

Join the Journey!

By Jul Rivera
Diverse Participant
Initiative Coordinator

Some journeys aren't defined by where they lead, but by the courage it takes to get there.

We are living in a time where much is expected of health care providers. Those consumers or family members that are turned away because they are not eligible for care are heard often murmuring, "there is no care in health care anymore." In my perception, whether it be in ignorance or denial, I say San Diego County and the adjoining Counties are all in a very powerful position. The moment is now. The moment IS being defined.

We, as health care providers must stop pointing outward to proclaim all the justifiable and documented reasons why systems are failing. What is, Is. I say, let's unite and point to ourselves inwardly and intentionally decide to become part of the solution. The journey will require character, perseverance, standing and falling, getting up again, regrouping and re-evaluating. Okay, I'll admit, it's a lot of hard work.

In the very short amount of time that I have been privileged to work along other hard-working colleagues here as the Diverse Participant Initiative Coordinator for NAMI San Diego, I am finding passionate, innovative, professional and overly qualified family members and consumers who hunger and patiently wait to be asked or included to be part of the solution. They are humble and can admit that they need training and guidance in finding the ways that will lead to breaking down the stigma of mental illness, the stigma of cultural uniqueness, and most importantly, the stigma of "where can I go for help now."

Journey, to the right...

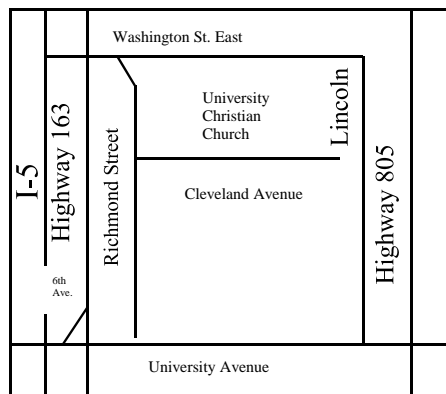
NAMI's Monthly Education & Advocacy Meeting

Thursday, June 1, 2006

6:30 p.m. - 9:00 p.m.

The Bipolar Advantage

Presenter: Tom Wootton, author of *The Bipolar Advantage*, a book that covers the principles explored in the Bipolar In Order Workshop.
About the author: "I know (bipolar disorder) from the inside instead of just looking at it from outside. It's like the story I made up for my daughter to illustrate the difference between those who just go to church and those who seek a direct experience of God."



6:30 p.m.: Ask the Doctor-
Sarah Simmons, M.D.
7:00 p.m. : Program
8:30 p.m.: Refreshments

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

Journey, from the left...

My cup remains half full. When one door closes, another door is flung wide open. Cutting funds, services and grants has forced unity between the collaboratives who all want to bring health and well-being to the disenfranchised, underserved, and often slighted peoples who present themselves at our doorstep coming from all walks of age, life experience, and color.

NAMI San Diego is desirous of breaking down the walls of discontent and building bridges of practical, useful and realistic helps and tools to bring hope first here in San Diego and then internationally with the hope of having a global impact motivated by good intentions and rights that every human being is entitled to experience and receive.

Our choice: Take it or **Take it**. Let's **Take it** and run with it.

Thank you for allowing me to spill out a little of who I am inside and how glad I am to be fully aware that this is, or can be, a moment for all of us to step up to.

If you want to be part of this journey... we are just a phone call away. Please call Jul Rivera, DPI Coordinator, for more information at (619) 584-5564 x121.

NAMI Needs Your Voice!

By Bettie Reinhardt
Executive Director

An Open Letter to Everyone Who Should Have Tried Harder

“Mental illnesses are extremely common; they affect almost every family in California.” “Failure to provide timely treatment can destroy individuals and families.” Those are quotes from page one of the Mental Health Services Act (MHSA), the Act that became part of the laws of the State of California after we passed Proposition 63 in November 2004. Further wording throughout the many pages of the MHSA describe its intended benefit to individuals and families and the expected input into the development and implementation of funded services by individuals and families.

It was not surprising, then, that the administration of our County’s Mental Health Services developed an MHSA-funded program called Adult and Older Adult Client and Family Liaison. The goal of the program was: to coordinate continuous authentic client partnership and family partnership in existing and evolving AOAMHS (Adult and Older Adult Mental Health Services) in the areas of policy, practice and program development and implementation.

However, it WAS surprising when the program was changed to Adult and Older Adult Client Liaison and the goal restricted to coordinating continuous meaningful client partnership.

What happened to Families?!

We know that families can play an important role in the recovery process regardless of the age of the client. Not only do you

and I know that, it’s documented, it’s in the literature. We know that Family-to-Family classes are important. They help families feel better and they improve outcomes for clients. But, sometimes, the classes help us see what should be happening in the treatment setting that is not happening. The Family Liaison role would have helped build the family partnership that would have built on both existing and proposed family education.

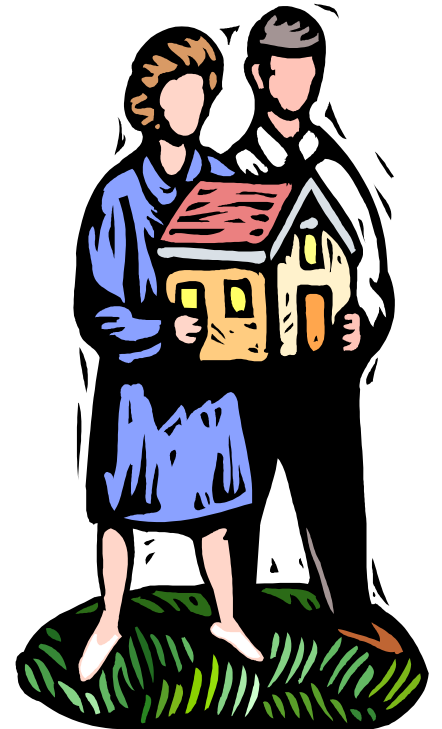
“Failure to provide timely treatment can destroy individuals and families.”

I’m lecturing someone here but I don’t know who and that is REALLY frustrating.

A year ago, we had the opportunity to tell County MHS at open forums how the MHSA money should be spent. Did we tell them about this family liaison or advocate need? If we did, did we say it often enough and make ourselves heard? Part way through the planning process, many of us were told we could not be an active part of the process because we were, well, too active – we were already receiving County money to provide a service or we might want to provide a new service funded by the MHSA. NAMI San Diego receives County MHS money to provide representative payee services and it turns out that we are proposing to receive MHSA money to provide family education so neither our staff or our Board members could participate in planning after the initial public forums. Did we not make the case for a family liaison or advocate because we weren’t at the table? As the administration of County MHS sorted through the needs stated by the community and the guidelines of the MHSA, did they miss the need for a meaningful family role at the policy, program, and practice levels?

I reluctantly think that this letter is addressed to all of the above. We all should have made full use of the opportunities to tell the County what is needed. We should have insisted that our County be made to play by the same rules that the majority of California counties used. **Our County MHS administration should have looked more closely at what the MHSA and best practices say the family role should be.**

The good news for all of us is that we’ve just begun the process of transforming our mental health system with the MHSA. The current plan is not carved in stone so we can seek changes in any of this year’s programs in future years if we can demonstrate that needs can be met in better ways. More components of the MHSA– the really fun stuff of Innovation and Prevention & Early Intervention – will be funded in future years after the State Department of Mental Health and the Oversight and Accountability Commission release the guidelines. This time, we, all of us who didn’t try hard enough the first time, need to be present and active at every step of a process that has just begun but can make a huge difference in all of our lives.



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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The NAMI San Diego Advocate is a monthly publication of

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San Diego, CA 92116

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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 fax to (619)584-5569 or email at exudir@namisandiego.org or contact any of the people mentioned in the articles.

President's Page

We're Not in Kansas Anymore?

By Sally Shepherd
NAMI San Diego Board President

The implementation of the Mental Health Services in San Diego County has been subject to a lot of criticism, but at least we are putting many new services in place. Let me tell you about a little town in Kansas. My husband and I just visited the beautiful little town of Oberlin, population 1,862 (it was 1,994 in 2000 and continues to drop). The medium resident age is 45.8. The medium

income is \$30,816. The nearest city with more than 50,000 inhabitants is Wichita, 264 miles away. The nearest city with over 1,000,000 inhabitants is Dallas Texas, 550 miles away. Of the total population of Oberlin, 36% are single – never married, widowed or divorced... There is a small county hospital which offers fairly comprehensive services and a 55 bed skilled nursing facility. There are no mental health services or providers. These figures indicate that Kansas has a higher proportion of older adults than many other states, particularly those aged 85 and over. A greater proportion of Kansas seniors live alone in comparison to the national average. Comparison data also revealed that a greater proportion of older adults in Kansas reside in nursing facilities compared to seniors nationally. Projections for the growth in Kansas of seniors over sixty-five between 1994 and 2015 is 72.9%.

In their recent study *Grading the States*, NAMI gathered the following data about Kansas:

Per Capita Mental Health Spending:	%
Kansas	\$75.22
Per Capita Income	\$28,422
Total Mental Health Spending (in millions)	\$204
Suicide Rank	21
Category Grades: Kansas	
Infrastructure:	F
Information Access:	F
Services:	D-
Recovery Supports:	B

“Depression in older persons is closely associated with dependency and disability and causes great suffering for the individual and the family”

Depression in its many forms affects more than 6.5 million of the 35 million Americans who are 65 years or older. Most older people with depression have been suffering from episodes of the illness during much of their lives. For others, depression has a first onset in late life -- even for

those in their 80s and 90s. Depression in older persons is closely associated with dependency and disability and causes great suffering for the individual and the family.

This is not meant to point the finger at Kansas. Rather, it is to emphasize the lack of mental health services in rural communities (of which we have many in our area), and to emphasize the need for giving more attention to the mental health needs of the growing population of older adults all over the country. NAMI San Diego is currently discussing the possibility of incorporating the Senior Wellness Coalition of San Diego into our affiliate. This would make our services all the more well-rounded, and perform a great service to the San Diego community.

What do you think?

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 Street, (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 Tuesday, 6:30-8:00 pm
Lake Murray Evangelical Free Church
5777 Lake Murray Boulevard, La Mesa
1st Floor, Fellowship Hall
Now meeting once a month
Peggy & Bob Chambers: (619) 464-0476

San Diego Group
3rd Monday, 6:00-7:30 pm
NAMI San Diego Office
4480 30th Street, San Diego
Now meeting once a month
Karen Malsack (858) 560-0030

Spanish Family Support Group
Third Thursday, 6:00 - 8:00 p.m.
South Bay Guidance Center
835 3rd Avenue, Suite C
Chula Vista, CA 91911
Call Gina: (619) 425-6879

NAMI Patton
Third Sunday, 11:45 a.m. - 1:15 p.m.
c/o Patton State Hospital
(Administrative Meeting Room)
3101 E. Highland Avenue
Patton, CA 92369
Tel: (909) 425-7000 Fax: (714) 963-9961

NAMI-SIT

Schizophrenics in Transition

Board Meeting
Call for meeting time
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

Copper Hill Living & Learning Center has one opening for either a couple with mental illness or a single person. Please call Charlene Moore 760-926-0424, or Jane Fyer 858-481-7069 for information on how to apply for residence.

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 (Room 4)
210 East Park Ave, Escondido
(760) 745-8381

Monday Share & Care in Fallbrook
Mondays, 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 - 8:30 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
NAMI Facilitated Support Group
8:30 - 10:00 p.m.*

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- Ask for Sandy

The following Support Groups have been Cancelled.

NAMI San Diego La Mesa Support Group
Second Wednesday, 6:30 - 8:00 pm
San Carlos Library

NAMI North Coastal Share and Care
Second Thursday at 12:30 - 2:00 p.m.
Tri-City Medical Center

NAMI North Coastal Share and Care
Second Thursday at 6:00 - 7:00 p.m.
Tri-City Medical Center

Thank You to Volunteers Leaving Albright

By Carol Davis
Resource Director

I understood this month when Caroline and Emy notified me that their days of volunteering at the Albright Center had come to an end. Both of these fantastic volunteers will be sorely missed. I feel fortunate to have spent the last nine months listening to them and learning from them. I have grown from the experience. Please let them know how much their involvement has been appreciated.

Out of the Shadow Being Broadcast on PBS

**See it on KCET,
Friday, June 2nd at 10 PM.**

However, most of us have access to KPBS (San Diego) rather than KCET (Los Angeles). KPBS has the rights to *Out of the Shadow* but has not made the decision to air it. This very personal and powerful documentary chronicles the filmmaker's mother, Millie, who has paranoid schizophrenia, as she suffers through the chaos of our mental health system as well as that of her own mind. To let KPBS know that you want to see this film aired in San Diego, contact Bob Kanish, Audience and Membership Services Supervisor, rkanish@kpbs.org or Keith York, Television Program Manager, kyork@kpbs.org.

Legislative Update

Access Equals Choices

By Janet Daugherty
Legislative Committee

June 1 is Disability Capitol Action day in Sacramento. The theme of the day is "Access Equals Choices." Ann Cummings and Mary Jane Van Hook are representing NAMI of San Diego County.

We have received a summary of the Governor's May Revised 2006-07 Budget from the California Coalition of Mental Health (CCMH), of which NAMI-CA is a member. Following are some of what CCMH considers to be the most significant actions in the Governors May revised 2006-07 Budget regarding mental health—related programs.

The Supplemental Security Income/State Supplementary Payment Program (SSI/SSP) cost-of-living adjustments (COLAs) were restored, which is a major victory for CCMH. Rather than suspend scheduled increases, the Governor is now proposing to raise the monthly grants from \$836 to \$849 for singles and from \$1,472 to \$1,491 for couples.

The Mental Health Services Act (Proposition 63) estimated revenues are nearly doubled! Based on updated revenues from the Personal Income Tax Fund and interest income from the Surplus Money Investment Fund, the estimated two-year increase is projected to be \$1.1 billion (\$514 million in 2005-06 and \$579 million in 2006-07).

The Governors budget includes the use of \$75 million annually in Proposition 63 funds over the next two decades to build housing for people with mental illnesses. Proposition 63 resources will be leveraged to secure an estimated \$4.5 billion in other funding sources and will enable the construction of more than

10,000 new housing units. As a condition of receiving funds, counties will be required to provide the supportive services necessary to maintain these individuals in their homes. In addition, \$1.2 million is proposed for the DMH to coordinate the implementation of the second phase.

*The Mental Health Services Act
(Proposition 63) estimated
revenues are nearly doubled!*

The Governors Budget proposes an increase of \$69 million General Fund in local assistance (offset by a \$50 million General Fund savings in the mandate program) to restructure the AB 3632 mental health services program, and an increase of \$275,000 General Fund for program administration and monitoring. CCMH is still trying to figure out the proposal, but it appears as though it caps state funding, putting school districts at risk for increase caseload. If this is the case, it appears to create a disincentive to identifying children. CCMH will analyze and provide more details soon.

The May Revision includes a decrease of \$12.9 million (\$5.9 million General Fund) due to lower than projected and Periodic Screening Diagnosis and Treatment (EPSDT) claims. There was no official proposal regarding EPSDT audits.

Client/Consumer Resources

NAMI C.A.R.E. Support Groups

Consumer Support Groups
For more information 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 Other Thursday: 6:00 - 7:30 p.m.
June 8, June 22

Gifford Clinic (Cafeteria)

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

Sharp Mesa Vista Hospital

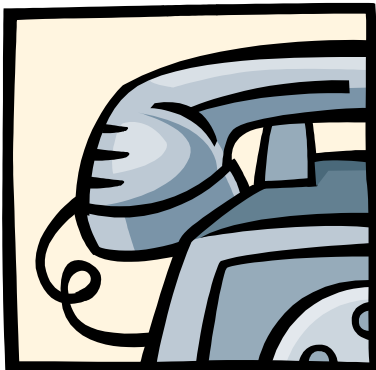
(Activity Room)
7850 Vista Hill Ave.
San Diego, CA 92123
*2nd, 4th & 5th Thursdays:
11:00 a.m. - 12 Noon*

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 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
(619) 260-7660 or 1-800-479-2233
Fax: (619) 260-7680
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
Monday - Friday: 9:00 a.m. - 5:00 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
Monday - Friday: 8:00 a.m. - 4:00 p.m.
Once a month Saturday outing - Call for
information.

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 Ext. 109 ☒ 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) 450-0710
Monday - Friday: 8:00 a.m. - 4:00 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.

Neighborhood House Association (NHA)

Friendship Clubhouse
286 Euclid Ave., #102, San Diego, 92114
(619) 266-2111 Ext. 106 ☒ Fax: (619) 266-0496
Monday - Friday: 8:30 a.m. - 4:30 p.m.

Visions

226 Church Avenue, Chula Vista, 91910
(619) 420-8603 ☒ Fax: (619) 420-0385
Monday - Friday: Noon - 7:00 p.m.
Saturday & 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, Suite 300
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

The Advocate

Vol. X, Issue 6, June 2006



4480 30th Street
San Diego, CA 92116

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

1st Thursday!!!

The Bipolar Advantage!

June 1, 2006

6:30 p.m.

See page 1 for info!



Return Service Requested

New Education Director!

Kinsey McManus
Education Director

It is with great excitement and anticipation that I announce my new role at NAMI as Education Director, come June 1st.

Currently, I am the Parents and Teachers as Allies (P&TA) Coordinator. P&TA is an interactive, grade appropriate presentation that "teaches" teachers, school administrators, other school staff, and parents about mental illness. We are hoping that this program will develop an open, two-way communication between teachers and parents to urge early intervention when needed. While working on

P&TA I had the wonderful opportunity to work closely with Jean Selzer, who taught me all the remarkable accomplishment of our Education Department. As my program is only one of many that fall under the scope of the Education Department, I am quickly realizing that there is still much to discover, but I feel both confident and thrilled to have the chance to work on such remarkable programs.

With the month of June holding trainings for Family to Family, NAMI C.A.R.E., and our Support Groups we will have many new teachers/facilitators ready to go for classes and a family support groups in both English and Spanish! Currently we are looking

for potential locations to hold our classes and support groups. If you have a site that you are willing to offer for free or are interested in attending our 12-week Family to Family education course please contact me at: 619-398-8557 or via e-mail at kinseymcmanus@namisd.org.

HARRY GRIFFIN
REGIONAL PARK
LA MESA

Directions

Take 8 East.
Exit Severin/Fuerte
Cross over the freeway.
Turn right on frontage
road
Murray Drive
Go 0.4 miles.
Turn left on Water
Go 0.1 miles
Turn right on Mildred
Go 0.1 miles
Park entrance on the
right

Look for the large
and white and blue
NAMI banner!

Nami San Diego
4480 30th Street
San Diego, CA 92116
Namisandiego
@sbcglobal.org
www.namisandiego.net



NAMI PICNIC

All Welcome!

SATURDAY JUNE 10TH

11.30 a.m.—2.30 p.m.

Harry Griffin Regional Park
La Mesa

HAMBURGERS, HOT DOGS
AND BEVERAGES
PROVIDED

PLEASE BRING A DISH TO SHARE

GAMES, RAFFLES, WALK RECOGNITION

TO REGISTER PLEASE CALL
JIM STAREK — 619-584-5564 (ext.115)

BY MONDAY JUNE 5TH

Donations for the lunch appreciated



The Latino Networking Consortium (formerly LIPG) will be hosting a special meeting !

A presentation and discussion on Clinical and Research Issues of Childhood Trauma along the U.S.—Mexico Border Presented by: Andres Sciolla, MD & Alejandra Postlethwaite, MD

**Where: Mission Valley Library Community Room
2123 Fenton Parkway
San Diego, CA 92108**

When: Wednesday, June 21, 2006

Time: 6:00 - 7:30 pm

Meet, Network, & Connect with other Latino and Latino- Interested Social Service & Healthcare Providers

Hosted by: Community Research Foundation, UCSD Geriatric Psychiatry Research Center, NAMI-Latino Action Network Group, Grossmont College-Welcome Back Center San Diego, Family Health Centers of San Diego, & Mental Health Systems, Inc.

Please RSVP by June 14th to James (Diego) Rogers: jrogers@comresearch.org

NAMI CALIFORNIA ANNUAL CONFERENCE 2006
California Leads the Way: Mental Health Services Act Brings Hope

San Francisco Airport Marriott
1800 Old Bayshore Highway
Burlingame, California 94010
Phone: 650-692-9100

PRE-CONFERENCE ACTIVITIES:

The Affiliate Leaders and Presidents Council Meeting will be held on Thursday, August 24.

CONFERENCE:

Registration opens Friday, August 25 at 8:00 a.m. Conference begins Friday, August 25 at 8:30 a.m. and closes Saturday, August 26 at 4:30 p.m.

SPANISH LANGUAGE SESSION:

A Spanish language session will be held on Friday, August 25 from 9:00 a.m. to 4:30 p.m. Please check the Spanish Language Session box below if you plan to attend this event.

CONSUMER FORUM:

A consumer forum will be held on Friday, August 25 at 12:00 p.m. If you are a consumer, and would like to participate in the forum, you must pre-register. See consumer registration below.

ACCOMMODATIONS:

Please make your hotel reservations by calling 888-228-9290 Ask for the specially negotiated rate of \$99 (single, double, triple or quad). This special rate is good from February 6, 2006 thru August 16, 2006. **Cut off date for this rate is August 16, 2006. NAMI California cannot guarantee rooms**

beyond the number that have been reserved in our block, so book now! Hotel directions will be sent with confirmation of registration.

SHUTTLE SERVICE AND PARKING:

Hotel shuttle service is available from the San Francisco Airport to the San Francisco Airport Marriott. Self parking at the hotel is \$8 per day.

EXHIBITORS WELCOME:

Exhibitors may rent tables for the NAMI California Annual Conference 2006. For forms and details please contact Zima Graffigna at zima.graffigna@namicalifornia.org or 916-567-0163.

CONSUMER SCHOLARSHIPS:

NAMI California encourages affiliates to offer consumers a scholarship to attend the NAMI California Conference. A limited number of consumer scholarships will be awarded by NAMI California and will be awarded on a first come, first served basis. Please contact Zima Graffigna at zima.graffigna@namicalifornia.org or 916-567-0163 for an application.

CONTINUING EDUCATION UNITS AVAILABLE

NAMI CALIFORNIA ANNUAL CONFERENCE 2006 REGISTRATION FORM

Register Today to Get the Early Bird Rate!

Copy this form and use one for each individual registration (please print clearly)

<p>REGISTRATION FEES INCLUDING MEAL(S)</p> <p>Early Bird Special Paid before July 7, 2006: 2-Day Rate: <input type="checkbox"/> \$145/person 1-Day Rate: <input type="checkbox"/> Fri. <input type="checkbox"/> Sat. \$90/person</p> <p>Paid after July 7, 2006: 2-Day Rate: <input type="checkbox"/> \$170/person 1-Day Rate: <input type="checkbox"/> Fri. <input type="checkbox"/> Sat. \$105/person</p> <p>On-Site Registration (no meal guarantee): 2-Day Rate: <input type="checkbox"/> \$180/person 1-Day Rate: <input type="checkbox"/> Fri. <input type="checkbox"/> Sat. \$115/person</p> <p>Consumer Registration: 2-Day Rate: <input type="checkbox"/> \$100/person 1-Day Rate: <input type="checkbox"/> Fri. <input type="checkbox"/> Sat. \$60/person I will attend the consumer forum <input type="checkbox"/> I will not attend the consumer forum <input type="checkbox"/></p> <p>Spanish Language Session Friday, August 25, 2006: 9:00 a.m. – 4:30 p.m. 1-Day Rate: <input type="checkbox"/> Fri. \$90/person</p> <p>Cancellation Policy: A \$35 cancellation fee to cover operating expenses will be charged to those who register, but cannot attend. To cancel, you must notify the NAMI California office in writing no later than July 17, 2006. No refund will be made after this date.</p>	<p>Name: _____</p> <p>Address: _____</p> <p>City, State, Zip: _____</p> <p>Phone: _____ Email: _____</p> <p>NAMI Affiliate: _____</p> <p>MEALS:</p> <p>Friday lunch will be on your own.</p> <p>Friday Dinner: <input type="checkbox"/> Chicken <input type="checkbox"/> Fish <input type="checkbox"/> Vegetarian</p> <p>Saturday Lunch: <input type="checkbox"/> Chicken <input type="checkbox"/> Fish <input type="checkbox"/> Vegetarian</p> <p>NAMI California Conference Consumer Scholarship Donation: \$ _____</p> <p>PAYMENT (Zip Code must be provided above for all credit card payments):</p> <p><input type="checkbox"/> Visa <input type="checkbox"/> Master Card <input type="checkbox"/> American Express</p> <p>Account #: _____ Expiration Date: _____</p> <p>Signature: _____</p> <p>Total amount enclosed: \$ _____</p> <p align="center">Make check payable to NAMI California – Conference 2006 Mail to: NAMI California 1010 Hurley Way, Suite 195 Sacramento, CA 95825 Phone: 916-567-0163 Fax: 916-567-1757</p>
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Yeah, Teams! Way to Go, 2006 San Diego Area NAMIWALKS Teams!!

In team alphabetical order, here is big news!. PLEASE, if you think your team information is incorrect or missing, let us know by calling James Starek at 619.584.5564 x 115. This information does NOT include individuals who did not form or join teams.

Team	Affiliate	Amount
Ann Cummings	North Coastal	\$200
B Twins	San Diego	\$605
Bayview	San Diego	\$233
Beachwalkers	North Coastal	\$4,719
Becky	San Diego	\$785
Big Sisters Walkers	San Diego	\$177
Compeer San Diego	San Diego	\$390
CSUSM Psychology Clubs	County	\$871
DBSA – El Cajon	San Diego	\$810
DBSA – San Diego	San Diego	\$720
Dream Team	San Diego	\$614
E. County Career Center	San Diego	\$110
Friends of South Park	San Diego	\$4,200
Haasie Posse	North Inland	\$3,190
Jim's Team	San Diego	\$805
Pharoh's Army	San Diego	\$670
Revere's Rodrunners	North Coastal	\$300
Rhonda's Team	San Diego	\$525
Saints Team	San Diego	\$20
Sally's Stars	San Diego	\$1,018
SDCPH	SIT	\$50
Sharp Mesa Vista	San Diego	\$3,660
Sorefoot	North Inland	\$486
St. David's	San Diego	\$5,613
Super Social Workers	San Diego	\$200
Team Cue Bal	San Diego	\$535
Team Dawson	San Diego	\$4,388
Team Joey	North Inland	\$160
Team of Hope	San Diego	\$750
Team San Diego	San Diego	\$355
Team Tami	San Diego	\$2,652
Team Telecare	San Diego	\$160
Team Twanda	San Diego	\$905
UCMC	County	\$210
USBHPC	County	\$3,404
Walk with Amy	San Diego	\$4,288
Wasik Walkers	San Diego	\$470
We Are Family	North Inland	\$1,460
TEAMS' TOTALS		\$52,708