

## San Diego

San Diego's Voice on Mental Illness

Formerly San Diego Alliance for the Mentally

Vol. IV, Issue 6

### CONGRESS BEGINS ACTION ON FY 2001 SPENDING BILLS FOR RESEARCH AND SERVICES

On May 10<sup>th</sup>, the House and Senate Appropriations Committees began action on the President's FY 2001 budget request for the National Institute of Mental Health (NIMH) and the Center for Mental Health Services (CMHS). These programs cover mental illness research and services, and include nearly all federal spending on research and services that are part of the massive Labor, Health and Human Services, and Education Subcommittee appropriations bill. Despite the fact that the federal budget is in surplus, spending for the discretionary program under the Labor-HHS bill are subject to strict budget caps. Because of these limits, it is very difficult for Congress to enact all of the increases sought after by the President for key political priorities such as education. As a result, the White House has already threatened to veto both the House and Senate bills. As in past years, it is likely that the final spending allocations under the Labor-HHS bill will not be decided until this coming fall.

*For its part, NAMI will continue to advocate for significant increases for research spending at the NIMH with all increases directed toward basic scientific and clinical research on the most severe and disabling mental*

For mental illness research and services there are important contrasts between the House and Senate bills. These contrasts are due in part to the differences between the overall spending allocations between the two bills --the Senate bill has an allocation that is \$4.3 billion more than the House bill. This is most apparent when comparing funding for scientific research at the National Institute of Health (NIH), where the Senate bill increased spending by \$2.7 billion, \$1.7 billion more than the House bill, and \$1 billion more than the President's request. As a result, the increase for NIMH in the Senate bill is substantially more

(Continued on page 4—FY 2001 Budget)

### EDUCATION & ADVOCACY MEETING

Thursday, June 1, 2000

6:30 p.m.

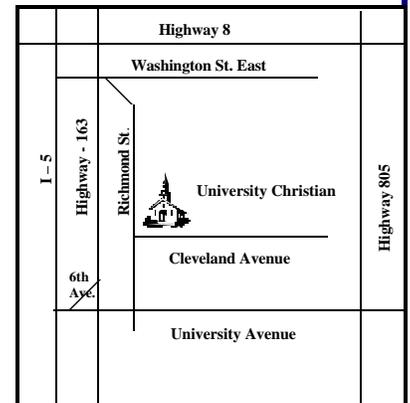
*Presentation by The Creative Arts Consortium (CAC)*

**Come celebrate with our very own artists within our Alliance. View their art work but best of all see the artists spectacular video "Sunshine and Shadows" while you enjoy "free" popcorn and soda. Don't miss this special meeting — your chance to personally meet and greet our "famous" loved ones and see their talents.**

**Sunshine and Shadow is a very special film about mental illness and the arts, featuring CAC members, Jeannie Branscomb, Kim Brudvig, David Webb and John Hood.**

**The film has won several prestigious awards, including an EMMY nomination**

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



**San Diego, California  
(see map)**

The doors open at 6:30 p.m. with everyone sharing information and welcoming newcomers. At 7:00 p.m. there is a half-hour information session on NAMI San Diego activities, mental health services and related news.

The featured program is from 7:30 to 8:30 p.m.

**Additional AMI meetings  
in the San Diego County area**

## May-AT-A-GLANCE

*Bettie Reinhardt, NAMI San Diego Executive Director*

### **May is Mental Health Month is an Exciting Time**

Thanks to the County of San Diego, Health & Human Services Agency, Mental Health Services, to KUSI Television, to KJOY radio, to Mix 95.7 radio, to KPOP radio, to Ocean Beach Main Street Association, to Ocean Beach Town Council, to San Diego Police Department, to San Diego Lifeguards, and to Bayview Hospital/Villa View Community Hospital, Blue Cross of California, Community Research Foundation, Mental health Systems, Inc., UCSD Outpatient Psychiatry, and to Charter Behavioral Health, Sharp Behavioral Health, Telecare Corporation, United Behavioral Health, Vista Hill, and to Community Health Group and Scripps Mercy Behavioral Health (*don't wait for the period, take a breath now if you haven't already passed out*), our Celebrate Mental Health! events were, well, breathtaking!

The Employers' Breakfast committee, chaired superbly by Dianna Benson of Mental Health Systems, Inc. Employer Services with nitty gritty by Emy Alhambra, fielded an unusually informative and interesting panel at the Hyatt Regency on the harbor on Thursday, May 18. The second annual Open Your Mind Award was presented to Wal Mart Store by Karen Luton, Mental Health Association and awards chair. The Wal Mart Store met the award criteria, including consistently providing competitive and supportive employment opportunities for individuals with mental illnesses.

At this writing, the Fun Walk/Run and Resource/Street Fair in Ocean Beach on May 20 is only 24 hours away. The banners are flying high above Sunset Cliffs Boulevard and the Ocean Beach Park. The weatherman promises us perfect weather. The quilt is ready for the noon drawing. The radio stations are scheduled for attendance. People are calling for directions. Talk about things a poppin'!! Marla Kingkade, PERT, Inc., is the unbeatable six-star general chairing this committee. She has had lots of help from Kay Davis, Community Research Foundation; Karen Gumeck, NAMI-SD; Sharron Hedenkamp, The Meeting Place; Jim Jones, San Diego Police Department; Karen Luton, Mental Health Association; Bayview Hospital; and Carol Smith, United Behavioral Health. The committee had special assistance from Joice Curry, C<sup>3</sup> Communications.

### **But, no rest for the weary – or so my mother said – because it's time for the national NAMI conference. See you there!!!**

The Board has made \$800 available to consumers for one-day attendance at the conference.

### **Building the Budget for Next Fiscal Year**

It's that time of the year for organization – time to “put our money where our mouth is.” When we build a budget, we are building a plan for the coming year's activities that require financial support (and most activities do carry some level of cost) or staff time (and that costs, too). So far, the plans for the fiscal year that begins July 1 include more outreach and education and some additional staff time to make that possible. Don't forget, now is the time to tell us what you think.

### **Other Board Action**

The Board agreed to endorse the mission statement of PATH, a voluntary organization of concerned parents of individuals suffering from the disease of addiction. PATH's purpose is to partner with health care professionals, the justice system, recovering addicts and concerned members of society to seek better understanding of the illness and “therapeutic justice” for substance-related criminal activities. PATH's goal is to reduce recidivism, save lives, heal families and move toward a healthier society.

### **Living with Schizophrenia and Other Mental Illnesses**

Requests for this presentation are coming faster than Chuck can fill them – but keep asking. If you know of a group that needs and wants to hear (from clients) what it is like to live with a major brain disorder and how to reacquire often-lost self-respect and a purposeful life, give Chuck a call at (619) 294-9949.

### **Family and Caregiver Education on Schizophrenia Series**

The East County series is scheduled for June 6 through 27, and July 11 and 18 at Grossmont Hospital. Call the Albright Center to register and for more information.

### **Family to Family**

The first Family to Family series in the San Diego area began Monday, May 1 with a great group of people. Another class will be scheduled when the list of people interested in attending grows long enough. This series differs from the Schizophrenia Series in more ways than length: it covers all of the major brain disorders known as serious mental illnesses, it uses a relatively

*(Continued on page 6--At-a-Glance)*

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

*NAMI San Diego is an affiliate of  
NAMI and  
NAMI California*

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

**President's Corner**

How can we get appropriate care for our loved ones?

I feel angry, frustrated, sad and depressed! Do I dare to hope?

I hate that I have to educate every new person who interacts with one of my loved ones. Each time there is a new provider it is back to "square one." There is little or no memory in the various systems with which I've worked. Few providers take enough interest or time to talk to anyone else. I assert myself and tell them that I have information I want them to know. I give providers a copy of the history I have written. I am pretty sure that most do read the one page summary but doubt that the longer one gets read. It seems that the care my loved ones have received is band aids in emergencies. I am angry because I know there is a very successful proven treatment model that is not being used enough.

I feel frustrated because I have had to coordinate treatment for people. Recently, I sat down and listed some of the roles I have attempted to fill. Would you believe that I was able to quickly list over 30 roles? Some of the roles you have probably tried to fill are: nurse, housing specialist, medical record keeper, benefits counselor, payee, advocate, substance abuse counselor, educational or vocational advisor, and crisis intervention specialist. I don't have appropriate training, expertise, connections, or experience to fill these roles efficiently. To accomplish a task that would take a specialist 2 to 4 hours to do might take me several weeks and 100s of hours to get done; and then my resolution probably will not be as good as it could have been.

I feel very sad when I think about all of the time lost for my loved ones while I have been fumbling through trying to accomplish even some very small things. There has been so much time lost by many of our loved ones suffering with serious brain diseases because they haven't received timely appropriate services that I know could be available. I have met many talented people who happen to suffer from major brain diseases. Most of those with whom I have visited could and want to contribute to our society. It makes me feel so sad that they haven't been allowed to advance to what they could and want to be.

I recently attended a statewide NAMI workshop about the Program of Assertive Community Treatment (PACT). This treatment model uses a multidisciplinary team approach and has been used with great success for more than 25 years. This is the model that is strongly advocated by NAMI. It has mostly been used with folks who have a dual diagnosis, are homeless, or in jail diversion programs. There are a few places in California who are trying, or about to try this model. PACT is the model recommended in some of the current legislation in California so you will be hearing more about it in the news. I get depressed because I am very enthusiastic about this model. I want this program for my loved ones, I want it for all of our loved ones.

I ask, do we dare hope for appropriate care for our loved ones?

**Marjorie Joramo**

(Continued from page 1—FY 2001 Budget)

than the House. The Senate bill recommends an increase of \$143 million for NIMH, a nearly 14% increase, up to \$1.118 billion. The NIMH FY 2000 budget was \$978.4 million. By contrast, the House increased NIMH by only 4%, slightly above \$1 billion.

Overall, the budget for CMHS receives a modest increase in both the House and Senate bills, but in different areas. For example, the House bill fully funds the President's recommended increase for the Mental Health Block Grant of \$60 million above the FY 2000 level of \$356 million (bringing funding up to \$416 million). By contrast, the Senate bill increases the Mental Health Block Grant by only \$10 million (up to \$366 million). Instead, the Senate bill directs an additional \$50 million to the CMHS Knowledge, Development & Application (KDA) program for school violence prevention. This would bring total spending for the CMHS school violence initiative up to \$90 million. The House bill would actually trim the CMHS KDA program by more than \$4 million.

Other CMHS programs receive either a freeze or a modest increase under both bills. The Program of Assertive Community Treatment (PATH) is increased by \$5 million in the Senate bill (up to \$36.9 million) and is frozen in the House bill. The Children's Mental Health Program is increased by \$4 million in both bills (up to \$86.8 million). Finally, the Protection and Advocacy (PAIMI) program is increased by \$1 million in the Senate bill (up to \$25.9 million) and is frozen in the House bill.

Both the House and Senate Labor-HHS Subcommittees declined to separately fund the Clinton Administration's \$30 million request for "Targeted Capacity Expansion." This initiative would have directed funds to services in "non-mental health settings" for persons without a severe mental illness diagnosis to foster "health families and communities."

Over the coming weeks, the House and Senate Labor-HHS bills will be moving through committee and onto the full House and Senate. As this process goes on, the bill is certain to be caught up in election year differences over political issues such as education spending and as well as threats of a presidential veto. It is likely that a final Labor-HHS bill will not be resolved until shortly before FY 2001 begins on October 1.

For its part, NAMI will continue to advocate for:

- ◆ Significant increases for research spending at the NIMH with all increases directed toward basic scientific and clinical research on the most severe and disabling mental illnesses.
- ◆ Increases in CMHS programs that focus on severe mental illness, such as the Mental Health Block Grant and PATH, with specific direction that States prioritize investment in evidence-based approaches such as PACT.

(Source: Edited from NAMI E-News May 11, 2000, Vol. 00-131)

## The Seasons of Suicide

A Swedish study indicates that a long-established seasonal variation in suicide rate has been leveling off since the early 1980s—a change the authors believe may result from the increased use of antidepressant drugs. In general, the suicide rate in Sweden and other northern regions is highest in spring and early summer, lowest in fall and winter. Hospitalization for depression follows the same pattern, and more than half of suicide victims are thought to be suffering from untreated or under-treated depression at the time of death.

The authors examined the records of the 148 suicides that occurred on the Swedish island of Gotland between 1981 and 1996. During the 1980s about 60% of suicides occurred during the six warmest months, with a peak in the spring. Over the next seven years the number of suicides fell, and this seasonal variation practically disappeared. By 1996 the rate was about the same in all four seasons. The authors note that similar trends have been found in other countries, including Hungary, which has one of the highest suicide rates in the world.

Gotland saw no increase in its urban population or drastic change in political and economic condition during these years, but the use of antidepressants increased sharply beginning around 1990. Prescriptions for antidepressants rose 29% between 1981 and 1989 and nearly fourfold (387%) from 1989 to 1996. The authors believe this change may explain both the falling rate of suicide and the loss of seasonal variation.

Rihmer Z, et al. "Decreasing tendency of seasonality in suicide may indicate lowering rate of depressive suicides in the population." *Psychiatry Research* (November 1998): Vol. 81, pp. 233-40.

(Source: *The Harvard Mental Health Letter*, Volume. 16, Number 11, May 2000)

### Open Your Mind

Mental illnesses  
are brain disorders



## Legislative Update

by  
Caroline Hamlin

**AB 1800  
Lanterman-Petris-Short (LPS)  
Reform Bill**

Assuming that AB 1800 has passed the Appropriations Committee as you read this update, the bill now returns to the full assembly for its vote and then on to the state Senate. The Assembly vote is critical and so again we call upon you to write, phone, fax, or e-mail your assembly person and ask that they support this bill. Your personal stories are very persuasive as they point out the difficulty of getting treatment because your family member was not dangerous, only severely ill and unwilling to voluntarily go for treatment. The following is a list of our San Diego County assembly persons:

**66th. District—Bruce Thompson**, 27555 Ynez Road, Suite 205, Temecula 92592 (909) 699-1113, Fax: (909) 699 1113 e-mail--parkerbcm@assembly.ca.gov

**73rd. District—Patricia Bates**, Oceanside City Hall, 302 North Coast Highway, Oceanside 92054 (760) 757-8084, Fax (760) 757-8087

**74th. District—Howard Kaloogian**, 701 Palomar Airport Road, Suite 160, Carlsbad 92009 (760) 438-5453, Fax (760) 438-6620; e-mail--howard.kaloogian@assembly.ca.gov

**75th. District—Charlene Zettel**, 12307 Oak Knoll Rd., Suite A, Poway 92064 (619) 486-5191, Fax (619) 486-3334

**76th. District—Susan A. Davis**, 1010 University Ave., Suite C-207, San Diego, 92103 (619) 294-7600, Fax (619) 294-2348 e-mail--davissa@assembly.ca.gov

**77th. District—Steve Baldwin**, 8419 La Mesa Blvd., La Mesa 91941 (619) 465-7723, Fax (619) 465 7765

**78th. District—Howard Wayne**, 1350 Front St., Suite 6013, San Diego 92101 (619) 234-7878, Fax (619) 233-0078

**79th. District—Denise Moreno Ducheny**, 2414 Hoover Ave., Suite A, National City 91950 (619) 477-7979, Fax. (619) 477-0207 e-mail--denise.ducheny@assembly.ca.gov

**80th. District—Jim Battin**, 1101 Airport Rd. Office J, Imperial 92251 (760) 355-2433; Palm Desert office, 73710 Fred Waring Dr., Suite 112, Palm Desert 92260; (760) 568-0408, Fax (760) 568-0408, Fax, (760) 568-1501 e-mail--jim.battin@assembly.ca.gov

Keep in mind that this bill carries with it \$350 million which will not only help to cover the cost of those who need hospitalization, but largely support a community assisted outpatient program which we all know is essential if people with mental illness are to stay well.

**Mental Health Budget-2000-01**

The county budget is being prepared for the coming fiscal year beginning in July. The Director of Health and Human Services, Dr. Ross, and our Chief Administrative Officer, Mr. Ekard, are recommending substantial increases in the mental health budget. Naturally, we, as well as others in the mental health community, accept and approve these recommendations. New sources of funding may come from the following:

- Tobacco settlement monies, 2 million
- Growth realignment money (sales tax and Vehicle Registration fees), 8.87 million
- Returned growth realignment money from the Sheriff's Department, 3 million

Other possible sources are AB 34 money for homeless outreach programs which the county is applying for, as well as new state monies.

We have a unique opportunity this year to improve our mental health system owing to the vast surpluses at the state and county level. We urge all of you to write, fax, or telephone your supervisor asking them to support the proposed budget and to increase our own allocation of funds from San Diego

**Mental Health Parity  
Conference  
Implication of AB 88  
(Thomson)**

Attend the Mental Health Parity Conference to learn about AD 88. What it does and doesn't do.

Friday, June 23, 2000  
8:00 a.m. – 9:00 a.m.  
Registration & Continental Breakfast

9:00 – 4:15 p.m.  
Program and Lunch

Hyatt Regency  
1209 L Street  
Sacramento, CA 95814

The cost is \$50/person payable to CMA Foundation, 1201 K Street, Suite 1050, Sacramento CA 95814.

Questions — Call Susan Romig at (916) 551-2550

Co-Hosted by  
California Medical Assn. Foundation  
California Psychiatric Association  
NAMI California  
California Association of Health Plans

Continued from page 2—At-a-Glance

small-group interactive format, and it provides skills practice and local resource information. Call the Albright Center to register.

**Directions to the Albright Information and Referral Center**

Have you visited the **Albright Center** yet? The address is **1094 Cudahy Place, Suite 120**. If you take the Morena Boulevard exit from I-5 or I-8, stay in the left lane, which branches into West Morena Boulevard. Turn left on Buenos Avenue. The three-story building called the Morena Office Center will immediately be on your left. If you come down I-5 from the north, exit at Tecelote Road, turn right on Morena Boulevard and right again at the first traffic light. You will be on Buenos. Cross West Morena Boulevard and the office building will immediately be on your left. After all that, if you know where Toys R Us is, you will find it easier to find by looking just one block south of Toys R Us.

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

**PASS IT ALONG**

Please pass your newsletter along to someone else to read when you no longer have a need for it. Would your religious organization or other organized group like a complimentary copy of our newsletter? If so, let us know. Call (619)294-9941 or send a letter to the Editor.

**Child & Adolescent Bipolar Foundation Launches Interactive Web Site at [www.bpkids.org](http://www.bpkids.org)**

The Child & Adolescent Bipolar Foundation (CABF), is a newly founded, national not-for-profit organization of families raising children diagnosed with bipolar disorder (manic-depressive illness). The CABF interactive web site is a virtual community center with an extensive library, message boards, chat rooms, an "Ask the Expert" feature, a drug database, a gallery of children's art, and more. "Children with bipolar disorder can be identified and treated with medications known to be effective in adults," says Martha Hellanders, a lawyer and executive director of CABF. "They

*Children with early onset bipolar disorder are often highly creative and sensitive individuals with tremendous gifts to contribute to the world. Treatment can greatly reduce or eliminate symptoms such as explosive rages, severe depression and irritability, suicidal thoughts and behavior, hyperactivity, and insomnia. Once the mood swing are stabilized, their abilities can flourish.*

are often highly creative and sensitive individuals with tremendous gifts to contribute to the world. Treatment can greatly reduce or eliminate symptoms such as explosive rages, severe depression and irritability, suicidal thoughts and behavior, hyperactivity, and insomnia. Once the moods swings are stabilized, their abilities can flourish."

Experts disagree on the number of children with bipolar disorder. Estimates are of a million or more in the U.S. alone. The illness affects one percent of adults and an even larger number have bipolar spectrum disorders.

Treatment for early onset bipolar disorder includes mood-stabilizing medications such as lithium and anti-convulsants and education and counseling for the whole family. "Children with bipolar disorder can learn to monitor their symptoms and eventually manage their medications when they grow up, just like kids with diabetes, epi-

lepsy, and other chronic medical conditions," says Hellander. "CABF encourages parenting, treatment and educational practices that lead to the best possible outcome for each child with bipolar disorder.

CABF is a Web-based organization incorporated in California by a steering committee repre-

sented several hundred families throughout the U.S., Canada, and the UK who met on the Internet. CABF's professional advisory board includes experts Barbara Geller, M.D., whose work is funded by the National Institute of Mental Health; Kay Redfield Jamison,

Ph.D., a professor of psychiatry at Johns Hopkins Medical School; and Joseph Biederman, M.D., a Harvard specialist on ADHD and bipolar disorder.

Established in 1999, CABF is the only national, not-for-profit organization of families researchers and clinicians devoted solely to education, support, and advocacy for children diagnosed with bipolar disorders and their families. Information on early onset bipolar disorders can be found on CABF's web site at [www.bpkids.org](http://www.bpkids.org).

(Source: NAMI News—Because Kids Grow Up, Winter 2000)

The Child & Adolescent Bipolar Foundation  
1187 Wilmette Ave., P.M.R. #331  
Wilmette, IL 60091  
Tel: (847) 256-8525  
E-mail: [cabf@bpkids.org](mailto:cabf@bpkids.org)/  
Web site: [www.bpkids.org](http://www.bpkids.org)  
Martha Hellender, J.D.

## Creating a Safe Haven

We are people engaged in a challenge. We are family members, friends, partners and co-worker who have seen our loved ones stigmatized and marginalized. We know what it feels like to be isolated, ignored, avoided. We are advocates for those who are struggling with mental illness.

We share information with the church community about the realities of living with mental illness. We combat stigma. We support each other. We are seeking to create a welcoming and safe church community for those who live with serious mental illness as well as for their families and friends.

We invite you to join us.

Third Monday of each month  
7:00 p.m.  
First Unitarian Universal Church  
4190 Front Street, San Diego  
(across from UCSD Medical Center)  
Room 114b—Senior High Room

For further information, call:  
Nancy Toti (619) 665-2929

## Liturgy of Rest and Healing

### Welcome

to a Liturgy of Rest and Healing especially for all with mental illnesses, their families and friends.

These services are held on the fourth Sunday of each month at 5:00 p.m.

The address is:  
Gethsemane Lutheran Church  
2696 Melbourne Drive  
San Diego CA 92123  
(619) 277-6572  
(it is just up hill from stadium)

Call Helen Bergen for directions at  
(619) 222-7346

## Project Heartbeat Information and Referral Line

by  
Jamie Steiger

Family members as well as professionals—if you are looking for children’s mental health resources, please contact Project Heartbeat Information and Referral Specialists. A live person will answer your call between 8 a.m. and 6:30 p.m., Monday through Friday. Project Heartbeat Information and Referral Specialists can provide referrals to resources such as support groups, counseling, advocacy, and mentors or provide information on topics such as the IEP process and AB 2726.

If you are in need of mental health services for your family, youth or children, please contact us at the numbers listed below.

or

If you are interested in having a Project Heartbeat Information and Referral Line presentation of our services to your organization or community, please contact us at the following numbers.

(619) 615-7676.  
(Toll Free) 1-888-843-5800.

## Mood Awareness Support Group

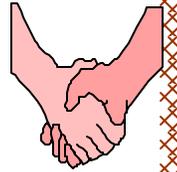
This group is open to the community and is intended to provide support, information on symptom management and community resources for clients with Major Depression and Bipolar illness.

Every Wednesday 6:00 - 7:30 p.m.  
Charter - API  
7050 Parkway Drive.  
(Register in hospital lobby)

\$5.00 per person  
Significant others always welcome  
at no additional charge.

Group Facilitator:  
Denise Buchanan, Ph.D.  
Call for more information

## Sibling and Adult Children's Group



No matter how difficult our situation may be, we all hear from some well-meaning person “it could be a lot worse!.” A natural response to this statement is a feeling that your particular experience is diminished and you don’t appear “needy” enough for recognition.

Whether you are good at “putting on a happy face” or not, there is nothing wrong with a healthy dose of optimism and laughter to relieve the stress of our day-to-day lives. Take a moment out of your busy day to reflect on a lovely memory of your mentally ill loved one, or happy moment shared together, it just may help you to “put on a happy face.”

If you are a sibling or adult child of a mentally ill loved one and interested in attending one of our meetings, please call:

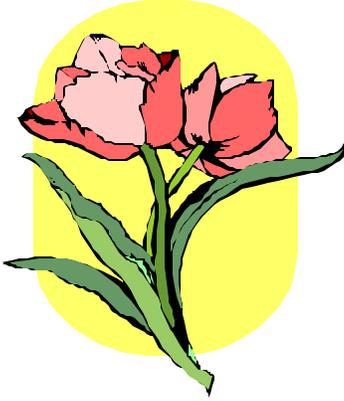
**Monica Astorga at (858) 483-9370  
for more information.**

Let us offer you a “helping hand.”

We meet the second Wednesday of each month:  
7:00 - 9:00 p.m.

Scripps Well Being Center  
Adjacent to the University Towne  
Centre Mall

We can all help and support each other as we help our mentally ill loved ones.



## *In Memoriam* *Virginia Reese*

by  
Jeannette Keil

*It's hard to capture in words of remembrance, a life that touched people at a heart level, as did the life of Virginia Reese. Founding member and treasurer of SDAMI (predecessor of NAMI San Diego) and member of NAMI San Diego and NAMI North Coastal San Diego County, she was a loyal friend to many of us. Virginia passed away on March 10, 2000. When I think about Virginia, the word that comes first to mind is "family." She was devoted to her husband, children and grandchildren, and they to her. She married Daniel Peregrine Reese in Detroit. They moved to Escondido in 1948 where they raised their two children, Daniel and Julie. Virginia taught school there for more than twenty years. She had many varied interests including art, music and philosophy, but most of us knew her best for her volunteer work in mental health, especially her work with the San Diego Alliance. Virginia's dedication to the field came about as a result of her son's illness. Virginia's belief in Dan, Jr., sustained him as he pursued his long-time advocacy for individuals with mental illnesses. He served in many capacities and was honored with numerous awards. As is so often the case in the mental health field, lists and numbers don't do justice to the reality of the lives of those involved. In remembering Virginia, I am struck by the fact that details don't show the complexity of her life. People's experiences of Virginia, tell a more comprehensive story. Immediately after her death a client wrote:*

*Virginia's Christmas parties for Dan and his friends were legendary. . . It was the only time for many to put down their burdens and difficult circumstances and to simply enjoy. Virginia created all this, but always stayed in the background. I learned more by watching and listening to her than I did in the process of getting my Masters of Science in Psychology.*

*Virginia's grandchildren, two very special people in her life, also wrote about their feelings. Jennifer, when she was only nine, wrote a school essay enumerating the ways her grandmother enriched her life. Her concluding words were, "My Grandma, as close to perfection as you can get."*

*Upon the occasion of Virginia's death, her grandson wrote these words of tribute:*

*Virginia Reese was much more than a grandmother to me. She was my mentor. . . She taught me the joy of travel. I learned to appreciate the culture of other places and to keep an open mind when dealing with foreign customs by watching how she effortlessly and joyfully interacted with everyone around her.*

*Virginia lived a full life. Even in the midst of pain and sorrow, she was a loving presence wherever she went. We shall miss Virginia, and echo the concluding words of her grandson's tribute. We "hope you have found the peace and happiness you so richly deserve."*

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### *Meeting Place Rummage Sale*

June 10, 2000  
8:30 a.m. to 2:00 p.m.

We need your donations of "gently used" household items and clothing.

Donations can be dropped off at:  
4034 Park Blvd. from 10:00 a.m. to 4:00 p.m.  
Tuesday through Saturday

or

Please call (619) 294-9582 to arrange for pickup.



## CLIENT CORNER

### SCHOLARSHIP FUNDS AVAILABLE



Mental health clients may apply to SDAMI for scholarship funds for course-related expenses such as tuition, fees, books, and supplies. To apply, call the Albright Center at (619) 543-1434 and request an application.

Applications up to \$500.00 will be considered.

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

### Living with Schizophrenia And Other Mental Illnesses

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

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

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



**Chuck Sosebee at  
(619) 294-9949**

#### **The Consumer Center for Health Education and Advocacy**

If you need help getting mental health care services, please call or write us.

We are ready to help you.  
1475 Sixth Ave., 4th Floor  
San Diego CA 92101  
1-877-734-3258 Toll Free

#### **The Meeting Place, Inc.**

4034 Park Blvd., San Diego  
(619) 294-9582  
*Open Tuesday - Saturday  
12 Noon - 4 p.m.*

#### **Corner Clubhouse**

2852 University (at Utah)  
San Diego (North Park) #7 Bus Line  
(619) 683-7423  
*Open Monday  
8:00 a.m. - 12:00 p.m.  
Tuesday - Friday  
8:00 a.m. - 4:00 p.m.*

#### **Friend to Friend**

1009 "G" Street  
San Diego  
(619) 238-2711  
*Open Monday - Friday  
12:00 - 6:00 p.m.*

#### **Mariposa Clubhouse**

560 Greenbrier, Suite .102, Oceanside  
(760)439-6006  
*Open Monday - Friday  
8:00 a.m. - 8:30 p.m.  
Saturday & Sunday  
10:00 a.m. - 5:00 p.m.*

#### **Friends**

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

#### **East Corner Clubhouse**

562 East Main St., El Cajon  
(between Mollison and Avocado)  
(619)401-6902  
Fax: (619)401-1751  
*Open Mon, Tue, Thur & Fri  
8:00 a.m. - 4:00 p.m.*

*Wed 8:00 a.m. - 6:00 p.m.  
Sat 10 a.m. - 2 p.m.*

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

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

#### **Employment Services**

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

#### **The Access Center of San Diego**

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

#### **The Creative Arts Consortium**

P. O. Box 3053  
San Diego, CA 92163-3053  
For General info, call: (619) 692-8417  
Art—call Michelle (619) 260-1288  
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"

### **NAMI Convention**

**The NAMI San Diego board has made \$800 available to consumers for one-day attendance at the conference.**

**Call NAMI San Diego to apply.  
(619) 294-9941**

## Schedule of Meetings

### NAMI SAN DIEGO

1st and 3rd Thursday each month  
University Christian Church  
3900 Cleveland Ave., San Diego  
Call (619)543-1434 or 1-800-523-5933

1st Thursday, 6:30 p.m.  
Education and Advocacy

**Thursday, June 1 at 6:30**  
**Presentation of artwork by**  
***The Creative Arts Consortium (CAC)***  
**View award winning video**  
**“Sunshine and Shadow”**  
**Enjoy free popcorn and soda**

3rd Thursday, 6:45 p.m.  
Sharing and Caring

#### Morning Sharing and Caring:

Third Tuesdays  
10:00 a.m. to 12:00 a.m.  
Albright I & R Center, 1094 Cudahy Place,  
Suite 120, Morena Office Center  
(West Morena & Buenos Ave.)  
(619)294-9941 or (619) 543-1434

#### Sharp Mesa Vista Hospital Sharing and Caring

Fourth Thursdays, 6:30 p.m. – 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 Wednesdays  
7:00-9:00 p.m.  
Scripps Well Being Center  
Adjacent to the UTC Mall  
Call Monica Astorga at (858)483-9370

#### Clairemont Area Sharing and Caring

Second Mondays  
7:00-8:30 p.m.  
St. David’s Episcopal Church (Library)  
5050 Milton St.  
(619) 276-4567

#### La Jolla Sharing & Caring

1st Tuesday each month, 7:15-9:00 p.m.  
La Jolla Presbyterian Church Lounge

7715 Draper Avenue, (858)459-4905  
(Entrance on Kline St.)

#### El Cajon (East County)

2nd & 4th Wednesday each month  
6:30 p.m., 562 E. Main St., El Cajon,  
Call Donna Hawkins: (619) 401-5500  
or Forough, Douraghi: (619)401-5440

#### South Bay—Spanish

4th Monday each month 6:00-8:00 p.m.  
Call Luz Fernandez (East County clinic)  
for location (619)401-5500

#### Filipino Family Support Group

UPAC  
1031 25th St., Broadway & 25th  
2nd & 4th Thursdays 2:30 - 3:30 p.m.  
Call Maria Lopez (619)235-4282

#### Alpine Special Treatment Center Sharing & Caring

For information on date/time/place  
call (619) 445-2644, ext. 20

#### El Centro Sharing and Caring

2nd and 4th Wednesdays at 6:30 p.m.  
St. Peter & Paul Episcopal Church  
5th & Orange, El Centro  
(parking by Holt Street)  
Contact: Vicki (760) 359-3323

### NAMI SAN DIEGO COUNTY NORTH INLAND

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

1st, 2nd, 4th & 5th Tuesday  
4:00-5:30 p.m., Share & Care  
210 Park (Senior Center), Escondido  
Call (760)745-8381

3rd Tuesday, 7:00 p.m.  
Education Meeting  
Bradley Center (Kinesis North)  
474 W. Vermont Ave, Escondido  
(760)745-8381 or 1-800-523-5933

**Tuesday, June 20**

**7:00 p.m.**

**Escondido Police Department  
PERT**

**Topic: How can law enforcement work  
with families to aid the mentally ill?**

All meetings are followed by refreshments  
and Share & Care for family members

### NAMI NORTH COASTAL SAN DIEGO COUNTY

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

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

3rd Wednesday at 7:00 p.m.  
Education Meeting  
followed by Share & Care at 8:40 p.m.

**Wednesday June 21 at 7:00 p.m.**

**Speaker: Carol LeBeau**  
**News Anchor – Channel 10**  
**Topic: Her Personal Story**

4th Tuesday - 5:00-6:30 p.m..  
Share & Care  
North Coastal Mental Health Center  
1701 Mission Avenue #A, Oceanside  
(760)967-4475 or (760)722-3754

2nd Thursday at 6:00 - 7:00 p.m.  
Share and Care  
Tri-City Medical Center, Mental Health  
Unit (760)722-3754

#### Pastoral Share & Care

4th Thursday - 7:30 p.m.  
2807 Ocean St., Apt. 301, Carlsbad  
Jane or Tim Hird, (760)435-2536



2000 MEMBERSHIP APPLICATION

Make check payable to SDAMI and mail to: P. O. Box 710761, San Diego, CA 92171-0761  
Check one: ( ) Individual or Family \$35.00 ( ) Client \$10.00 ( ) Newsletter Only \$15.00

Check Relation to Client: Parent of Adult \_\_\_ Parent of Child (under 18) \_\_\_ Sibling \_\_\_  
Spouse \_\_\_ Professional \_\_\_ Other \_\_\_\_\_

Check one: ( ) New Member ( ) Renewal Contribution: \$ \_\_\_\_\_

Name \_\_\_\_\_ Phone (home) \_\_\_\_\_

Street \_\_\_\_\_ Phone (work) \_\_\_\_\_

City, State, Zip \_\_\_\_\_

VOLUNTEERS:

The Access & Crisis Line

1-800-479-3339



24-hours a day  
7 days a week

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

The Access and Crisis Line is a service of United Behavioral Health, the Administrative Service Organization for the County of San Diego Mental Health System of care for adults and older adults.

NATIONAL DEPRESSIVE & MANIC DEPRESSIVE ASSOCIATION

Call (800)826-3632 for meeting places and times.

Depressive and Manic Depressive Support Group

Every Monday at the VA Hospital La Jolla, Room 2011 6:00 – 8:00 p.m.

Sponsored by: Dr. John R. Kelsoe, M.D. UCSD Dept. of Psychiatry

For information, contact: Janet Kaul (858) 535-4783 or Toll Free: 1-800-274-3637

ALBRIGHT INFORMATION & REFERRAL CENTER

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

Do you need information about mental illness?

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

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

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

San Diego Alliance for the Mentally Ill  
1094 Cudahy Place, Suite 120  
San Diego, CA 92110-3932

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RETURN SERVICE REQUESTED

***Inside This Issue:***

***Congress Begins Action on FY 2001 Spending Bills  
for Research and Services***

***May -At-A-Glance  
(Update on NAMI San Diego Programs)***

**Alliance Advocate  
Summer Edition**



Effective this summer, the July and August edition of the Alliance Advocate newsletter will be combined into one "summer" edition.

**The summer edition will be mailed before the end of June.**

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**Don't Pass an Opportunity to Register for the  
NAMI Annual Convention**

*Turning Promise Into Practice*

**NAMI's 2000 Annual Convention**

Town and Country Resort Hotel, San Diego

June 14 – 18, 2000

Join us as we gather the knowledge and the tools to ensure a golden future for ourselves and our family members.

The information packed four days include:  
Ask-the-Doctor sessions with the nation's leading clinicians and researchers, featured in sessions where you ask the questions and guide the discussion.

The program schedule can be viewed on NAMI's web site:  
[http://www.apollonian.com/nami\\_convention/](http://www.apollonian.com/nami_convention/)

or

Call NAMI San Diego for a registration form and schedule  
(619) 294-9941