

# The Alliance Advocate

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

Formerly San Diego Alliance for the Mentally Ill

June 2001

Volume V, Issue 6

## Biotechnology; Wall Street Awaits Risperdal Trial Results, Cambridge Firm Develops Injectable Formulation

The Boston Globe, May 2, 2001,  
By Ronald Rosenberg, Globe Staff

Wall Street will be monitoring Johnson & Johnson's announcement this morning of its phase 3 clinical trial results from a sustained-release formulation of the schizophrenia drug Risperdal, developed by Alkermes Inc.

Johnson & Johnson developed the original once-a-day oral formulation of Risperdal, which has become one of the fastest-growing new antipsychotic drugs on the market this year.

Cambridge-based Alkermes, under a license from Johnson & Johnson, has gone the next step and packaged the drug into an injectable formulation that will enable patients to get a month-long supply from just two injections. If approved by the Food and Drug Administration, this longer-acting Risperdal could generate \$300 million in sales in 2004, the Boston investment banking firm Leerink Swann & Co. has projected.

"With our delivery system for Risperdal, we have a platform for developing other sustained-release drugs, which gives us a large commercial potential," said Alkermes chairman Richard Pops.

The anticipated positive results for this new version of Risperdal could give Johnson & Johnson a potential leg up on rivals that don't have long-lasting versions of their antipsychotic drugs. Risperdal competes against Zyprexa from Eli Lilly & Co., Clozaril from Novartis

Continued on page 4-- Risperdal

## Education & Advocacy Meeting

Thursday, June 7, 2001

6:30 - 8:30 p.m.

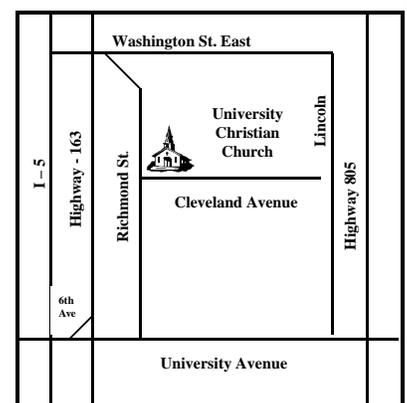
**Speaker: Steve Chase, M.S.W., Care Coordinator**  
**UCSD Dual Diagnosis Integrated Treatment Program**  
**Topic: Dual Diagnosis**

Steve Chase will be speaking on Dual Diagnosis and his work in the UCSD Dual Diagnosis Integrated Treatment Program. He will provide information about this compounded problem including the unique struggles and triumphs. He will answer questions for significant others on how to best provide support and access resources.

Steve Chase, M.S.W. has been a "care coordinator" with the UCSD Dual Diagnosis Integrated Treatment Program since its inception as a pilot program in 1997. He provides individual and group therapy for individuals with a co-occurring mental illness and substance abuse or addiction. Steve Chase is also a field instructor for the graduate social work program at San Diego State University where he obtained his master degree in social work. Other work experience includes facilitating mindful meditation groups as well as working at Sharp Grossmont Hospital Behavioral Health. Mr. Chase is highly dedicated to his work as a social worker and his holistic approach includes a great respect for the individual journey of each of his clients.

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.

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



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

## May-at-a-Glance

Bettie Reinhardt, Executive Director

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### Celebrate Mental Health! 2001

One hundred fifty people walked all or part of the 5K course in Ocean Beach on April 28. The Celebrating Healthy Minds and Bodies Fun Walk and Resource Fair drew many family, client, and provider members of the mental health committee as well as folks from the community. With help from our Community Sponsors County of San Diego Health & Human Services Agency/Mental Health Services and Pfizer, Inc. and our Platinum, Silver, and Bronze Sponsors, we provided educational exhibits by 40 groups and live entertainment by Dan's Band, El Cajon Valley High School, and Sudden Impact. Watch this space for information about next year's bigger and better event!!!

Invited employers attended the 2<sup>nd</sup> NAMI San Diego Annual Employers Breakfast on May 8 at The Westin Horton Plaza Hotel. They heard Robert McInnes, an IBM executive and representative from the California Business Leadership Network, talk about improving the capacity of companies to effectively employ the talents of people with disabilities and they heard a panel of employers, mental health clients, and ADA, Social Security, and employment experts make a very compelling case for hiring able people with mental illnesses. The annual Open Your Mind Award was presented to Elite Show Services in recognition of their enlightened employment and support of people with mental illnesses. If you know an employer that should be invited next year, let us know now.

### Adult Mental Health Services Director

Marjie, our President, Sylvia Padilla, our Education and Development Director, Chuck Sosebee, our Consumer Education and Outreach Coordinator, and I had the opportunity to meet with Mark Refowitz during his first week in his new job as Director of Adult Mental Health Services. We were pleased to hear that he is committed to making biopsychosocial rehabilitation work in our county, despite our lean resources. We felt "listened to". I urge you to share your concerns with Mr. Refowitz, either directly or through one of the people mentioned above.

### Board News

The Board began work on a budget for the next fiscal year that will help us accomplish our objectives of serving more of the community in ways that will meet more of its needs for support, education, and advocacy.

### Family-to-Family Education Program

The next class will begin at the end of June. Another will begin in the fall.

### Schizophrenia: Education for Families and Caregivers

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

### Advocacy Works

We are working on presenting this class again, we hope regularly. We need to know that you are interested in this one-day workshop that provides a tool box of skills families can use in their own advocacy. Please call now.

### Living with Schizophrenia & Other Mental Illnesses

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

### A Personal Note

If you read the newsletter very often, you know that our organization is made up of many people. We never see some of these people and we know that they are busy with the reasons that caused them to join us. Others are very active and many are firmly a part of my NAMI life (remember, we honored over 50 volunteers earlier this year). Mark Rath is one of those people that has felt like a member of my NAMI family. He was volunteering in the Albright Center before I arrived on the scene in 1993. He has taken many a phone call in this office, and made many follow-up calls to see if callers needed further help. He has also told many an oh so dry joke and showed remarkable fortitude. He made me feel that he cared about me and I think that callers must have felt that, too. He has been a part of my development. Mark died in May. I thank him for being here for us.

### To Register for Classes

Call the Albright Center at 800.523.5933 or 619.543.1498 to sign up for any class or workshop described above. All of the classes are provided at no charge.

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

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

**Open Your Mind**



**Mental Illnesses  
are Brain Disorders**

## The Alliance Advocate

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

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

### Board of Directors:

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exudir@namisandiego.org

### Education & Development Director

Sylvia Padilla

### Consumer Education & Outreach Coordinator

"Chuck" Sosebee

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

### Mailing Address:

P.O. Box 710761  
San Diego, CA 92171-0761  
Phone: (619) 294-9941 or  
800 523-5933  
Fax: (619) 294-9598 or  
(619)543-1498  
TTY: (619) 275-7164  
E-mail: sdami@adnc.com  
Web Site: www.namisandiego.org

### The Alliance Advocate Editor:

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

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

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

## A Message From NAMI San Diego's President

### What is the best way for NAMI San Diego to raise funds?

Have you ever wondered why we don't have several large fund-raisers each year?

We are a grassroots organization which to me means that most of us have a full life and a limited amount of time, and energy that we can devote to NAMI. We all are busy caring for our family members who are ill, or working hard toward our own improved lifestyle. We try to keep our lives flexible so as to be prepared for any crisis or relapse that comes up.

I personally think that what time, energy, and resources we are able to give to NAMI are best used toward providing much needed programs such as teaching and coordinating various classes, (Family to Family, Schizophrenia, etc.), answering the phones at the Albright Center, doing data entry at Albright Center, providing information at various health fairs around the community, running our education meetings, producing our newsletter, and maintaining our membership information.

Over the years the majority of our donations have come from our members and friends in small amounts and sometimes in large amounts. We have received donations of both money and in-kind items such as printing, food, and a computer printer.

### I want to thank you again for whatever you have given to NAMI San Diego.

Our Board has to constantly prioritize what we can and can not fund. There are always many more opportunities than there is money. In March and April we started working on next year's budget which starts on July 1st. Right now we to replace the start up funds we had for the "Living With..." program. We'd like to add the new Peer to Peer classes with NAMI National developed by and for consumers, taught by three consumers who would have extensive training and receive a stipend. I, personally, would like to expand our Project Payee program to include many more consumers. We are growing out of our space--we had to make the meeting area into more office space and are borrowing meeting space from PERT up on the third floor. Bettie has been working with our landlord who wants to charge us extra for his utility increase and our lease needed to be reworked (at more rent of course). Many of us would like NAMI San Diego to have our own space. The board has made up a very long and varied wish list as to what we would like to have if we had our own space.

Our Development Committee has started to work on creating a written development plan for our organization that could easily be updated annually. It will incorporate: (1) applying for grants and other funding from outsiders, and (2) a more disciplined way to request, track, and acknowledge gifts of money and in kind items we receive from members and friends.

If you have experience in these areas and would like to work with us or would like to comment about or contribute toward any of the budget items listed above please contact Bettie, Mary Truman, chair of Development committee, or me.

**Marjorie Joramo**  
**President**

AG, Seroquel from AstraZeneca, and Geodon, launched in March by Pfizer Inc.

All of these drugs provide much better relief from schizophrenia, with far fewer side effects, than such older medications as Haldol, according to doctors.

FDA approval is expected to signal a strong future for Alkermes' Medisorb-brand injectable drug-delivery technology, said Carolyn R. Pratt, an analyst at Needham & Co.

Alkermes also has an oral drug delivery technology called ProLease that Genentech Inc. uses to market a sustained-release version of its human growth factor.

One reason the Medisorb version of Risperdal is expected to appeal to psychiatrists is that it would overcome a major problem of schizophrenia patients who do not take their medication every day.

Often they forget to take their pills or have fears and delusions about their medication. If less than the recommended dosage is taken, the drug does not work. A twice-a-month injection would avoid these problems and provide sufficient amounts of the drug in the body to treat a schizophrenia patient's hallucinations and paranoia.

"If you can disperse the drug early on for 30 days, you have a chance of providing a more consistent dose with fewer side effects," said Harry M. Tracy, editor and publisher of NeuroInvestment, a monthly newsletter in Rye, N.H. It tracks the companies developing psychopharmaceuticals.

Ronald Rosenberg can be reached by e-mail at [rosenberg@globe.com](mailto:rosenberg@globe.com) <<mailto:rosenberg@globe.com>>.

## Legislative Update by Caroline Hamlin

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### LPS Reform Bills Pass Judiciary

The three Assembly bills, 1421, 1422, 1424, have passed the Assembly Judiciary Committee. (refer to the May issue of the *Alliance Advocate* for description of bills). The bills are now in the Appropriations Committee and then on to the floor of the Assembly. We thank you all for contacting the Judiciary Committee. Now we call upon you again to contact your state legislator in the assembly. We support these bills for the following reasons:

**AB 1421**, the Assisted Outpatient Demonstration Project, would bring treatment to high risk individuals with a history of repeated hospitalizations, homelessness, and jail incarceration.

**AB 1422** would establish a Mental Health Advocacy Commission and mandate local programs.

**AB 1424** would broaden information required at hearings, including psychiatric and medical history, as well as information from the person's family.

Write, call, fax, or e-mail your assemblyperson now:

**75th District: Charlene Zettel**  
15708 Pomerado Rd., #110  
Poway, CA 92604  
e-mail: [assemblymember.zettel@assembly.ca.gov](mailto:assemblymember.zettel@assembly.ca.gov)  
fax: 858 385 0179  
phone.: 858 385 0070

**76th District: Christine Kehoe**  
1010 University, Suite 207  
San Diego, CA 92103  
e-mail: [assemblymember.kehoe@assembly.ca.gov](mailto:assemblymember.kehoe@assembly.ca.gov)  
fax: 619 294 2348  
phone: 619 294 7600

## The Dupuy Family Trust has Contributed \$235,000 to NAMI San Diego.

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With the announcement that NAMI San Diego has received a major bequest from the estate of Joyce Dupuy and that the Board has designated its use for a facility, NAMI is kicking off a capital campaign to acquire a permanent home. NAMI President, Marjorie Joramo, states that the desired components of the new facility have yet to be determined and invites the entire membership to contribute ideas and help build the dream. The additional amount to be raised by a capital campaign will be determined by the final design of the facility.

There appears to be agreement that NAMI San Diego's permanent home should be accessible by public transit and auto, that it should have plenty of room for training and other meetings, have adequate space for volunteers and staff members to work, and have plenty of room for the library and quiet spaces for small consultations.

In addition, some would like to see supportive housing units, a clubhouse, a thrift store, or a client-operated business included in the facility.

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**77th District: Jay La Suer**  
P.O. Box 1407  
La Mesa, CA 91942  
e-mail: [assemblymember.lasuer@assembly.ca.gov](mailto:assemblymember.lasuer@assembly.ca.gov)  
fax: 916 319 2177  
phone: 619 337 6557

**78th District: Howard Wayne**  
1350 Front St., Suite 6013  
San Diego, CA 92101  
e-mail: [assemblymember.wayne@assembly.ca.gov](mailto:assemblymember.wayne@assembly.ca.gov)  
fax: 619 233 0078  
phone: 619 234 7878

**79th District: Juan Vargas**  
2414 Hoover Ave., Suite A  
National City, CA 91940  
e-mail: [juan.vargas@asm.ca.gov](mailto:juan.vargas@asm.ca.gov)  
fax: 619 477 0207  
phone: 619 477 7979

## Schedule of Meetings

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

**First Thursday, June 7**  
6:30 - 8:30

**Speaker: Steve Chase**  
Care Coordinator  
UCSD Dual Diagnosis Integrated  
Treatment Program  
**Topic: Dual Diagnosis**

**Third Thursday, 6:45 p.m.**  
Sharing & Caring

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

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

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

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

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

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

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

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

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

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

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

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

**Second Tuesday, June 12**  
7:00 - 8:30 p.m.  
**Speaker: Jeff Hokanson &**  
**Pfizer Pharmaceuticals**  
**Topic: Facts About The Newest**  
**Medication for Schizophrenia**

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

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

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

**Third Wednesday, June 20**  
7:00 p.m.  
**Speaker: Eric Granholm, Ph.D.**  
VA Hospital  
**Topic: Psycho Therapy for Patients**  
**with Schizophrenia**

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

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

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

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

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

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

**San Diego-La Jolla Chapter**  
**Sponsored by**  
**Dr. John Kelsoe, UCSD**

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

## Client Corner

### SCHOLARSHIP FUNDS AVAILABLE

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

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



Applications up to \$500.00 will be considered.

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

### Living with Schizophrenia And Other Mental Illnesses

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

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

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



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

### The Consumer Center for Health Education and Advocacy

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

### The Meeting Place, Inc.

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

### Corner Clubhouse

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

### Friend to Friend

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

### Mariposa Clubhouse

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

### Friends

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

### East Corner Clubhouse

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

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

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

### Employment Services

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

### The Access Center of San Diego

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

### The Creative Arts Consortium

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

### Job Options

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

### San Diego Parks and Recreation Disabled Services Program:

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

### Patient Advocacy Program

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

### The Access & Crisis Line

1-800-479-3339

24-hours a day 7 days a week

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

# The Other Shoe

By Sally Shepherd, RN, MN

By far the most distressing thing about having “major depression - recurrent” is just that - its tendency to recur, not necessarily at regular or predictable intervals, but to recur nonetheless. Is it any wonder that those of us who suffer from the disease spend our lives “waiting for the other shoe to drop,” as it were? There is no such thing as “over,” there is no such thing as being “cured.” In fact, psychiatry might be the only field in medicine where the word “cure” does not figure with any reliability. There are only probabilities that the disease will or will not strike again. And therein lies the dilemma. Of course, the same can probably be said of other diseases. Who can say that a cancer, although apparently in remission, will not recur at some point down the road? Still, the kind of emotional roller coaster that recurrent depression takes its passenger on is very hard to deal with. “Waiting for the other shoe to drop” is an unhappy frame of mind that one finds oneself in after the initial euphoria of coming out of one deep dive wears off. Caregivers gently and well-meaning suggest that is an unhealthy way to look at life. But given a history of several relapses, it is hard not to get “sucked in” to that mind-game, isn’t it?

There are probably two major themes to consider if one is to try and avoid living one’s life solely in anticipation of another crash. The first is developing the ability to create “awareness” so that one can “attend to the moment.” The second is to be able to become familiar enough with the subtleties of one’s disease that it becomes possible to see a relapse coming and strike out pre-emptively to avoid it, or at least to lessen the impact to some extent.

The phrase “attending to the moment” comes from a wonderful book by Jon Kabat-Zinn entitled “Full Catastrophe Living”. Dr. Kabat-Zinn talks about developing the ability to become “mindful” of what one’s mind is doing and develop some control over it, particularly through meditation.

*Learning how to stop all your doing and shift over to a “being” mode, learning how to make time for yourself, how to slow down and nurture calmness and self-acceptance in yourself, learning to observe what your mind is up to from moment to moment, how to watch your thoughts and how to let go of them without getting so caught up and driven by them, how to make room for new ways of seeing old problems and for perceiving the interconnectedness of things, these are some of the lessons of mindfulness.*

The consequences of not developing mindfulness may result in us missing what is important in our lives.

*When we are functioning in this mode, we may eat without really tasting, see without really seeing, hear without really hearing, touch without really*

*feeling, and talk without really knowing what we are saying.*

Constantly waiting for the other shoe to drop involves devoting so much of our attention to the anticipation of some future crisis that it is not humanly possible to pay attention to what is going on in the here and now, and to the very things which quite possibly could even *avert* the dropping of the shoe! Dr. Kabat-Zinn recommends meditation as a means of developing the ability to stay focused on the here and now, but it also requires a making a firm decision to live life one day at a time instead of constantly worrying about what may lie just around the corner.

Relapse prevention is also critical if one is to avoid spending one’s life submissively waiting for the other shoe to drop. According to Dr. Robert Westermeyer, cognitive therapists distinguish between a lapse in one’s depression (non-severe, short term) and a relapse (severe, prolonged, may require professional help). Accepting that there may well be recurrences of the illness does not mean that one has to play a passive role in waiting for them to occur. In either case, there are several key points to keep in mind:

1. Recognize early warning signs.
2. Recognize inner and environmental triggers and prepare yourself
3. Make lifestyle changes and strengthen your personal support system
4. Continue to practice the skills you have learned in therapy

Depression can be an insidious disease and it may taint a sizable portion of our lifetime. Living is a dynamic, ever-evolving process. Learning to cherish the choice moments that we do have, and to make every attempt to avoid falling into potentially avoidable traps is a worthwhile challenge for anyone.

#### References

Kabat-Zinn, J. (1990) *Full Catastrophe Living*. Dell Publishing, New York.  
Westermeyer, R. (2000) *Cognitive Therapy Manual*. Mesa Vista Hospital.

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The Meeting Place is also looking for anyone that may have items that could be donated for our up and coming rummage sale, please contact Jeanette at (619)294-9582.



## Editorial: Off the Streets & Into Care

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Daily News (New York), May 2, 2001

"The average mentally ill homeless person spent nine months out of 12 in a variety of institutional settings. That breaks down to 4 ½ months in a shelter, about four months in hospitals and nearly a month in jail or prison. All paid for with public funds."

That was one of the findings of a recent study by researchers at the University of Pennsylvania, as described in the Daily News editorial below.

We have never seen stronger evidence for the proverbial "revolving door" of hospitalization, incarceration, and homelessness in which so many with untreated severe mental illness are imprisoned.

The study's main conclusion is dramatic proof not just of the need for more supported housing but also that such programs have -- due to subsequent savings in other areas -- little net cost. And when the average government expenditures on someone homeless are \$40,449 -- there is a lot to save.

In the future we (and perhaps you) will see this study put forth as proof that there is no need for assisted treatment, that voluntary services are enough. We urge anyone who so says to look more carefully at the study.

One-third of the total placements were to "community residences," programs in which the provision of housing was conditioned on maintaining treatment. Thus to those in these programs, dropping out of treatment meant losing their place to live.

Moreover, all the placements seem to have been coordinated by the same program, New York/New York. Although not clear from the study, those conducting these placements must have put those most in need of treatment and supervision into this more intensive program. Hence, the most likely candidates for assisted treatment should have been under the

compulsion to maintain treatment.

Although through a different variety of mechanism than normally described on this list, those placed in the community residents were, in fact, subject to assisted treatment.

Opponents of assisted treatment have long asserted that making treatment a prerequisite for housing is coercive. We will have to see if they now change their minds.

**"The average mentally ill homeless person spent nine months out of 12 in a variety of institutional settings. . . . All paid for with public funds."**

Daily News (New York)  
May 2, 2001, Wednesday

Editorial

Off the Streets & Into Care

Homelessness is a scourge, and a tragedy, that has plagued New York City for years. Its cost - in terms both human and monetary - is enormous. But calculating a dollar amount has always seemed somehow out of reach. Until now.

A just-released landmark study by University of Pennsylvania researchers convincingly documents what was heretofore just anecdotal, not to mention common sense: When seriously mentally ill people encamped on city sidewalks are placed in "service-enriched" housing, they use fewer costly services. Meaning shelters, hospitals (psychiatric and general) and jails.

Taxpayers should applaud.

Using computer data from seven city and state agencies, the study tracked 4,679 homeless mentally ill people for two years before and two

years after housing placements. The average pre-housing cost was \$40,449 per person, per year. That's right, per person, per year.

Surprised? Just consider: According to the study, led by Dennis Culhane, the average mentally ill homeless person spent nine months out of 12 in a variety of institutional settings. That breaks down to 4 ½ months in a shelter, about four months in hospitals and nearly a month in jail or prison. All paid for with public funds.

Once they were housed in rooms or apartments connected to clinical and support services, however, their use of such services dropped by an average of \$12,145 per year. Comparing these costs to the expense of building and operating such housing, the researchers found that it cost little more to house people than to leave them homeless. Which no one wants anyway.

The study's "vigorous methodology" confirmed what has been the city's operating assumption, according to Dr. Neal Cohen, commissioner of the Department of Mental Health. "It supports a sense we've had for a long time," he said.

The next step, then, must be action. The extension two years ago of the 1990 New York/New York Agreement - a city-state housing initiative for the homeless mentally ill - committed to create 1,500 units of this type of supportive housing. Add that to the existing 3,615 NY/NY units. So far, so good. But the job is far from done, if society is to address the estimated 10,000 mentally ill homeless still on the city's streets.

Albany and New York City already have formed a vital partnership. Now it must be expanded. Only strong and committed leadership can successfully marry the requisite health and housing services, for benefits both economic and humane.

(Source: Treatment Advocacy Center E-News, 5/10/01)

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 ☆ Mental Health Recognition ☆  
 ☆ Dinner ☆  
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 ☆ 5:00 p.m. Registration & ☆  
 ☆ No-Host Reception ☆  
 ☆ 6:30 p.m. Dinner & ☆  
 ☆ Presentations ☆  
 ☆ 9:00 p.m. Music & Dancing ☆  
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### Visit NAMI San Diego Offices

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

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

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

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# The Alliance Advocate

Vol. V, Issue 6, June 2001

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## NAMI San Diego

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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.**

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

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