

Review: Early Detection & Intervention of Schizophrenia

By Bettie Reinhardt
Executive Director

Dr. Ming Tsang, University of California Distinguished Professor of Psychiatry, and Director, Institute of Behavioral Genomics, Department of Psychiatry, University of California, San Diego, accomplished the rare feat of receiving a standing ovation after presenting a scholarly talk about schizophrenia and research at the May 5th Education and Advocacy Meeting.

Dr. Tsang began by defining some terms for the audience. "Genomics" is the study of when genes do and do not relate with each other. "Behavioral genomics" combines the study of environmental factors with genomics. Schizophrenia does, indeed, refer to splitting but it is the person's feeling that there is a split between thinking and emotions or within thinking. "Schizophrenia" is a biologic disorder whose etiology involves a combination of genetic and environmental risk factors. The term that was most unfamiliar to the audience was schizotaxia. He described "schizotaxia" as a proposed syndrome reflecting neuropsychological and social dysfunctions, a genetic constitution that is a subtle neuro-integrative deficit.

Dr. Tsang suggested that the diagnostic term schizophrenia has limited usefulness because it does not tell us about the person and that person's mind and because there seem to be many schizophrenias with different genetic influences and different manifestations. He is focusing his research on schizotaxia because that concept has several practical implications - the treatment of non-psychotic relatives of schizophrenia patients could serve to attenuate clinically meaningful symptoms, while identification of accurate predictors for development of schizophrenia in these individuals might enable the prevention of onset of schizophrenia.

cont. to right...

NAMI San Diego's First Thursday Advocacy Meeting June 2, 2005

PERT

(Psychiatric Emergency Response Team) Program

What this law enforcement/mental health program is; Whom it serves – and when and where; What it does; What it does not do.

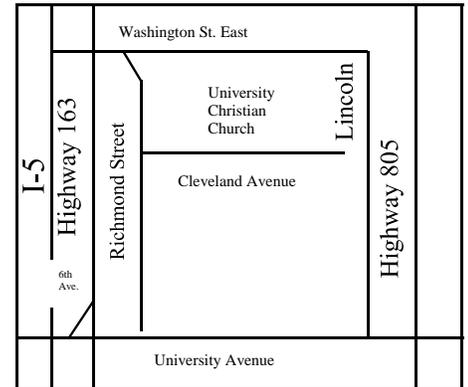
Speaker: Amanda Ruiz, M.D., Executive Director

Ask the Doctor: Ashok Paramerwaran, M.D., UCSD Outpatient Psychiatry Department

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

Schedule:

- 6:30 p.m.:** Business and Advocacy
- 7:00 p.m.:** Program
- 8:00 p.m.:** Ask the Doctor



Effective Prevention, cont...

It was Dr. Tsang's focus on prevention, along with his apparent genuine interest in and caring for people with schizophrenia and their families, that kept people hanging on his every word. When he got to the part about a proposed "prevention center", everyone was ready to help him build it.

His dream center would have research space on the top two floors where the focus would be on environmental factors that help prevent the onset of schizophrenia in people with schizotaxia and in whom gene testing show to have a genetic predisposition. The second floor would be an education center and the first floor would house clinical services – effectively marrying research and clinical practice. Gee, if every one of the 220,000 NAMI members contributed just \$10, he could be well on his way to developing a Schizophrenia Early Detection, Intervention, and Prevention Center.

By Bettie Reinhardt
Executive Director

Judy Wasik Honored by NAMI San Diego

We have the wonderful opportunity of honoring one special person each year that we help sponsor the Mental Health Recognition Dinner. (It is darned hard to choose just one person from among the many that help us fulfill our mission!) This year that person is **Judy Wasik**. Judy Wasik's professional background as an educator, speaker, and organizer found a perfect home at NAMI where she teaches Family-to-Family, organizes events, serves on committees, and regularly goes above and beyond to make a difference in our community.

Judy began attending NAMI events as a favor to her friend Emy. However, her face soon became more familiar and she took on one leadership role after another from the bylaws committee to co-chairing the 2003 Walk. We honor Judy for her conscientious and compassionate efforts in whatever venue she finds herself and thank her for sharing her time and energy with us.

Mary Lou Erwin, Education Director, NAMI San Diego, was nominated for a community award by the NAMI people that she has assisted throughout the county. The award was in the category of Program Director Not Involved in Direct Patient Care. Mary Lou helps provide hope and recovery for many people in this county through her management of NAMI peer education and peer support programs: *Peer-to-Peer*, *Family-to-Family*, portions of *Schizophrenia Education for Families and Caregivers*, *In Our Own Voice: Living with Mental Illness*, *NAMI Support Groups*, and *NAMI C.A.R.E.* She also chairs NAMI's Children's Task Force to help NAMI meet the unmet needs of this community, works part-time for Team of

Advocates for Special Kids (TASK), and has provided peer support for families and caregivers of children and adolescents since 1989. Mary Lou demonstrates outstanding performance and willingness to go beyond the requirements of her formal roles by working tirelessly and maintaining her focus on positive outcomes.

*“CONGRATULATIONS to
our honoree &
our nominee!”*

Early In Our Own Voice Success Story

Cynthia Ross was one of our original *In Our Own Voice* presenters and one of the program's first success stories – she did such a good job of presenting before some community college folks that they offered her a job. Her successes have continued and she is now a 2005 San Diego State University graduate with a master's degree in Rehabilitation Counseling. That's not all. Cynthia received the Thelma Manjos Outstanding Rehabilitation Student Award!

Peer-to-Peer is Officially Effective

We received funding from The California Endowment in January, 2003 to provide *Peer-to-Peer* classes throughout the county for two years. During that time, we provided 17 classes to 193 participants, trained 30 peer mentors (teachers) for the classes, and trained four people to train the mentors. See the March newsletter for more details or contact me for the complete report.

William Sieber, PhD, UCSD, worked with us throughout the project, and after, to independently evaluate the effectiveness of the *Peer-to-Peer* program. We added an extra week to the nine-week class to accommodate the pre-class and post-class

surveys that had to be completed. Class members who participated in the evaluation completed surveys at the beginning of the class, three months later, and six months later. (A little pizza and a few movie tickets helped provide incentive to complete the surveys yet one more time.) Dr. Sieber reported his findings to NAMI leaders and The California Endowment on May 12th. His conclusions:

- Although attrition was a concern, there were no significant predictors such as gender, age, or diagnosis.
- Study participants reported improved health and quality of life over time
- Anxiety was reduced more than were other mental health problems
- There was a reduction in the feeling of shame
- Knowledge of illness and treatments, coping skills, control, and knowledge of Advance Directives increased

The *Peer-to-Peer* program continues with two classes scheduled to begin in July. Additionally, NAMI San Diego Education Director Mary Lou Erwin and Senior Mentor Ann Cummings, NAMI North Coastal San Diego County, have been invited to the NAMI National Conference in June to help apply what we learned during this project to future implementation of the program across the country.

Au revoir to

Karen Gurneck and Dr. Alan Abrams

The Board and the Outreach Committee said, “Until we meet again” to Karen (NAMI San Diego Board President 2002 – 2004, Board of Directors 1999 - 2004) and Alan (Medical Advisory Committee 2001 – 2004, Board of Directors 2004) on May 27th. They have been instrumental in our affiliate's growth and development and will be sorely missed. However, the steamy hot summers and cold, snowy winters in Washington, D.C. where Alan now has appointments at St. Elizabeth's Hospital and Georgetown University should get at least Karen back in town for a few weeks at a time. We can probably find something for her to organize while she is here.

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

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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.

Sally's Update

Strokes to Those Who Make NAMI Dynamite!

By Sally Shepherd
NAMI San Diego Board President

It is a little difficult to focus on "business" again after the wonderful "Out of the Shadow" event last night. Our special thanks go to Becky Osterberg, our Outreach Coordinator, who spent many, many hours making sure that this event would be the success that it was. The evening was inspiring in every way – to know that there are so many people out there who care, but also that there are so many people out there who are looking for answers.

It is for those reasons that the Board has chosen to focus at this time on the very first goal of our strategic plan: ***“Residents of the greater San Diego area including people living with mental illness, their families and friends, health care professionals, legislators and other policy makers and the general community are aware of NAMI San Diego and the ways in which it can help everyone affected by mental illnesses.”*** The Annual Dinner, the passing of Proposition 63, the NAMI Walk, and last night's Mental Health Month Event have kept us going at full tilt for almost six months! It is time to take a breath and spend a little time on consolidation: complete new staff training, recruit and train more volunteers, strengthen our Task Forces, develop a PR strategy and apply for grants.

I am happy to announce that Wendy McNeill, one of our Board members, has agreed to take on the role of Media Coordinator.

I would also like everyone to welcome our new Board Member, Louise Groszkruger. Louise and her husband Dan became interested in NAMI when their son

was diagnosed with bipolar disorder in 2002. Louise has many years of experience in non-profit administration, and is an accomplished grant writer. Next week we will begin the process of identifying potential funding sources. Welcome Louise!

NAMI San Diego's Board of Directors has nominated Gloria Harris, PhD, for membership on the NAMI California Board of Directors. Gloria is one of six candidates

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seeking your vote for election to the four open seats. Please look for her name on your ballot.

I would like to thank every one who has congratulated me on winning the Eli Lilly Lifetime Achievement Award. Actually, it is I who should be thanking NAMI. I found NAMI at a time in my life when I was absolutely certain that I would never again be a productive member of society. Ask anyone who is involved with our organization: NAMI gives as good as it gets!



NAMI San Diego Meeting Schedule

NAMI San Diego

4480 30th Street
San Diego, CA 92116
(619) 543-1434 or (800) 523-5933

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

Sibling and Adult Children's Group
Second Wednesday, 7:00 - 9:00 p.m.
Scripps-Mende Well Being Center
Adjacent to the UTC Mall
Call Michelle Cauble at (858) 756-3140

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

South Bay - Spanish
First Monday, 6:00 - 8:00 p.m.
South County Family Resource Center
690 Oxford Street, Chula Vista
Call Luz Fernandez (East County clinic)
(619) 401-5500

**New support groups for families
and caregivers of children and
adolescents**

La Mesa Group
2nd & 4th Tuesday, 6:30-8:00 pm
Lake Murray Evangelical Free Church
5777 Lake Murray Boulevard, La Mesa
1st Floor, Fellowship Hall
Peggy & Bob Chambers: (619) 464-0476

San Diego Group
1st & 3rd Wednesday, 7:00-8:30 pm
NAMI San Diego Office
4480 30th Street, San Diego
Sue McCoy: (619) 277-6224
Karen Malsack (858) 560-0030

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

Rancho Bernardo NAMI Support Group
Third Thursday, 7:00 - 8:30 p.m.
Community Presbyterian Church
(Upper Fireside Room)
17010 Pomerado Road, San Diego
(corner of Pomerado Road & Rancho
Bernardo Road)
Contact Jim at (858) 487-0517

NAMI Patton
c/o Patton State Hospital
3101 E. Highland Avenue
Patton, CA 92369
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
2nd 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
- Jardin Cesar Chavez

NAMI North Inland

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

Education Meeting
Second Tuesday at 7:00 pm.

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
at 8:30 p.m.

Share and 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

Medicaid

On April 27 both the House and Senate passed a budget resolution which includes a requirement for a 10 billion reduction in Medicaid over the next five years. The House and Energy Committee and the Senate Finance Committee will be responsible for meeting the goal of the \$10 billion dollar cut through specific legislation. This reduction is less than the original \$60 billion cut over ten years first advocated by the White House but is still of great concern to the mental health community. We are indebted to Senator Gordon Smith (R-OR) and Representative Heather Wilson (R-NM) who led the fight to reduce the cuts.

Governor's Revised Budget

Among items of interest in the new revised budget are continued AB 34 funding of 55 million. AB 34 is the successful integrated services program through which we fund our REACH program downtown.

As you read in last month's Advocate, the Governor wishes to repeal AB 3632 Special Education monies that provide funding for mental health services in the schools. If repealed, all counties would depend on the school districts to provide the services as is now the case in San Diego. Protest this repeal by writing to:

Governor Arnold Schwarzenegger
State Capitol Building
Sacramento, CA 95814

Mental Health Services Act (Prop 63)

By Bettie Reinhardt

Thank you to those who wrote down your thoughts about the use of MHSA funds. It's not too late for YOU to complete the form that was included in your May newsletter and send it in. Can't find your copy? No problem, just let me know and we will send you a replacement.

exudir@namisandiego.org or
619.584.5567

Lessons of Love

From the Heart: A Sister's Reflections on Stephen

By Elana McKernan

I breathe. When I am tired and lost and trapped by the web life spins around me, I pause with the world and savor the life rushing through my lungs.

It is the gift of breath that has helped through the pain, and it is that gift of breath that will aid me in turning my thread into a resilient web.

When my older brother sits, alienated from the world, angry and tired, it is our breath that connects us.

If there is one thing that Stephen has taught me, is that there a beauty that transcends roses and humming-birds. There is beauty in cold rainy nights, and there is beauty in tears. When I reminisce about our childhood, glimpses of joy shine through my memories like the sun viewed through colored glass. I cherish the candyfuf games of Monopoly and the bike rides into town. For Stephen I wish all the peace in the world, all the rose-colored afternoons, because life is getting the better of him. He is spinning his own web, only his is one of self-destruction. He is desperately

trying to mask the fear in his eyes, the voices in his head. He creates an atmosphere of chaos to quell the involuntary rope of schizophrenia that inhibits him, but in doing so, he is only suffocating himself. And when he trembles, clinging tightly to his distorted persona like a child to his favorite stuffed animal, he looks like a child lost in a nightmare. And he is beautiful-mane of unbrushed hair, unkempt clothes and all-and I love him more than ever, and I want to take



his pain and free his mind of its prison. I want to protect him from the boogiemane.

Often we do not comprehend the bounds of love until tragedy threatens to take it from us.

We cry together, we laugh together. And we can breathe together.

Client/Consumer Resources

NAMI C.A.R.E. Support Groups

Consumer Support Groups
Call the Albright I & R Center at
(619) 543-1434 or 1-800-523-5933

NAMI San Diego Office

4480 30th Street
San Diego, CA 92116
Every Thursday: 6:00 - 7:30 p.m.

Gifford Clinic (Cafeteria)

140 Arbor Dr.
San Diego, CA 92103
1st & 3rd Wednesdays: 2:00 - 3:30 p.m.

Sharp Mesa Vista Hospital

(Activity Room)
7850 Vista Hill Ave.
San Diego, CA 92123
Every Thursday: 12 Noon - 1:00 p.m.

Joslyn Sr. Center

210 Park Ave
Escondido, CA 92025
1st & 3rd Tuesdays: 4:00 - 5:30 p.m.

Access & Crisis Line

1-800-479-3339
24 hours a day / 7 days a week

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.

NAMI -C.A.R.E. NEEDS YOU!

C.A.R.E. Consumers Advocating Recovery through Empowerment is a self-help consumer support group led by consumers for consumers with any mental health diagnosis. The *C.A.R.E.* program is looking for consumers in recovery that are ready to help others by becoming support group facilitators. There will be a free training offered soon that will teach you the skills to co-facilitate groups that will help you to help others. If you are interested in being a facilitator, please contact :

Mary Lou Erwin, Education Director at 619-584-5564 ext. 104.

Patient Advocacy Program

5998 Alcalá Park, AW 304, San Diego, 92110
(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.

Bayview Clubhouse

330 Moss Street, Chula Vista, 91911
(619) 585-4646 • Fax: (619) 585-4625
Mon, Tue, Wed & Fri: 9:00 a.m. - 3:00 p.m.
Thursdays: 9:00 a.m. - 5:00 p.m.

Casa Del Sol Clubhouse

1157 30th Street, San Diego, 92154
(between Coronado Ave. & Del Sol Blvd.)
(619) 429-1937 • Fax: (619) 429-5205
Monday: 8:30 a.m. - 6:00 p.m.
Tue, Thurs & Fri: 8:30 a.m. - 4:30 p.m.
Wednesday: Noon - 8:00 p.m. (Bilingual)

Corner Clubhouse

2864 University Ave. (at Utah)
San Diego, 92104 (North Park, #7 Bus Line)
(619) 683-7423 • Fax: (619) 683-7428
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, Tue, Thurs & Fri: 8:00 a.m. - 4:00 p.m.
Wednesday: 8:00 a.m. - 6:30 p.m.

Eastwind Clubhouse

2359 Ulric Street, San Diego, 92111
(858) 268-4933 • Fax: (858) 268-0244
Monday - Friday: 8:30 a.m. - 5:00 p.m.

Escondido Clubhouse

474 West Vermont Ave., Suite 105
Escondido, CA 92025
(760) 737-7125 • Fax: (760) 741-6645
Monday - Friday: 8:00 a.m. - 4:30 p.m.

Friend-to-Friend

1009 "G" Street, Suite A, San Diego, 92101
(619) 238-2711 • Fax: (619) 238-1127
Monday - Friday: 8:00 a.m. - 4:00 p.m.
An SSI advocate is available

Friends In Hand Clubhouse

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

Mariposa Clubhouse

560 Greenbrier, Suite 102, Oceanside, 92054
(760) 439-6006 • Fax: (760) 721-8542
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 Meeting Place, Inc.

4034 Park Blvd., San Diego, 92103
(619) 294-9582 • Fax: (619) 294-9588
Monday - Friday: 8:00 am. - 4:00 p.m.
1st & 3rd Saturdays: 10:00 a.m. - 2:00 p.m.

Neighborhood House Association (NHA) Friendship Clubhouse

286 Euclid Ave., #104, San Diego, 92114
(619) 266-2111 Ext. 105 • Fax: (619) 266-0496
Monday - Friday: 8:30 a.m. - 4:30 p.m.

Visions @ 5th and H

499 "H" Street, Chula Vista, 91910
(619) 420-8603 • Fax: (619) 420-0385
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 Park and Recreation Therapeutic Recreation Services

(619) 525-8247
Monday - Friday: 8:00 a.m. - 5:00 p.m.
Serves over 50,000 participants each year. The goal of the program is to provide year round recreational experiences for individuals with disabilities.

The Creative Arts Consortium

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

DBSA-Depression Bipolar Support Alliance

There are meetings in different regions of the county. Call for meeting information:
1-800-826-3632
or go to the DBSA website at: www.dbsalliance.org



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

Board Biz

Welcome Louise to the Fold!

By Betsy Pierce
Contributing Writer

The NAMI San Diego Board welcomes our newest board member Louise Groszkruger.

A native San Diegan, Louise holds a Masters degree in Marriage and Family Counseling, as well as an MBA. Fluent in French, she has spent time living in France and Iran. Presently she lives in the San Diego area with her husband Dan, who is an attorney for Tri City hospital, her son Rick and their two canine companions Bob and Kimo.

She has 24 years of experience employed with a non-profit agency

which serves neglected and abused children.

A dedicated advocate of people with disorders of the brain, Louise has been a member of DBSA for over two years where she is a pillar of support for many consumers, family members, and her own son. She has a down to earth, loving, hands-on approach to solving the many problems that go on in the day to day living with mental illness.

Currently a grant writer for non-profit organizations, Louise is in the process of creating a non-profit organization for the benefit of people with bipolar disorder called "Changing Minds." It will include a coffee house called "Peter's Place."

**ALERT
THE MEDIA!**

NAMI San Diego's new Media Coordinator is forming a Planning & Action Group.

Call or email Wendy:
619/203-9572 or
wendymcneill@sbcglobal.net

Excitement Awaits You!

The Advocate

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4480 30th Street
San Diego, CA 92116

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

1st Thursday!!!

Get the Scoop

On PERT!

June 2, 2005

6:30 p.m.



Return Service Requested

IOOV Speaks Volumes

*A perspective by Mary Lou Erwin
Education Director*

On April 30th, I entered a room that had eighteen people milling around and tentatively looking at each other. I asked myself what am I doing here? What have I committed to? Will I be able to go out into the community and provide a dialogue on the issues related to recovery from severe mental illnesses? Am I capable of getting through this "In Our Own Voice Training: Living With Mental Illness?" Are the other trainees feeling the same way?

Throughout the two-day training I found out each and every one of us asked these same questions. The training began by leading us through our darkest days and I had to once again face the demons of my mental illness. Then I was told that I must leave my demons behind. I then forged on with re-

laying my stories of acceptance, treatment, coping strategies, successes, hopes and dreams to show that the dark days were the first steps to my recovery. At least I was not alone. The other members of my class were also sharing their stories of recovery.

By the end of the training, our class of eighteen graduates felt empowered by being able to share stories about living with our mental illness. We can now give hope, we can educate, we can open minds, we can change attitudes, and we can eradicate the stigma surrounding mental illness. In completing this program we will educate everyone about the on going recovery issues faced by individuals and that **fulfilling lives can be achieved.**

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If you or someone you know would like an "In Our Own Voice: Living With Mental Illness" presentation by one of our recent graduates, please contact Mary Lou Erwin at 619-584-5564 ext.104.

Thanks to IOOV "Food Angels"

*By Diana Waugh
NAMI San Diego Volunteer Coordinator*

Thanks goes to "food angels", Patrick Cremeens, Maureen Dorsey, Jan Karsh, Mary Lou Erwin, Wendy McNeill, Bettie Reinhardt, Sally Shepherd, Andy Trevesani, Diana Waugh and Mary Wilson who provided food for the new In Our Own Voice Presenters at their training on 4/30-5/1.

I started with NAMI as an *In Our Own Voice* Presenter (formerly called Living with Schizophrenia) and was impressed with the warm family atmosphere created by the volunteers who brought and served the food.

Please help us continue giving this warm reception to new members and guests by joining the "Hospitality Committee."

For more information please contact Diana Waugh, Volunteer Coordinator, at (619) 584-5564 ext. 115 or dianawaugh@namisandiego.org