

I AM NOT SICK, I DON'T NEED HELP!: Helping the Seriously Mentally Ill Accept Treatment

By Xavier Amador, Ph.D.
A Helpful Approach for Those Caught in a Familiar Quandary

If you have a loved one or client who seems to endlessly deny their illness and the need for treatment, there is hope. Dr. Amador offers a practical and compassionate approach based on findings regarding the causes of mental illness. Accordingly, he shows the reader that it makes sense to regard the illness as the enemy, and not the person. By focusing on listening, empathizing, agreeing, and forging a partnership with the ill person, mutually beneficial solutions can be reached. Even guidelines for making the difficult to decision regarding having the loved one committed to a mental health facility are discussed. Dr. Amador shows that cooperation with the mentally ill person regarding treatment is not only possible, but that it need not be difficult.

By Tina Suzanne Miller

Upcoming Classes

Schizophrenia
Education Lecture Series, May 13 – June 24
Sharp Mesa Vista Hospital, 6 – 8 pm
Drop Ins OK

Family-to-Family, coming in July
Day and place to be announced
Peer-to-Peer, June 5 – August 14,
North County
Peer to Peer, June 7 – August 7,
Central Region
Pre-registration and pre-meeting
with teacher required.
Call 619.543.1434 or 800.523.5933

We Need You!

At NAMI's **First Thursday Meeting, June 3, 2004**, Exploring the Topic

Risk of HIV and Serious Illness Among Mentally Ill

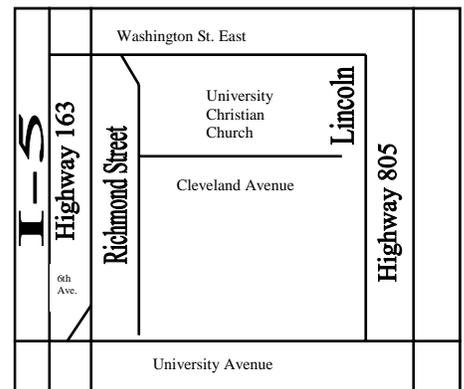
- 6:30 p.m.: Social/New Members
- 7:00 p.m.: Business and Advocacy Program
- 7:30 p.m.:

In June, our own Sally Shepherd, RN, and Diana Waugh, will present regarding HIV Infection and Mental Illness.

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

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

The HIV infection rate among patients with mental illness is currently 7 to 10 times the national average. The infection rate of patients in mental hospitals with Hepatitis B in the United States is 4 to 5 times that of the general population, and patients are 12 times as likely to have Hepatitis C. Twenty percent test positive for TB.



*****Reminder: There will not be a NAMI monthly meeting or newsletter in July.*****

By *Bettie Reinhardt*
Executive Director

NAMI San Diego submitted the following letter to the Mental Health Board on April 28th. We made a request for review of the Emergency Psychiatric Unit's assessment and treatment of Mia Morris on March 31, 2004.

Our concerns and our request are detailed in the letter to Chairperson Judith Yates. An outcome such as the shootings subsequent to the referenced EPU service should surely initiate an internal review by Mental Health Services medical and administrative leadership. It is not clear, however, that there is a mechanism for initiation of community review without a formal request by an organization such as ours.

We recognize that Mental Health Services' resources are stretched thin at this point and that participating in such a review will be taxing. The fact that resources are significantly limited and that service to consumers can suffer as a result is the very reason that the review should be conducted quickly and thoroughly. NAMI San Diego served as a "friend of the court" during the 60 Minutes expose of County Mental Health. We do not want to lose the ground that we have gained during the two decades since those dark days and feel that appropriate community oversight is one way to ensure quality public mental health services.

Dear Ms. Yates:

The Board of Directors of NAMI San Diego is requesting a review by the San Diego County Mental Health Board of the County's Emergency Psychiatric Unit (EPU) treatment of Mia Morris following her apparent suicide attempt (on the Coronado Bridge) on March 31, 2004 and preceding her alleged shooting of three people, including herself (again, on the Coronado Bridge).

We understand that the Mental Health Board has the authority to review the treatment provided by our community mental health system and that it especially has the need to oversee treatment that can make the difference between life and death. Treatment that is governed by the LPS Act is perhaps in the greatest need of such

"The Board of Directors of NAMI San Diego is requesting a review by the San Diego County Mental Health Board of the County's Emergency Psychiatric Unit (EPU) treatment of Mia Morris..."

oversight. We are all aware of the balance that must be achieved between protecting an individual's civil rights and protecting the life of that individual and the lives of others in our com-

munity.

We are asking the Mental Health Board to:

- review County Mental Health Services' policies and procedures regarding involuntarily holding, assessing and treating an individual that has made an apparent suicide attempt to determine if they comply with the intent of the LPS Act and with community standards;*
- review the decisions that were made to determine if they complied with the policies and procedures;*
- review the mechanisms currently in place to initiate a Mental Health Board review; and*

- recommend actions that will ensure the safety of individuals receiving services from our public mental health system.*

We are aware that any information regarding Ms. Morris will, and should, remain confidential. The community will want, however, to be assured that the LPS Act is not being so narrowly defined that lives will continue to be at risk. Those of us who remember the scandalous investigation of our County Psychiatric Hospital in the 1980s want to be assured that the County is not again ignoring community standards. And all of us want to be assured that State and County budget cuts will not pull the safety net out from under the people that need it most by influencing treatment decisions.

Thank you for considering our request.

Sincerely,

Bettie Reinhardt
Executive Director

The Mental Health Board responded by appointing two members to a small review committee staffed by Acting Mental Health Director Alfredo Aguirre, CMH Medical Director Dr. Jack Shale, CMH Hospital Administrator Karen Hogan, and Patient Advocate Adele Lynch. We understand that the review has not been case specific and it is not clear that it has been code and procedure specific. We therefore submitted a follow-up letter at the May 20th Mental Health Board meeting:

Dear Ms. Yates:

NAMI and Mental Health Association raised concerns at the last San Diego County Mental Health Board meeting regarding the most recent publicized bad outcome at the EPU. A sub-committee of the Board was aggregated at the meeting to report back to the Board at the upcoming meeting on various topics related to the questions NAMI raised.



The Advocate

NAMI San Diego, a non-profit organization, provides education, support services, and advocacy to improve the quality of life of everyone affected by mental illnesses.

NAMI San Diego is an affiliate of NAMI and NAMI California

Board of Directors:

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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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San Diego, CA 92116
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Fax: (619) 584-5569

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Web Site: www.namisandiego.org

The NAMI San Diego Advocate Editor:
Wendy McNeill

E-mail: whirlfswing@hotmail.com
Fax: (619) 584-5569

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.

NAMI's Community Action

Medical Advisory Board Asked to Investigate

Cont. from pg 2

NAMI San Diego is concerned about the apparent frequency that people demonstrating dangerousness and psychosis are released on a so called "voluntary" basis from County Mental Health units. NAMI San Diego believes that the Board must assure that the very sickest and most disabled persons with mental illness in the County are being protected from being harmed, harming others or harming themselves. NAMI San Diego notes that W&I section 5613(a) invites the County to report data on "(6) Reduction of law enforcement involvement and jail bookings. . . (10) Quality assurance activities for services. . . [and] (11) Identification of special projects, incentives and prevention programs."

NAMI San Diego therefore requests that the Board ask for a reporting from the County Mental Health Director for the following concerns: (Two pages of concerns and guidelines for responding with statistics followed. Please contact me if you would like to receive the complete document.)

The Mental Health Board will hear a full presentation responding to both our letters at it's next meeting on Thursday, June 17, 4 - 6 pm, County Administrative Center, 1600 Pacific Highway, Room 302. I suggest that "y'all come."

County Clinics Out to Bid

The County is putting major pieces of its services into the "managed competition" process. This means that first the County Mental Health clinics, then County Mental Health Case Management, and, finally, the County portion of the PERT teams will be

opened to procurement.

Statements of Work are being drafted for the five Adult and one Children's clinics and will be available for review and comment between May 24 and June 9, 2004. Check our website, www.namisandiego.org, for both of those documents.

A stakeholder's meeting is scheduled for our input on Wednesday, June 2, 1 - 3 pm, County Mental Health Administration, 3255 Camino del Rio South, San Diego.

In addition, each clinic is holding stakeholder focus groups between May 31 and June 11. Family members and consumers are strongly urged to contact the clinic in your

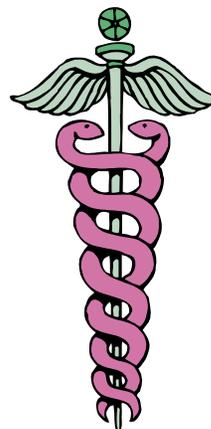
region for exact dates, times, and places:

Southeast 619.595.4400
North Central (Morena Blvd.) 691.692.8750
East County (El Cajon) 619.401.5500
North Coastal (Oceanside) 760.967.4475

North Inland (Escondido) 760.480.3500

This process is moving VERY QUICKLY. The County plans to ask for proposals from County employees and private contractors by late August. Proposals from private contractors will be reviewed first. County proposals will then be compared to the winners of the private contractor process.

The purpose of the managed competition is to "reduce costs while maintaining services." Adult Mental Health Services says it needs to reduce costs by nearly 11 million dollars.



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.
NAMI-SD Office, 4480 30th Street

Morning NAMI-SD Support Group

Third Tuesday, 10:00 - 12:00 a.m.
NAMI-SD Office, 4480 30th Street

Sharing and Caring

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

Sibling and Adult Children's Group

Second Wednesday, 7:00 - 9:00 p.m.
Scripps Well Being Center
Adjacent to the UTC Mall
Call Monica Astorga at (858) 483-9370

Clairemont NAMI Support Group

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

La Jolla NAMI Support Group

First Tuesday, 7:15 - 9:00 p.m.
La Jolla Presbyterian Church
Enter on Eads Avenue, Room #9
(858) 457-5057

El Cajon (East County)

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

South Bay Spanish

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

La Mesa

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

NAMI Patton

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

NAMI-SIT

Schizophrenics in Transition

Board Meeting
1st Wednesday at Noon
144 Copper Avenue, Vista 92083
(760) 941-2153 or
(858) 481-7069

NAMI-SIT includes the following :

- § Copper Hill Living & Learning Center
- § Creative Arts Consortium
- § Friends
- § Advocacy Works
- § MIXTECA Garden

NAMI North Inland

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

Education Meeting

Second Tuesday at 7:00 pm.
Speaker: Rory Potter, MSW
Topic: Social Security Benefits
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

Weekly Share & Care in Fallbrook

Wednesdays, 5:00 - 6:30 p.m.
Fallbrook Healthcare Foundation
Corner of Mission and Fig
Call for address (760) 745-8381

NAMI North Coastal

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

Education Meeting

Third Thursday, 7:00 p.m.

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

Education Meeting followed by

1. Share & Care,
2. Share & Care/Living with Spouses
3. NAMI C.A.R.E.

at 8:30 p.m.

Share & Care

Fourth Tuesday - 5:00 - 6:30 p.m..
North Coastal Mental Health Clinic
1701 Mission Avenue, Oceanside
(760) 967-4475 or (760) 722-3754

Share and Care

Second Thursday at 12:30 - 2:00 p.m.
Tri-City Medical Center, Behavioral Health
Unit, 4002 West Vista Way, Oceanside
(760) 639-1433

Share and Care

Second Thursday at 6:00 - 7:00 p.m.
Tri-City Medical Center, Behavioral Health
Unit, 4002 West Vista Way, Oceanside
(760) 940-7396

TARA Borderline Personality Disorder Support Group

First Tuesday monthly at 6:30 - 9:00 p.m.
Carlsbad Community Church
3175 Harding Street, Carlsbad CA 92008
(760) 729-2331

Legislative Update

By Caroline Hamlin

Mental Health Initiative

It's official that the Mental Health Services Act is on the ballot for November. An infusion of new money for mental health services will result if we can pass this initiative. We need everyone's help to make it law. Passing this initiative is the first priority for action of NAMI-CA until after the election. Please go to our NAMI-SD website to see how you can help.

Family Opportunity Act

The Senate has passed the Family Opportunity Act as an amendment to the Social Security Act. This bill would allow states to offer Medicaid to children with severe disabilities, including serious mental illness, living with families with incomes of up to 250% of poverty level. This is a great victory after years of work to get the bill passed. But it's not over yet! Now it must pass the House of Representatives. As HR 1811 it is already working its way through committees and, hopefully, will soon come to a floor vote.

Mental Health Courts

There are 93 mental courts in the United States. Thirty six of these courts have been funded in part or whole by the Federal Mental Health Courts program. S 2107, a bill to reauthorize funding for this program through 2009, is expected to pass the Senate. A companion bill, HR 3924, is pending in the House of Representatives. Mental Health Courts would offer the possibility of going to a treatment program rather than jail to mental ill offenders. San Diego, unfortunately, does not have a mental health court although all of the NAMI affiliates have advocated for the establishment of one. Of course, a key to the success of this program is having treatment programs to which persons can be referred.

An easy way to take action on Federal bills is to go to the NAMI website, www.nami.org and click on Take Action.

Advocacy

NAMI Visits D.C. With Parity Agenda

By Ginny Biewer
and Jim England

This year, NAMI parent, Jim England, and consumer member, Ginny Biewer, went to Washington D.C. on April 20 and 21 with mental health physician researchers, Dr. Lewis Judd and Dr. Ming Tsuang from UCSD. They were part of the American College of Neuropsychopharmacology (ACNP) members that were lobbying Congress for additional funds for the National Institute of Health (NIH). They were asking for a 10% increase in the budget. The president has requested a 2.6% increase, and the Senate has asked for a 7.2% increase. They also wanted to stress the passage of the Paul Wellstone Mental Health Equitable Treatment Act. This parity bill would require health plans to have the same coverage for mental illness that is given for traditional physical health plans.

Jim and Ginny and the doctors were able to meet with Senator Pete Domenici of New Mexico, who is the co-sponsor of the parity bill (S 486 IS), Congresswoman Susan Davis, Congressman Bob Filner and the legislative aide for Senator Barbara Boxer. All of them were receptive to the stories that were shared about recovery and said that the parity bill should be passed this year. It has over the necessary co-sponsors for passage.

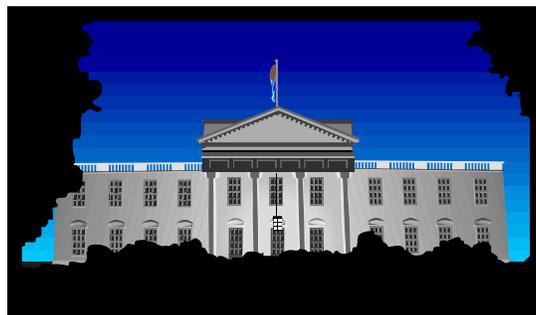
Science Magazine named the research done by the NIMH-funded laboratories the #2 breakthrough of the year in 2003 due to the progress in the identification of the genes for depression, schizophrenia and bipolar disorder. UCSD researchers were at the forefront of identifying the bipolar gene this past year.

Dr. Tsuang, a top geneticist from Harvard, was recruited by Dr. Judd specifically to work with twins and family members with and without mental illness. Instead of focusing on the bad genes, he would like to deal with the good genes from a pre-

"The parity bill would require health plans to have the same coverage for mental illnesses that is given for traditional physical health plans."

vention standpoint. This would help with the onset of the illnesses, relapses and suicides that can be the ultimate tragedy affecting so many of

the loved ones with mental illness. Research is the key to giving back the lives of those who suffer from chronic mental illness. Hopefully full recovery for many is just around the corner in this lifetime.



Message from the President

By Karen Gurneck
President of the Board

This year's NAMI San Diego Volunteer of the Year is Sally Shepherd, our president-elect and current outreach coordinator.

Sally was born in San Diego. She and her mother and sister moved to Switzerland in 1959 after the death of her father. She traveled extensively throughout Europe. She met her husband, Brian, when she was 12. When she began college she moved to Scotland where Brian was attending school.

Sally graduated from the University of Aberdeen with a major in medical sociology. She and Brian are parents of two daughters and one son. They returned to San Diego in 1981. She graduated from Grossmont Nursing School in 1985 and worked at UCSD in surgical ICU and trauma. In 1998, she achieved her "dream job" as education coordinator for the UCSD nursing department.

Sally's illness began in 1996 and, in 2000, she lost her job. She found NAMI in 2001 – or, should I say, we lucked out.

Sally has been a tireless and fearless advocate for us. She started out as an *In Our Own Voice* speaker and continues to do so. In 2002, she became a Board member and outreach coordinator. By 2004, it was clear to see that Sally needed to be our next leader.

She has been a local, state, and national presenter on various mental health issue topics.

Please join us in celebrating Sally as President-Elect and as NAMI San Volunteer of the Year.



your community Resources

NAMI C.A.R.E. Group

Consumer Support Group
NAMI San Diego Meeting room
4480 30th Street, San Diego, 92116
Every Tuesday
6 p.m. - 7 p.m.

Client Warm Line

1-800-930-9276
Daily: 5:00 p.m. - 11:00 p.m.
Call us. We are fellow consumers of mental health services who have been there, done that. Listening and talking are what we like to do.

Patient Advocacy Program

5998 Alcalá Park, AW 304
San Diego, 92110-2492
(619) 260-7660 or 1-800-479-2233
Monday - Friday: 8:00 a.m. - 5:00 p.m.

The Consumer Center for Health Education and Advocacy

1475 Sixth Ave., 4th Floor, San Diego, 92101
Toll Free: 1-877-734-3258
Mon, Wed, Thurs & Fri: 9:00 a.m. - 5:00 p.m.
Tuesday: 8:00 a.m. - 6:00 p.m.
If you need help getting mental health services or if you have a complaint or grievance, call or write us. We are ready to help you.

Corner Clubhouse

2864 University Ave. (at Utah)
San Diego, 92104 (North Park, #7 Bus Line)
(619) 683-7423
Monday - Friday: 8:00 a.m. - 4:00 p.m.

East Corner Clubhouse

1060 Estes Street (off Chase Avenue)
El Cajon, 92020
(619) 440-5133
Fax: (619) 440-8522
Mon, Tues, Thurs & Fri: 8:00 a.m. - 4:00 p.m.
Wednesday: 8:00 a.m. - 6:30 p.m.

Friend to Friend

1009 "G" Street, San Diego, 92101
(619) 238-2711
Monday - Friday: 8:00 a.m. - 4:00 p.m.
An SSI advocate is available

Friends In Hands (Clubhouse)

144 Copper Ave., Vista, 92083
(760) 631-2206
Saturdays: 11:00 a.m. - 4:00 p.m.

Mariposa Clubhouse

560 Greenbrier, Suite. 102, Oceanside, 92054
(760) 439-6006
Monday - Thursday: 8:00 a.m. - 4:00 p.m.
Friday: 8:00 a.m. - 1:00 p.m.
Saturday: 10:00 a.m. - 2:00 p.m.

The Bayview Clubhouse

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

The Meeting Place, Inc.

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

Visions @ 5th and H

499 "H" Street, Chula Vista, 91910
(619) 420-8603
Mon, Thurs, Fri & Sat: Noon - 7:00 p.m.
Sunday: Noon - 5:00 p.m.



The Access Center of San Diego

1295 University Ave., Suite 10, San Diego, 92103
(619) 293-3500
Monday - Friday: 9:00 a.m. - 5:00 p.m.

Employment Services

1202 Morena Blvd., Suite 201, San Diego, 92110
(619) 276-8071
Monday - Friday: 8:00 a.m. - 4:30 p.m.

Job Options

3465 Camino del Rio South, San Diego, 92108
(619) 688-1784 (Valorie)
Monday - Thursday: 8:00 a.m. - 5:00 p.m.
Friday: 8:00 a.m. - 4:00 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

The Creative Arts Consortium

P. O. Box 3053
San Diego, CA 92163-3053
Director - July Rose
(619) 282-4627 or (619) 563-2708

Scholarship Funds

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



NAMI Membership

Add your voice to ours

Let's work together to improve the quality of life for everyone affected by mental illnesses in San Diego.

Membership Application - - Each membership is for twelve months starting the month we receive your payment.

Name _____

Please indicate below how many voices are represented by the membership. If no indication is made NAMI San Diego will assume that this membership represents two voices. Number of voices _____.

Address _____

City/State/Zip _____

Phone _____ E-mail _____

Prefer newsletter by mail _____, to read newsletter on the web site _____.

_____ Check (please make payable to NAMI San Diego) _____ Cash

_____ Regular Member \$40.00

_____ Professional \$75.00

_____ Local Member \$20.00

_____ Newsletter Only \$15.00

_____ Open Door Member \$_____ any amount under \$40.00

_____ Donation* _____

_____ Please contact me/us with information about volunteering.

*Unless you instruct us otherwise, the first \$40.00 of a donation will be treated as payment for a membership if you are not already a member of NAMI San Diego. This will also apply if your current membership needs to be renewed.

Check relationship to a consumer

- _____ Parent of Adult
- _____ Parent of Child (under 18)
- _____ Sibling
- _____ Spouse
- _____ Professional
- _____ Other
- _____ Self
- _____ None

The Access & Crisis Line

1-800-479-3339

The Warm Line

Consumer to Consumer Talk Line

1-800-930-WARM (9276)

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

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

The Warm-Line looks forward to hearing from you.

Wanted: Your Story

Chuck Sosebee is putting together a book of consumer stories for Sharp Mesa Vista Hospital. The goal of the book is to provide hope to those who have been admitted and are feeling that things can't/won't get better. So, tell your story from your "dark days" to your successes, hopes, and dreams and help someone else move into recovery. The stories can be signed or anonymous.

Send the stories to Chuck Sosebee c/o NAMI San Diego, 4480 30th Street, San Diego, CA 92116 or fax 619.584.5569 or namisd@sbcglobal.net.



NAMI San Diego 101

5:30—6:30 p.m.

Wednesday

June 16, 2004

July 21, 2004

eNewsletter

Many of you have edged into the 21st century and are e-mailing your friends and family all around the country. Well, you are not the only ones. NAMI San Diego is now prepared to e-mail our Advocate to you. If we have your e-mail address, we will send you a message asking if you want to subscribe to our eNewsletter. Be proactive! Notify us that you want to receive the newsletter electronically. Call the Albright Center at 619.543.1434 go to <http://www.namisandiego.org/subscribe.html> or you can send a message to e-newsletter@namisandiego.org

The Advocate

Vol. VIII, Issue 6, June 2004



4480 30th Street
San Diego, CA 92116

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

Campaign
For Mental
Health.org
Heading to the
Ballot Nov. 2004

Join the NAMI San Diego Team

Return Service Requested

Task Forces

The latest of NAMI San Diego's task forces has gotten off to a great beginning. Mary Lou Erwin, Education Director, chaired the Children's Task Force on May 12th. As Bettie Reinhardt told the group:

- # NAMI San Diego incorporated 26 years ago as Parents of Adult Schizophrenics. As it has gone through name changes it has also welcomed a diverse membership of consumers, friends, and providers but has continued to focus primarily on adult issues.
- # NAMI is putting current emphasis on reaching diverse and underserved populations.
- # We have already formed Latino and African American Task Forces to help us bridge the culture gap. We hope that this task force will also help in this way.
- # Recognizing that there is too much to be done to duplicate efforts, we need to identify who is already meeting needs. Of those, we want to identify who would be appropriate collaborators.
- # Finally, we need to identify the gaps and which a self-help organization such as NAMI can fill.

The group, comprised of representatives of six other organizations besides NAMI members, plunged into brainstorming what kinds of support services our children and family members still need.

The next meeting of the Children's Task Force is Monday, June 7, 6 – 7:30.

The next meeting of the Latino Task Force is Tuesday, June 1, 5:30 – 7.

The next meeting of the African-American Task Force is Thursday, June 4, 6 – 7:30.

All meet in the NAMI San Diego office and welcome all comers who want to work!!

SAVE THE DATE

*San Diego County, HHSA, Mental Health
Services would like to invite you to a*

Stakeholder Community Forum

In order to give input into the

STATEMENTS OF WORK

For

***5 Adult/Older Adult Outpatient Clinics
and 1 Children's Outpatient Clinic***

Under Managed Competition

**JUNE 2, 2004
LA JOLLA ROOM
3255 Camino del Rio South
1:00 – 3:30 Pm**

CHANGING OUR STYLEBOOK ON USE OF 'SCHIZOPHRENIC'

Copyright 2004, The Austin American-Statesman (Texas)

March 31, 2004

By Rich Oppel, Editor

It began with a review: "When restaurants divide their menus into home-style and upscale offerings, it often leads to culinary schizophrenia, a state in which the eatery doesn't seem to know what it wants to be."

Pam Fiore, whose brother has struggled with schizophrenia for 35 years, first objected.

"With a newspaper as progressive as The Statesman, how is it that the misuse of the word schizophrenia is missed repeatedly? As devastating a disease as schizophrenia is, to lightly banter the word about is insensitive at best, demoralizing and hurtful at worst."

Yet Webster's Collegiate Dictionary justifies the critic's use "contradictory or antagonistic qualities or attitudes."

Advocacy groups frequently campaign against usages they consider insensitive. We routinely defend usage accepted by a dictionary, and initially I did here. I was wrong.

American-Statesman copy chief Russell Roe changed my mind. "Favoring precision over informal usage, I wouldn't have allowed the 'split personality' reference if it had crossed my desk," he said. "I've long heard warnings against using schizophrenic to mean 'of two minds' or conflicted. That's not a characteristic of schizophrenia."

The New York Times' Stylebook reads: "Schizophrenia is a mental illness often characterized by episodic disorientation, delusions and hallucinations. It is not characterized by a split personality, and the word schizophrenic does not mean two-faced, of two minds or self-contradictory."

A good argument came in from Susan Mulcahy, a mental health volunteer: "If a restaurant offered a strong group of appetizers and entrees at the top of the menu, but a weak selection of desserts at the bottom, you wouldn't write that the menu was paraplegic. If all of a restaurant's selections were plain and simple, you sure wouldn't call the menu mentally retarded. Yet it somehow seems OK to call a restaurant's menu schizophrenic. For some mysterious reason, it is still socially acceptable to refer to mental illnesses in a demeaning way that is not acceptable for other illnesses."

Finally, I called a woman who has schizophrenia, Diana Kern, 48, who is on medications and lives a normal life. Fifteen years ago, she suffered delusions of sight and sound.

She said people should understand that schizophrenia is an illness, disease of the brain. "It has nothing to do with character or personality."

We are changing our stylebook to state that "schizophrenic" shouldn't be used to mean "of two minds."

Note: Permission was granted to NAMI by the Austin American-Statesman to reprint the above article in its entirety.

NAMI StigmaBusters says:

* We do not protest usage of single words like "crazy" "psycho" "wacko" or "loony" unless they refer directly to individuals struggling with mental illnesses or to the illness itself.

* "Schizophrenic" to describe a split decision made by Congress or any organization has become part of our cultural language. However, its misuse is being heard and corrected by many in the public arena.

* We protest calling a person a "schizophrenic": NAMI policy calls for PEOPLE FIRST: people, persons, individuals with a mental illness, schizophrenia, bipolar, clinical depression, OCD, panic disorder.

From the NAMI San Diego Advocate archives, March, 2003:

To: words@kpbs.org (A Way with Words)

From: exudir@namisandiego.org

I was appalled to hear you use the term "schizophrenic" today when the discussion was not about mental illnesses. It would have been appropriate to use the word "ambivalent" instead."

It is not just that schizophrenic does not mean ambivalent or of two minds. The misuse of schizophrenic perpetuates the public's thinking that people living with schizophrenia have "split personalities" or dissociative disorder.

To: exudir@namisandiego.org

From: words@kpbs.org signed, Charles Harrington Elster

I certainly would refrain from using the noun "schizophrenic" to refer to anything but mental illness. But the adjective "schizophrenic" has been used figuratively for over half a century to mean "characterized by contradictory or incompatible elements."

I could dismiss your criticism simply by saying that this sense of the adjective is now beyond reproach. But as a purist myself I know that would be unfair. You make a reasonable point when you say that using "schizophrenic" to mean "of two sharply differentiated minds" somehow may perpetuate a misunderstanding about the nature of this mental illness. I would contend, however, that words get stretched like this all the time and still manage to maintain their specific meanings in their original contexts.