



Two Grand More to Gateway to Wellness

Remodel main corner, double-door entry at 4480 30th Street

Estimated amount needed	\$5,000
Amount collected	<u>3,087</u>
Still needed	\$1,913

Helen Teisher Education Fund

Total fund balance as of May 10, 2003:
\$ 6,445.00

Thanks to...

Judge Robert C. Coates
I. Thorine Gulbrandsen
Karen F. Gurneck
Janice & Daniel Karsh
Geraldine L. Kreisler
Helen E. Saville
Henry Teisher
Edith A. Wagner

First Thursday

Dual Recovery: mental illness and substance abuse.

Speaker:
Chuck Ertl, PhD

Thursday, June 5, 2003
Social & Visitors – 6:30 pm
Business & Advocacy – 7:00 pm
Program – 7:30 pm

For more information,
please see page 5.

NAMI San Diego STRIDES for Health

By Kelly Levens

NAMI San Diego's 5th annual fun walk and resource fair, "Strides for Mental Health," was a great success. It took place on Saturday April 26th at Balboa Park. The walk was for everyone with the ultimate aim of raising awareness and funds for mental health and "celebrating healthy minds and bodies." Volunteers and committee members were on site as early as 6 am working to prepare for the day's big event. Around eight o'clock some of the walkers were beginning to arrive. For Emy Alhambra, Judy Waser, and other volunteers on the walk planning committee it was a relief and a joy to see it all coming together. The efforts for this year's walk were started a year ago, just after last year's walk with the hope of making some necessary improvements. It took a great deal of creativity, dedication, and effort on the part of the



NAMI San Diego steps up, leading the mental health community for STRIDES 2003

committee to put this year's walk into motion. In comparison to last year we nearly tripled the number of people attending. We were able to raise a substantial amount of funds through donations and sponsors to put towards NAMI's continuous programs and outreach efforts. We were also able to increase the number of exhibitors at the resource fair. Most people left with a bag full of great information and a couple of goodies as well. Our entertainment was excellent. We heard from bands Blue Orange and Zero Pressure, and we enjoyed the music all the way through until clean-up. We had some real talent there and it was wonderful of them to share their time and music for such a great cause. We were pleased to have on display at the park a collection of photographs titled **Nothing To Hide**, Mental Illness in the Family. In this series, we see pictures of people with mental illnesses and their families, each with their own story.

This exhibit travels around the US and was put together by a series of interviews that are now included in a book. The stories were reminders of how mental illness can affect people and the importance of family in that struggle. The photo-text exhibit was a welcome addition to our exhibitor circle. Our new food booth was popular as well. Through the generous donations of Claire Magner of Claire De Lune coffee

lounge, we were able to keep the profits from the food booth sale to put towards our many programs. Towards the end of the morning people enjoyed the music and waited with their tickets in hand for the drawing, as well as the individual, team, and exhibitor prizes. It

was a good end to a successful day.

I would like to thank again the dedicated planning committee, the many wonderful volunteers, and our numerous sponsors, without whose assistance this event would not have been possible.



Participants find resources, get free goodies, view the exhibition, watch musical performances, and make friends.

By Bettie Reinhardt, Executive Director

16.5 Million Cut From County Mental Health Budget

Crimson ink, scarlet slashes – it sounds a lot prettier than it is! Although the California legislature had not passed a budget, San Diego County has to develop an operating plan (most of us call it a budget) for the fiscal year that begins July 1. Virtually all of public mental health is funded by the State. The sources are varied: a return of a portion of our property taxes, motor vehicle tax, general fund, Tobacco Settlement, and Medi-Cal (which draws down federal dollars). Some is categorical, that is, we must spend it on the specified service or lose the money. Some services are mandated or entitlements, that is we must provide them whether we receive the money or not. That leaves the County with limited discretion and tough decisions about how it spends the money it receives.

The proposed Adult Mental Health (MH) budget is reduced by \$7.9 million. That includes \$1,365,000 from forensic services, \$1,360,000 from administration (County and contract), \$865,000 from County operated direct service programs, \$80,000 from sponsorship of local conferences, \$1,100,000 from long term care, \$1,200,000 from day rehabilitation services, \$194,000 from PERT, \$1,400,000 from inpatient fee-for-service Medi-Cal, and \$182,000 from outpatient fee-for-service Medi-Cal.

Imbedded in this litany is the closure of programs such as Heartland’s and Areta Crowell’s day treatment programs, the tightening of eligibility criteria (diagnostic and financial) for services, and the loss of a PERT team. But, it also includes enhancement of client self-help services and it includes continuation of the downtown REACH program for the homeless whether the State provides funds or not.

The proposed Children’s MH budget is reduced by \$8.5 million. The cuts include reducing forensic and administrative staff, closing the East County MH Services’ outpatient services for children, reducing contracted outpatient services, reducing day treatment and inpatient transition services, cutting the Children’s MH Initiative and both PERT teams funded by Children’s MH

“[NAMI] needs your voice.”

(that makes a total of three teams down), reducing case management, advocacy, inpatient, and out of state residential services, reducing or cutting various training and outreach programs, and cutting Family Partnership and Early Childhood Coordinator funding. Early Periodic Screening, Detection, and Treatment (EPSDT) is preserved with the use of County general fund money – a relatively small amount of County money draws a lot of federal money.

The May 14 “revises” issued by the governor’s office softened the hit a bit but, at this writing, the legislature has not indicated that it will follow the governor’s lead.

What does this mean? It clearly means fewer PERT teams around the County. One recipient of PERT services states, “PERT has meant the difference between my being taken to jail and charged with a felony and being directed into treatment. PERT changed the course of my life.” It means that people will probably go to a clubhouse instead of a day treatment program. It may mean that the phones will ring longer at the Access & Crisis Line. Only people who meet diagnostic criteria and can manage to receive services no where else

will be served. It means that NAMI services will be more important than ever.

What can you do? Call me for details of proposed program cuts. If your current program is closing, find out the proposed options and help develop a transition plan. Watch our website’s “What’s New” page for the Board of Supervisor’s mental health budget hearing date (between June 2 and 11) and testify about the impact on you or your family (or tell me and NAMI will include your story in our testimony). We know that without increased revenue cuts have to be made and it seems that



MH and County administration have worked hard to develop the least harmful plan but we still want the Board to understand what it means to individual lives. If you haven’t joined NAMI, please do so now. We need your voice.

Go to Town!

Chairman Cox is hosting a town hall meeting on **Friday, June 13th from 9-noon** in the Board Chambers, 1600 Pacific Highway, to give the public an opportunity to make comments regarding the State budget. The May revision will be out by then and they will have had a chance to review it and see how it might impact County services. **Senator Dede Alpert** and **Assembly member Mark Wyland** will be co-hosting it with the Chairman and will be inviting the entire SD delegation to attend and listen to the public. Seating and speaking opportunities will be on a first come basis and seating is limited to the chambers and the overflow room next door.

People, not things, have to be restored, revived, renewed, reclaimed and redeemed.

—Karen F. Gurneck

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

The NAMI San Diego Advocate
is a monthly publication of

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

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

To register your opinion, call Bettie Reinhardt at 619 584-5564 or write to P.O. Box 710761, San Diego, 92171 or fax to (619)584-5569 or email at exudir@namisandiego.org or contact any of the people mentioned in the articles.

Community News

NAMI Celebrates 25 Years of Excellence

By Karen F. Gurneck
Board President

Do you remember where you were in 1978? What was happening or where you were going? In 1978, Proposition 13 had passed and begun its impact on the mental health and social service community. NAMI San Diego and NAMI California incorporated – although under different names. Helen and Hank Teischer were the co-presidents of NAMI San Diego.

These last twenty-five years have seen us grow, become a more integral part of the community and a powerful legislative voice. We have expanded our outreach and provided more support and services for families and consumers.

In 1997, Bettie Reinhardt became our Executive Director and has stayed! In 1999, NAMI began planning for a mental health walk that just completed its 4th annual event! STRIDES FOR MENTAL HEALTH: CELEBRATING HEALTHY MINDS AND BODIES is now an annual event with entertainment, resource booths and prizes. In 2002, we purchased property on 30th Street, thanks to a generous donation by a family member. This has provided us with a stable environment to continue our mission.

This is a year of more mental health and social service cuts. Our community has not yet realized this impact. The last twenty-five years have seen dramatic improvements in understanding brain science and treatments for mental disorders. However, with this, there continues to be erosion in housing, employment and support services.

There is more to do and more understanding needed, but we need to celebrate our accomplishments and renew our faith. People, not things, have to be restored, revived, renewed, reclaimed and redeemed. Plans are underway for our Silver Anniversary social, this Fall. Any thoughts, tidbits of history or willingness to help will be appreciated.

Launching Membership Committee

By Marjie Joramo

As Development Director, I have agreed to chair our membership committee. NAMI San Diego interacts with many categories of people. Since we are a membership organization we need to divide those with whom we interact into members and non-members. Right now the line between the two is kind of fuzzy for me, but the committee is trying to clarify the difference. So far we have determined that we do not consider someone a member unless we have been told by them that they want to be a member. And since we are an affiliate of both NAMI National and California we need to abide by their guidelines. If you want to join our committee or have some input please contact me - you'll be hearing more about NAMI San Diego membership!



Interested in Recovery?

By Mary Lou Erwin

Join in on a Peer-to-Peer education class. The Peer-to-Peer course is designed to give a person diagnosed with mental illness an **opportunity to further wellness**. The course is taught by a team of three consumers who themselves experience a high quality of life. The Peer-to-Peer course is a **dynamic** nine week - two hours per week- experiential education course which combines lecture, interactive exercises and a structured group. There are two courses scheduled to start in July:

North County

7/10—9/4 Kensis North 9:30-11:30am

San Diego

7/26—9/13 Gethsemane Church 9:00-11:00am

If you are interested in LIVING WELL, call the NAMI San Diego office at 1-800-523-5933 to register.

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

Share and Care
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 Ead 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 NAMI Support Group
Second Tuesday, 6:30—8:00 pm
San Carlos Library, 7265 Jackson Drive
7265 Jackson Drive
Contact Karen Robinson, (619) 698-4711
E-mail: krsd@cox.net

NAMI Patton Share and Care
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
3rd 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 Weekly in Fallbrook
Wednesday, 5:00—6:30 p.m.
Fallbrook Healthcare Foundation
Corner of Mission and Fig
(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, June 19, 7:00 p.m.
"Spirituality & Psychiatry"
Speaker: Michael Lardon, M.D.
Associate Medical Director at
Alvarado Parkway Institute
Education Meeting followed by
Share & Cares at 8:40 p.m.
A General and Spouse and NAMI CARE

Share and 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

Verbal De-escalation for Families: Techniques and Interventions

By Bettie Reinhardt

Mr. Robert Erb MA, RN, CS, CLNC, Sharp Mesa Vista Hospital began his presentation by emphasizing the value of intervening in a crisis cycle.

We all have basic needs. In order of importance, they are: survival (food, clothing, shelter, and, yes, cigarettes), safety, companionship/belonging, love, self-esteem, and self-actualization.

Aggressive behavior can be expected when a basic need is threatened or is felt to be threatened.

The source of the perceived threat may not be immediately clear. This is where good communication using active listening comes in. Every message has a sender and a receiver but another necessary component is often omitted – feedback. Real communication is not complete without it.

We all have filters that can distort messages. Filters such as culture, paranoia, anger, language, age, drugs and alcohol, delusions, or medications. Without feedback, the message, the request for help, may be completely misunderstood. We should at least say, “I hear you.”

Verbal de-escalation is often called “talking the person down.” It requires that we:

- Be attentive and sincere
- Remain calm (DO NOT yell back, pace down)
- Keep language simple (use the “Rule of 5”, words with 5 letters or less and sentences with 5 words or less)
- Use reflective questioning
- Use silence as your friend – DO NOT lecture
- Offer choices
- Use “appear” and “seem” if we must use “you” statements

The Crisis Cycle is made up of a triggering event (internal or external), escalation, crisis, de-escalation, and recovery. The aggressive person is often very sorry for his/her behavior during the recovery phase making it a good time to explore the triggering event and to set the stage to prevent another occurrence.

Finally, remember to be genuine, respectful, and empathetic.

First Thursday

Education & Advocacy Meeting:

Dual Recovery: Mental Health Conditions & Substance Abuse.

Dr. Chuck Ertl is the Program Director for an outpatient dual recovery program which addresses the problems with substance abuse and mental disorders. Dr. Ertl will be sharing best practices, treatment, and intervention in dealing with dual diagnosis.

Speaker:

Chuck Ertl, PhD

Thursday, June 5, 2003

Social and New Visitors – 6:30 pm

Business and Advocacy – 7:00 pm

Program – 7:30 pm

July 2003

Richard Danford

Protection and Advocacy



Thank you, Robert Erb for your presentation on Verbal De-escalation for Families: Techniques and Intervention at last month's advocacy meeting.

For an overview of Mr. Erb's talk, please see the left hand column.

The monthly meeting is open to anyone interested in learning about mental illness.

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

Legislative Update

By Caroline Hamlin

Senate Votes Additional Medicaid Funds

Pending federal tax cut legislation (S1054) now contains an amendment by Senator Susan Collins (R-Me) which would provide 20 billion in state aid and includes 10 billion in increased federal Medicaid matching funds. Medicaid is the largest and most important source of funding for mental illness and support services so it is important for us to do everything we can to get this amendment passed. The bill will now go to the House which does not include this fiscal relief in their version of the tax cut.

Write, fax, or call your representative and urge them to contact House Speaker Dennis Hastert to include state fiscal relief and an increase in federal share of Medicaid in the final tax bill:

Representatives: Bob Filner, Rayburn Bldg. #2428, Fax 202 225 9073

Duncan Hunter, Rayburn Bldg. #2265, Fax 202 225 0235

Susan Davis, Longworth Bldg. #1224, Fax 202 225 2948

Letters can be addressed to U.S. House of Representatives, Washington DC 20515. All members of Congress can be called toll free at 800 839 5276 or at 202 224 3121 or by going to the policy page of NAMI web site at www.nami.org/policy.htm.

Proposed Reduced Medicare Copayment

The proposed federal legislation entitled The Medicare Mental Health Copayment Equity Act (S853) would reduce copayments for the elderly seeking outpatient psychiatric services from 50% to 20%. This bill, introduced by Senators Snow and Kerry last month, would end Medicare discrimination against the elderly who have the highest suicide rate in the nation, and for whom mental illness is a major health problem. This bill has been referred to the Senate Finance Committee.

Governor Davis' Revised Budget Proposal

The new 2003-2004 state budget proposal released by Governor Davis May 14 has both good and bad news. The good news is that the proposed \$49 reduction in monthly SSI payments has been removed. The bad news is that the state annual cost of living increase remains suspended. Two mental health programs still proposed for realignment are the Children's System of Care and the Integrated Services for the Homeless (AB34)

The state budgets will continue to be hotly debated in the weeks ahead. We will keep you informed of the final outcome which, with luck, will meet the July 1 deadline.

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 @ 5th 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., Tue, Thur, Fri..
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: _____

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

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 , going to the Links page and clicking Network of Care.

A Spanish Speaking Family to Family Teacher's Training

June 27-29, 2003

A Beautiful Mind: Genius, Madness, Reawakening "A Beautiful Mind" author Sylvia Nasar will speak at the Vista Hill Women's Council on Mental Health on Tuesday, July 8, 2003 at a luncheon program at the Hyatt Regency La Jolla at Aventine. To receive a personal invitation, please call Linda Jones at 858.514.5153. Tickets start at \$40. Tables of 10 are available. Reservations are required.

For interested applicants, forward name, mailing address, phone #, e-mail address, age & diagnosis of family member and NAMI affiliate to Rebecca Fuhrman at 714-544-8488 or e-mail to rfuhran@namioc.org.
org Note: For this class only—applicants will be provided airline transportation from the Los Angeles area, and southern, and southeastern areas of the state to this training in Santa Clara.

The Advocate

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San Diego, CA 92116

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Inside this Issue

- *Mental Health Budget Cuts*
- *25 Years of Excellence*
- *Calendar of Events*
- *Community Resources*
- *Legislative Update*



Return Service Requested

Support Research Funding



Pictured at the nation's capital, local NAMI representatives Virginia Biewer and Jerry Levens promoted funding for mental health research.

April 10, 2003

The NAMI delegation with the complement of research physicians and Rep. Bob Filner (D-CA), from left to right: James Lohr, MD, UCSD; Lewis Judd, MD, UCSD; Congressman Bob Filner (D-CA); Craig Van Dyke, MD, UCSF; Virginia Biewer, NAMI; Jerry Levens, NAMI; Charles Marmar, MD, UCSF.

Job Posting

Volunteer Chairperson(s) **Strides for Mental Health: Celebrating Healthy Minds & Bodies 2004** **Fifth Annual Fun Walk/Resource Fair** **Balboa Park, 6th and Laurel, Saturday, April 17, 2004**

NAMI San Diego

The San Diego affiliate of National Alliance for the Mentally Ill provides education, support services, and advocacy to improve the quality of life of everyone affected by mental illnesses.

Position Goal

Provide an outreach event that educates the general public about mental illnesses and the resources and hope that lead to recovery in a fun, inviting, and celebratory atmosphere and that generates revenue that will help NAMI San Diego continue and expand its education and support services.

Position Responsibilities

- ◆ Coordinate event planning utilizing guidelines and procedures from previous years
- Develop and support planning and implementation teams such as “walk”, “resource fair”, “partner development”, and “volunteers”
- Manage permit process
- Assure successful execution of event day plans

Accountable to

- President of the Board of Directors

Desired Background

- Familiar with NAMI
- Good communication skills
- Good organizational skills

Approximately 10 hours a week. Flexible schedule. Out-of-pocket expenses reimbursed.

For more information and/or to apply, please contact Bettie Reinhardt, Executive Director, 619.584.5567, exudir@namisandiego.org, 4480 30th Street, San Diego, 92116.

2, 4, 6, 8...

Who Do We Appreciate? YOU!

STRIDES 2003
VOLUNTEER APPRECIATION PICNIC
AN AFTERNOON OF FOOD, RELAXATION & PRIZES
Bring your chairs, blankets, kites, games & join the fun!



SUNDAY, JUNE 8, 2003, 12:00 NOON
MISSION BAY PARK
SOUTH OF THE HILTON HOTEL AND THE CHILDREN'S PLAY AREA NEAR THE SAND LAGOON
(Look for NAMI San Diego sign)

PLEASE RSVP BY JUNE 4, 2003
(619) 543-1434