vision statement and the strategic planning for the next year.

## What is NAMI C.A.R.E.?

By Mary Lou Erwin  
Education Director

C.A.R.E. stands for Consumers Advocating Recovery through Empowerment. C.A.R.E. is a mutual support group led by consumers (facilitators) for consumers. The group employs guidelines and principles of support designed to empower its members. This support model focuses on allowing all participants to share their experiences and learn from each other in a safe and confidential environment. The support offered is for all consumers with any diagnosis of any kind of mental illness.

Recently, the C.A.R.E. Education Director hired a new C.A.R.E. Coordinator, Les Kang. Les is a 30-something Korean-American born in Los Angeles, California. Les took the training to become a NAMI C.A.R.E. facilitator in March 2003. He immediately started facilitating a C.A.R.E. group at Areta Crowell with his buddy, David. Les heard about the opening for a coordinator and since he was so excited about being a facilitator, he wanted to go to the next step and apply for the coordinator position. Les's enthusiasm and desire to give back to others made it easy to select him for the position.

WELCOME ABOARD, LES!

If you are interested in joining a C.A.R.E. support group, please call into the NAMI office to find a group that meets at a good time for you. Les and I hope to see you soon.

# your community Resources

### 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 Monday - Saturday  
10:00 am. - 4:00 p.m. Monday to Friday  
11:00 am - 3:00 p.m. on Saturday

### 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  
6:00 a.m. - 6:00 p.m.  
Sunday 8:00 a.m.—5:00 p.m.  
An SSI advocate is available  
Monday—Friday

### Employment Services

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

### Visions @ 5<sup>th</sup> and H

499 "H" Street, Chula Vista  
(619) 420-8603

Open Mon., Thurs., Fri., Sat.  
Noon - 7:00 p.m.  
Sun. -- Noon - 5:00 p.m.

### 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.

### 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

### East Corner Clubhouse

1060 Estes Street (off Chase Avenue)  
El Cajon, 92020  
(619) 440-5133

Fax: (619) 440-8522  
Open: Mon & Fri. 8:00 a.m. - 4:00 p.m.  
Tues & Thurs - 8:00 a.m. - 2:00 p.m.  
Wednesday 8:00 a.m. - 6:30 p.m.

### 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

### Scholarship Funds

Call the Albright Center for information about scholarship funds.  
(619) 534-1434

### Friends (Clubhouse)

144 Copper Ave. Vista  
(760) 941-2153  
Open Wednesdays 1:00 p.m.-4:00 p.m.  
Saturdays 9:00 a.m. - 4:00 p.m.

### NAMI C.A.R.E. Group

Consumer Support Group  
Second and Fourth Tuesday of Month, 6pm—7pm.  
NAMI San Diego Meeting room  
4480 30th Street, San Diego

### The Bayview Clubhouse

330 Moss Street  
Chula Vista, CA 91911  
(619) 585-4646



# NAMI Membership

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: \_\_\_\_\_ E-mail: \_\_\_\_\_

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 – \$40.00 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
- \_\_\_\_\_ Donation for Open Door Memberships (\$ \_\_\_\_\_)  
(to help consumer, consumer family & friends in financial need)

### Check relation to client:

- \_\_\_\_\_ Parent of Adult
- \_\_\_\_\_ Parent of child (under 18)
- \_\_\_\_\_ Sibling
- \_\_\_\_\_ Spouse
- \_\_\_\_\_ Professional
- \_\_\_\_\_ Other \_\_\_\_\_
- \_\_\_\_\_ Self
- \_\_\_\_\_ Please send me volunteer information and application.

# Bulletin



### The Access & Crisis Line

1-800-479-3339

### The Warm Line

Consumer to Consumer Talk Line

1-800-930-WARM (9276)

The Warm-Line is now in operation 7 days a week, between the hours of 5:00 p.m. and 11:00 p.m.

Warm-Line operators are fellow mental health consumers who have received training in Peer Counseling. The goal of the Warm-Line is to provide empathetic active listening and information on available community resources.

The Warm-Line looks forward to hearing from you.

### Network of Care Website

The County has formally unveiled its new website to assist the mental health community. You can find it most easily by opening our website, [www.namisandiego.org](http://www.namisandiego.org), going to the Links page and clicking Network of Care.

### In Our Own Voice: Living with Mental Illnesses

Do you think you can't find hope in an hour and a half? Then you haven't been to an In Our Own Voice presentation. This interactive trip from the Dark Days to Successes, Hopes and Dreams could change your life or the life of someone you love or care for.

To schedule a presentation for your group or to learn more, call Kamala Castle at (619)584-5564, ext. 104.

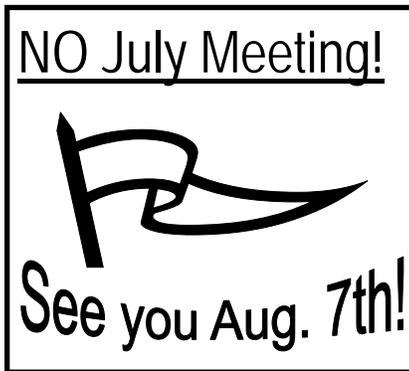
# The Advocate

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## Beautiful Day of Remembrance

*By Mary Jo O'Brien*

A wonderful thing happened at Patton State Hospital on Memorial Day. Way down in the center of the field I noticed that there were flowers and a flag in the middle of the cemetery. During the Day of Remembrance, a group of people came into the cemetery and were delighted to see that people were visiting where none had been before.

It turned out that they were Native Americans from a local tribe who had come to bless the grave of their Great Grandfather, who had been a Chief. They were the individuals who were responsible for getting an injunction against the developers who wanted to build a golf course over the cemetery at

Patton. A great connection was made between us and I'm sure we can work together to see the common goal of restoration of the burial grounds at Patton.

The tribe members' grandfather was born in 1898 and they told us that many who had been buried there were veterans of WW I, The Spanish American War and others. After returning to San Diego, we visited the National Cemetery at Rosecrans. It was a contrast to see the white markers, flags and wreaths honoring those who died in combat and it was

glorifying to be a part of a day where those who suffered the mortal wounds of combat to the mind, body and soul, delivered at the hands of those who professed to care, were remembered. What a fitting day for us to choose to remember our own.

Thank you California Memorial Project for the opportunity to feel what I felt at Patton on this the first of many Days of Remembrance.

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Mary Jo O'Brien is a registered nurse by profession who has bipolar disorder, diagnosed in 1992. Her recovery is terrific; she works, volunteers in the community, and cruises around both the country and town.