

NAMI THE ALLIANCE ADVOCATE

San Diego

San Diego's Voice on Mental Illness

Formerly San Diego Alliance for the Mentally Ill

Vol. IV, Issue 2
March 2000

A SHOOTING DEATH IN SAN DIEGO

NAMI Press Release - Feb 15, 2000

Laurie Flynn, Executive Director of The National Alliance for the Mentally Ill, issued the following statement today:

The National Alliance for the Mentally Ill (NAMI) is saddened and concerned by the police shooting death last week of William Anthony Miller, Jr., age 42, who suffered from mental illness. News reports indicate that Miller required daily medication, but did not always take it. He lived on the streets in San Diego. He struggled with substance abuse. When five police officers answered a report about a man assaulting people with a tree branch, Miller allegedly charged them. Three officers opened fire. He was shot seven times.

On June 14-18, 2000, NAMI is scheduled to hold

A shooting death in San Diego reflects in microcosm the broader crisis of America's mental healthcare system.

its national convention in San Diego. Like others, our members, people with mental illnesses, their families and friends-rely on local police. We understand the pressures placed on them. Nonetheless, we hope this shooting will result in a comprehensive review of the San Diego Police Department's policy on the use of deadly force; crisis intervention teams; and training for police officers at the street level in handling problems that involve people with mental illness.

Unfortunately, the shooting death in San Diego is not unique. During the last year, similar deaths have occurred in Los Angeles and New York and other cities around the country. Because of the failures of America's mental healthcare system, police today often must serve as our front-line psychiatric workers. Many are inadequately trained. Treatment for people with psychiatric conditions also is often severely lacking. In Mr. Miller's case, outpatient commitment or assertive community treatment (ACT) might have overcome his failure to take medication regularly. It also might have given him support necessary for recovery. Integrated treatment of mental illness and substance abuse—substance abuse—which too many healthcare bu-

(Continued on page 4—Shooting)

EDUCATION & ADVOCACY MEETING

Thursday, March 2, 2000

6:30 p.m.

Speaker: Neal Swerdlow, M.D., Ph.D.

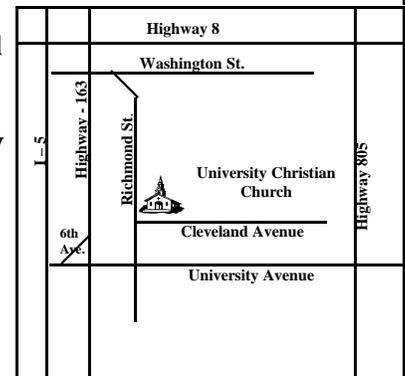
UCSD, Department of Psychiatry

Topic: Tourette Syndrome

What We Know - What We Think - What We Hope!

(See summary on Page 3)

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



The doors open at 6:30 p.m.

with everyone sharing information and welcoming newcomers. At 7:00 p.m.

there is a half-hour information session on NAMI San Diego activities, mental health services and related news.

The featured program is from 7:30 to 8:30 p.m.

**Additional AMI meetings
in the San Diego County area
are listed on Page 10.**

MEMBERSHIP 2000



**Have you mailed your membership
renewal for 2000?**

**If not, please complete the membership application
on Page 11 and mail to NAMI San Diego today.**

FEBRUARY-AT-A-GLANCE

Living with Schizophrenia and Other Mental Illnesses

Welcome aboard to Chuck Sosebee, the new coordinator of Living with Schizophrenia and Other Mental Illnesses! Chuck is preparing for a weekend training session for new and old presenters, digging up grant money so we can make good on our commitment to pay stipends to the consumer presenters, and lining up gigs. We look forward to showing off this program to other NAMI affiliates at the conference in June (and to a lot of other folks before then).

Celebrate Mental Health! and Run for Your Mind

Sign up now to walk or run in the clubhouse-sponsored 5K walk/run on May 20. Registration is at 7:30 a.m. and the walk/run is at 8 a.m.. Don't run away when you have finished the course. Our fantastic street fair in Ocean Beach is from 9 a.m. to 1 p.m. Save the date and watch this publication for more news.

Family and Caregiver Education on Schizophrenia Series

- The East County series begins March 7th, 6 to 8 pm, and runs through April 11th at Grossmont Hospital. Call the Albright Center to register and for more information.
- The San Diego area series runs April 5th at 6 p.m. through May 10th at the Health Services Complex on Rosecrans. Call the Albright Center to register.

Family to Family

Here it is, the first Family to Family series in the San Diego area. It begins May 1 and lasts 12 weeks. (See page 10 for further information. It is never too early to put your name on the list. The of people in each Family to Family class is limited so the members can interact. Call the Albright Center for more information and to register for the class so that you will be contacted when the next class is scheduled.

Psychosocial Rehabilitation

Dr. Bill Anthony of Boston University met with family members and consumers on Friday, February 11, to describe County Mental Health's future new service model and to answer questions. Dr. Anthony, who is providing consulting services to the County, stated that we are moving to a recovery-oriented system. That is, the system will be designed around the concept that people can recover from serious mental illnesses. He described the term 'recover' to mean that the person develops meaning and purpose in his or her life. A lot of "chronicity," he said, is not a function of the illness but of the way we treat people with mental illnesses. As he pointed out, the Diagnostic and Standards Manual (DSM) now addresses the social and occupational dysfunctions associated with mental illnesses and that leads to the treatment of those dysfunctions. The DSM previously only addressed signs and symptoms and that led to acute care, medication management, and, maybe, day treatment. To treat dysfunctions, we need to replace some present services with, or add on, rehabilitation programs.

Rehabilitation programs ask what clients want, plan how to get what people want, and intervene to get what they want. Rehabilitation involves working with people instead of doing to them. Such programs help people at different educational and maturation levels as well as people at different functioning levels. The largest obstacle to implementing the new system – old beliefs.

Directions to the Albright Information and Referral Center

Have you visited the **Albright Center** in its new home yet? The address is **1094 Cudahy Place, Suite 120**. If you take the Morena Boulevard exit from I-5 or I-8, stay in the left lane, which branches into West Morena Boulevard. Turn left on Buenos Avenue. The three-story building called the Morena Office Center will immediately be on your left. If you come down I-5 from the north, exit at Tecelote Road, turn right on Morena Boulevard and right again at the first traffic light. You will be on Buenos. Cross West Morena Boulevard and the office building will immediately be on your left. After all that, if you know where Toys R Us is, you will find it easier to find by looking just one block south of Toys R Us.

To register your opinion on any of these issues, call Bettie Reinhardt at 294-9941 or contact any of the people mentioned in the article.

Summary

NAMI San Diego

Education & Advocacy Meeting

by

Rebecca Allen

At February's Education and Advocacy Meeting, we had the pleasure of hosting Dorothy Gordon, the Founder and Managing Director of Horizon Transitional Programs, Inc. Dorothy is truly an amazing, giving, and caring woman. In 1979, she established Horizon Transitional Programs, a Non-Profit Organization that provides programs and services to the mentally ill population. Their primary goal is to help improve the quality of life for the mentally ill. Dorothy shared stories of the successes in independent living experienced by the graduates of the program. The program provides structure, support, and supervision for its participants.

There are three specific phases of growth, and each phase takes about three months to complete.

The first phase, Orientation and Adjustment, involves assessment of daily living skills, self-administering medications, hygiene, adherence to schedules, and completion of assigned chores/tasks.

In phase two, Modified Lifestyle, participants learn, improve, and practice these skills.

Phase III is Graduation, in which a transition to independent apartment living in the community is made.

Dorothy also manages Clothes 'N' Stuff, a thrift store that employs mentally disabled participants of the program. Clothes 'N' Stuff provides employees an opportunity to learn vocational skills, earn extra money, and take pride in their accomplishments.

If you would like to donate items to and/or shop at Clothes 'N' Stuff, the store is located at 1948 Broadway Ave.

For more information about Horizon Transitional Programs or Clothes 'N' Stuff, Call Dorothy at (619) 239-8819.

Tourette Syndrome

By

Neal Swerdlow, M. D. Ph.D.

Tourette Syndrome (TS) is a disorder of tics — rapid, unwanted movements or sounds that can be simple or elaborate. Many tics are preceded by a sense of discomfort or an irresistible "urge" that may be relieved momentarily by the tic. TS begins in childhood — usually about age 7— and is 3-4 times more common in boys than in girls. In about half of the individuals with TS, symptoms fade dramatically by the early 20s, while in others, symptoms may be life long. Older data suggested that TS was rare — perhaps only affecting 1 in 1000 children — but newer community studies suggest that it is much more common, particularly in its milder forms. TS is inherited very strongly, and appears to be caused by a very small number of genes —perhaps 4 or less. Obsessive Compulsive Disorder (OCD) and Attention Deficit Hyperactivity Disorder (ADHD) are very commonly found in individuals and families with TS, and are likely to be genetically related to this disorder. The brain regions responsible for the symptoms of TS overlap substantially with those involved in other important neuropsychiatric disorders. Because of this, it may be possible to take advantage of the relatively straightforward" features of TS — like a "practice test" — to learn about the brain processes responsible for a wide variety of more complex mental disorders.

President's Corner

Do you volunteer?

Why do you volunteer?

Where do you volunteer?

What do you do when you volunteer?

How do you function

when you volunteer?

Have you ever had a bad experience serving as a volunteer? Sometimes we take on a task that doesn't mesh with who we are. I am very fortunate because I am able to spend as much time as I want as a volunteer. Every few months I try to step back and evaluate how I am spending my volunteer time.

My husband, Arden, and I have been taking a class on networking at our church. It is offered regularly to help our members and people from the community identify the most fulfilling places for them to serve in and outside the church body.

The three components we look at in this class are:

Passion: An area where you want to make a difference. One of my passions is the mentally ill, so I volunteer for NAMI San Diego.

Gifts or Talents: What kind of tasks do you do best? What people tell you that you do well? What gives you the most satisfaction?

Personal Style: Your more favored way to work. You may be more energized by working with people or by accomplishing a specific task. You may prefer to organize your work in either a structured or an unstructured way.

I wanted to share these thoughts with you because NAMI San Diego would not be able to do much of what we do without volunteers. We are often asking you to do various tasks as a volunteer. When considering an opportunity keep the above items in mind and hopefully you will have many fulfilling experiences as a volunteer for NAMI San Diego as I have.

Marjie Joramo

Telephone Tree



We are looking for volunteers with the hope that our organization could create a "phone tree." A hearty sturdy trunk to guide the process. Could that be you? We also foresee some alive branches (family, friends, advocates) who, in turn, will connect to others. We would like to create this tree of communication within each zip code where our newsletter are mailed. The purpose of this tree is to enable us to respond quickly and productively to calls to action on important legislative issues. This vital task can be done at home requiring a minimum of time and effort. If you would like to participate in this activity which can impact legislation to improve the lives of our mentally ill families, please call:

**Helen Bergen (619) 222-7346 or
NAMI San Diego (619) 294-9941**

Continued from page 1—Shooting

vain to treat separately—might have enabled him to overcome both disabilities.

A shooting death in San Diego reflects in microcosm the broader crisis of America's mental healthcare system. The challenge is to ask: "What are we prepared to do about it?" It is a question that not only San Diego and California must confront but also other states and cities-and all candidates for public office. As the March 7th "Super Tuesday" presidential primary approaches, people especially should be asking the candidates what they intend to do about it. It is a national crisis. It demands national solutions. San Diego should not have to confront it alone.

Legislative Update

by
Caroline Hamlin

On December 16, 1999, the San Diego City Council voted to approve a special project to provide transitional housing for the estimated 500 homeless mentally ill in the downtown area. At the January 2000 meeting of the County Mental Health Board (CMHB), Ana Hix, Program Manager of Employee Relations and Special Projects for the City of San Diego, presented the five-part program to be carried out in the next two years. The goals of the program are as follows:

1. Develop and identify outside funding for a centralized system to coordinate intake, evaluation and referrals for this population, and provide central information on available programs, housing, demographic data and clinical outcomes by July 2000 or as soon as is practical, with initial system implementation by December 2000.
2. Secure funding for and assist in the location of two new or rehabilitated 25-bed transitional housing facilities for the severely mentally ill homeless in the downtown or surrounding areas by December 2000 and two additional 25-bed facilities by December 2001.
3. Secure funding for and assist in the location of 25 new or rehabilitated permanent supportive housing units for the severely mentally ill homeless in the downtown or surrounding areas by December 2000 and 75 additional units by December 2001.
4. Secure funding for and assist in the location of expanding drug and alcohol detoxification and long-term treatment programs and facilities for chronic inebriates and dually-diagnosed homeless by December 2000.
5. Evaluate the success of the first six months of the Police Department Western Division chronic inebriate arrest/treatment pilot program, and, if feasible, begin implementation in the downtown area by July 2000 or as soon as determined practicable.

As a result of a presentation by Karenlee Robinson, Housing for the Homeless Advocate, concerning the critical housing needs of the mentally ill in San Diego County, the CMH Board has formed a subcommittee to study the problem and work toward solutions.

TACHS SEEKS NEW BOARD MEMBERS!

The Association for Community Housing Solutions (TACHS) is actively looking for people to join our Board of Directors. TACHS' primary mission is to provide permanent housing and supportive services for people with serious mental illness and other chronic disabilities so they can live independently, improve their quality of life, maintain their dignity and increase their participation in society. TACHS the only nonprofit organization in San Diego County region dedicated solely to developing permanent service-enriched housing. TACHS promotes, acquires, develops, operates and maintains quality housing affordable to men, women and families with very low to moderate incomes especially to people transitioning out of homelessness or institutional settings.

TACHS encourages individuals with experience in accounting or financial management, mental health or homeless services, public relations or promotions, and people living with HIV, mental illness or other chronic disabilities to apply.

Please send a letter of interest and/or resume to:

TACHS Board Recruitment
c/o MFG Systems
P. O. Box 81906
San Diego, CA 92138

Do You Have Appreciated Assets?

Gifted assets that have appreciated is a win/win situation. We can accommodate gifts of stock and possibly other appreciated assets.

Please contact Marjie Joramo (858)484-9411 about giving appreciated assets.

REAL HELP FOR THE HOMELESS

A therapeutic facility will offer more than shelter

*The San Diego Union-Tribune
February 6, 2000*

While homelessness has plagued the city of San Diego, it's the county of San Diego that runs or contracts the services to deal with the problems of the homeless, primarily mental-health care and alcohol and drug services.

So while the city has been operating emergency shelters for years, those facilities have only been geared for briefly keeping homeless people out of the rain and cold, not helping them escape homelessness.

But last week, the San Diego City Council voted to begin plans for a 25-bed therapeutic, transitional housing facility for the severely mentally ill homeless. Modeled after Episcopal Community Services' Safe Haven program, the mentally ill homeless would live in this comforting case-managed facility while receiving outpatient treatment from the county's mental-health system.

Most of the mentally ill homeless whom San Diegans see on the streets are non-compliant county mental-health patients. In other words, they've been to county mental health (usually many times) but they won't take their medication or attend their therapy appointments. Many mentally ill homeless suffer from schizophrenia, a disease whose symptoms include hearing voices, paranoid thinking and extreme disorientation. Without a stable, supervised place to live, it's very difficult for these people to get the help they need.

The city's proposed facility would provide that. It would provide a place where homeless schizophrenics or bipolars could feel safe enough that they wouldn't be afraid to go get the help they need. And they would live with others like them who taking their medication and attending therapy sessions. It would be a very good place for the mentally ill homeless to get well.

One major benefit to the city of running such a program is that it could help withstand NIMBY pressure to block such a facility. Four years ago, some North Park residents fought hard to keep a small Safe Haven facility from locating in their community. They were unsuccessful, but many other needed social-service facilities have been blocked by fearful residents. The city could overcome such opposition more easily than a nonprofit agency could.

However, one drawback is that the city has little expertise in dealing with mental illness. Fixing potholes, keeping up trash have always been the municipal duties. This is new ground. That's why a suggestion by City Councilman, George Stevens, makes sense. He called for a joint meeting between city and county officials on homelessness. Board of Supervisors Chairwoman Dianne Jacob and San Diego Mayor Susan Golding both said it was a good idea.

The county receives state and federal money for mental-health care and alcohol and drug services. But the city has all the homeless people on its streets. It makes eminent good sense for the city and county to work together on this issue.

The Role of the Church with People with Mental Illness and their Families

The California-Pacific Annual Conference of the United Methodist Church, in conjunction with NAMI (National Alliance for the Mentally Ill), will present a one-day seminar on the church's role in ministering to those with chronic mental illness and their families.

Speakers will include Bishop Roy Sano and Jane Hull-Harvey, Assistant General Secretary of the United Methodist Church's General Board of Church and Society. Both the Bishop and Jane obviously have professional interests in this topic, but each of their families has been affected personally by the mental illness of a family member. They will be sharing from both perspectives to help clergy and all interested laity understand how the church can respond to individuals and families to de-stigmatize mental illness.

Also speaking will be Dr. Michael Dr. Paolo on the biochemical aspects of chronic mental illness. Dr. Di Paolo will help us understand that much of what is assumed to be volitional behavior is truly a brain chemistry or function problem.

Finally, we are pleased to have actress Mariette Hartley, a member of the United Methodist Church, sit in with us. Ms. Hartley will speak about her family's struggle with a family member with chronic mental illness.

We hope you and any one wish to invite can join us. Since a light lunch will be served, we need you to complete the registration form below so we can get an accurate count to the caterer. Please mail the registration form and \$10.00: Gail Orton, New life Pastoral Counseling Center, 2231 Camino del Rio South, San Diego CA 92108. You may also register by email to gladue1@san.IT.com. Questions may be directed to Greg LaDue at 619-297-2571, ext. 132.

When: Saturday, April 8th
8:30 – 3:00 p.m.

Where: Los Altos United Methodist Church
5950 E. Willow Street (at Woodruff)
Long Beach, CA 90815
(Bellflower exit off the 405 Freeway in Long Beach)

Who: Bishop Roy Sano, Jan Hull-Harvey
Dr. Michael Di Paolo and Mariette Hartley

NAMI at Noon:

We want to encourage NAMI people to sit at each luncheon table. This can be an informal opportunity for you to have conversations with clergy and lay members. This can be your chance to share. Possible conversation topics might be:

- ◆ How the church can be helpful to the families of those with mental illnesses.
- ◆ How we can work together to destigmatize the illnesses.
- ◆ How can our love ones be involved in the life of the church.

Name(s): _____

Church: _____

NAMI Affiliate: _____
(if member)

**TIPPER PUTS FOCUS ON
DEPRESSED TEENS**

“Mental illness is underdiagnosed among our young people,” Tipper Gore told us. “A lot of people think it’s just part of adolescence.” Last year, Mrs. Gore spoke of her own bout with depression after her son’s serious auto accident in 1989, and she also has revealed that her mother suffered from depression.

Many young people don’t seek help, for fear of being labeled, she added. “We have to start breaking the stigma. Research has revolutionized diagnosis and treatment, with a new range of drugs. And they’re still coming out.”

Tipper suggested that parents get help from a doctor if they suspect that their child is suffering from a mental illness.

Mrs. Gore was honored for her advocacy by the NYU Child Study Center, whose web site (www.aboutourkids.org) answers questions about children’s mental health.

(Source: *Parade Magazine* – Feb. 6, 2000)

DEPRESSED CHILD OR TEEN?

Does your 7-18 year-old appear to:

- be sad or irritable?
- be withdrawn or aggressive?
- be sluggish or agitated?
- have an increase or decrease in appetite?
- have an increase or decrease in sleep?

Different combinations of some or all these signs may indicate depression.

The University of California at San Diego (UCSD) is testing the use of light to help reduce depression in children and teens. If you believe your child or teen may have a combination of some or all of the above signs, please call Sergio at (619) 543-7917 for more information about the study.

A free confidential screening, diagnostic evaluation, and experimental treatment will be provided. The study is being conducted in the laboratory of Dr. Barbara Parry.

When recognized and treated early, the long-term effects of childhood depression may be reduced.

**Project Heartbeat
Information and Referral
Line**

by
Jamie Steiger

If you are in need of mental health services or information for your family, youth, or children, the Project Heartbeat Information and Referral Line is the place to start. Since the opening, the Project Heartbeat Information Line has taken nearly 2,000 calls from family members and professionals searching for services such as advocacy support groups, counseling, parenting classes as well as for information on various topics surrounding children’s mental health.

Project Heartbeat
Information Referral Specialists
are available

Monday through Friday
8:00 a.m. – 6:30 p.m.

Between these hours,
a live person will answer your call.

**Please contact the Project Heartbeat
Information and Referral Line at:**

**(619) 615-7676
1-888-5800 (Toll Free)**

**Liturgy of
Rest and Healing**

Welcome

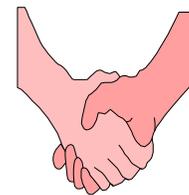
to a Liturgy of Rest and Healing especially for all with mental illnesses, their families and friends.

These services are held on the fourth Sunday of each month at 5:00 p.m.

The address is:
Gethsemane Lutheran Church
2696 Melbourne Drive
San Diego CA 92123
(619) 277-6572
(it is just up hill from stadium)

Call Helen Bergen for directions at (619) 222-7346

**Sibling
and
Adult
Children’s Group**



What is a “caregiver”? The simple answer to this question is, “anyone who cares and gives care to someone who needs it.”

As related to you and your mentally ill loved one, this may range from being a hands-on 24-hour-a-day caregiver in your home to making supportive telephone calls once a week. Regardless of the level of care giving you may be experiencing, there is a point we try to come to terms with our care-giving role.

Sometimes, no matter how hard we want to help our mentally ill loved ones, we must realize we can’t always make every thing right no matter how much we care or do. At this point, we face a difficult, if not impossible situation which may have no resolution. How we deal with this dilemma is a very individual and personal decision.

If you are a sibling or adult child of a mentally ill loved one and interested in attending one of our meetings, please call:

**Monica Astorga at (858) 483-9370
for more information.**

Let us offer you a “helping hand.”

We meet the second Wednesday of each month:
7:00 - 9:00 p.m.

Scripps Well Being Center
Adjacent to the University Towne Centre Mall

We can all help and support each other as we help our mentally ill loved ones.

NAMI's 2000 CONVENTION

Turning Promise Into Practice

June 14 –18, 2000

**Town and County Resort Hotel
500 Hotel Circle North
San Diego, CA 92108**

**For registration form, call NAMI San Diego
(619) 294-9941**

or

Register on line:

[Http://www.apollonian.com./nami_convention/.](http://www.apollonian.com./nami_convention/)

VOLUNTEER AT THE CONVENTION AND EARN A "FREE DAY"
Call NAMI San Diego for Volunteer Application Form

CLIENT CORNER

SCHOLARSHIP FUNDS AVAILABLE



Mental health clients may apply to SDAMI for scholarship funds for course-related expenses such as tuition, fees, books, and supplies. To apply, call the Albright Center at (619) 543-1434 and request an application.

Applications up to \$500.00 will be considered.

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

“WAYS OF SEEING”

Who: Creative Arts Consortium artists
What: “Ways of Seeing” Exhibit and Reception
When: Friday, March 10, 2000 6:00 to 9:00 p.m.
Where: Bard Hall, First Unitarian Church, 4190 Front Street San Diego
(across from UCSD Medical Center)

For appointment to view the exhibit after March 10th, please call Michelle Scheurell at (619) 260-1288

The CAC is pleased to announce a special March exhibit entitled “Ways of Seeing,” highlighting a selection of artworks by CAC staff members. The Art Guild of the Unitarian Church has invited us to utilize Bard Hall for the exhibit to promote the art of mental health clients. You, your family and friends are invited to the Artists’ Reception, so please mark your calendars for this unique event. Refreshments will be served. Free parking (vouchers will be distributed at the reception) in Ace Parking lot next to the church. Free Admission. For information, call (619) 260-1288.



The Consumer Center for Health Education and Advocacy
 (If you need help getting mental health care services, please call or write us. We are ready to help you.)
 1475 Sixth Ave., 4th Floor
 San Diego CA 92101
 1-877-734-3258 Toll Free

The Meeting Place, Inc.
 4034 Park Blvd., San Diego
 (619) 294-9582
*Open Tuesday - Saturday
 12 Noon - 4 p.m.*

Corner Clubhouse
 2852 University (at Utah)
 San Diego (North Park) #7 Bus Line
 (619) 683-7423
*Open Monday
 8:00 a.m. - 12:00 p.m.
 Tuesday - Friday
 8:00 a.m. - 4:00 p.m.*

Friend to Friend
 1009 “G” Street
 San Diego
 (619) 238-2711
*Open Monday - Friday
 12:00 - 6:00 p.m.*

Mariposa Clubhouse
 560 Greenbrier, Suite .102, Oceanside
 (760)439-6006
*Open Monday - Friday
 8:00 a.m. - 8:30 p.m.
 Saturday & Sunday
 10:00 a.m. - 5:00 p.m.*

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

East Corner Clubhouse
 562 East Main St., El Cajon
 (between Mollison and Avocado)
 (619)401-6902
 Fax: (619)401-1751
*Open Mon, Tue, Thur & Fri
 8:00 a.m. - 4:00 p.m.
 Wed 8:00 a.m. - 6:00 p.m.
 Sat 10 a.m. - 2 p.m.*

499 “H” Street, Chula Vista
 (619) 420-8603
*Open Mon., Wed., Fri., Sat. & Sun.
 Noon - 7:00 p.m.
 Closed Tues. & Thurs.*

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

The Access Center of San Diego
 1295 University Avenue
 San Diego, (619) 293-3500

The Creative Arts Consortium
 P. O. Box 3053
 San Diego, CA 92163-3053
 For General info, call: (619) 692-8417
 Art—call Michelle (619) 260-1288
 Literature—Call Jim (619) 299-1753

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

San Diego Parks and Recreation Disabled Services Program:
 Ask for “The Leisure Seekers” group activities and calendar. No formal registration. Simply call ahead of event and say “I want to sign up for the event” (619) 525-8247

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

Schedule of Meetings

NAMI SAN DIEGO

1st and 3rd Thursday each month
University Christian Church
3900 Cleveland Ave., San Diego
Call (619)543-1434 or 1-800-523-5933

1st Thursday, 6:30 p.m.
Education and Advocacy

Thursday, March 2 at 6:30

Speaker: Neal Swerdlow, M.D., Ph.D.
UCSD, Dept. of Psychiatry
Topic: Tourette Syndrome
What We Know, What We Think, What We Hope!

3rd Thursday, 6:45 p.m.
Sharing and Caring

Morning Sharing and Caring:

Third Tuesdays
10:00 a.m. to 12:00 a.m.
Albright I & R Center, 1094 Cudahy Place,
Suite 120, Morena Office Center
(West Morena & Buenos Ave.)
(619)294-9941 or (619) 543-1434

Sharp Mesa Vista Hospital Sharing and Caring

Fourth Thursdays, 6:30 p.m. – 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 Wednesdays
7:00-9:00 p.m.
Scripps Well Being Center
Adjacent to the UTC Mall
Call Monica Astorga at (858)483-9370

La Jolla Sharing & Caring

1st Tuesday each month, 7:15-9:00 p.m.
La Jolla Presbyterian Church Lounge
7715 Draper Avenue, (858)459-4905
(Entrance on Kline St.)

El Cajon (East County)

2nd & 4th Wednesday each month
6:30 p.m., 562 E. Main St., El Cajon,
Call Donna Hawkins: (619) 401-5500
or Forough, Douraghi: (619)401-5440

South Bay—Spanish

4th Monday each month 6:00-8:00 p.m.
Call Luz Fernandez (East County clinic)
for location (619)401-5500

Filipino Family Support Group

UPAC

1031 25th St., Broadway & 25th
2nd & 4th Thursdays 2:30 - 3:30 p.m.
Call Maria Lopez (619)235-4282

Alpine Special Treatment Center Sharing & Caring

For information on date/time/place
call (619) 445-2644, ext. 20

El Centro Sharing and Caring

2nd and 4th Wednesdays at 6:30 p.m.
St. Peter & Paul Episcopal Church
5th & Orange, El Centro
(parking by Holt Street)
Contact: Vicki (760) 359-3323

NAMI ESCONDIDO/NORTH INLAND

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

1st, 2nd, 4th & 5th Tuesday
4:00-5:30 p.m., Share & Care
210 Park (Senior Center), Escondido
Call (760)745-8381

3rd Tuesday, 7:00 p.m.
Education Meeting
Bradley Center (Kinesis North)
474 W. Vermont Ave, Escondido
(760)745-8381 or 1-800-523-5933

Tuesday, March 21 at 7:00 p.m.

Speaker: Annette Lau
Director, Office of Conservatorship
Topic: Conservatorship of the Person

All meetings are followed by refreshments and
Share & Care for family members

NAMI NORTH COASTAL SAN DIEGO COUNTY

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

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

3rd Wednesday at 7:00 p.m.
Education Meeting
followed by Share & Care at 8:40 p.m.

Speaker: Bobbi Nunn
Carlsbad Housing Authority

Topic: Housing

4th Tuesday - 5:00-6:30 p.m..
Share & Care
North Coastal Mental Health Center
1701 Mission Avenue #A, Oceanside
(760)967-4475 or (760)722-3754

2nd Thursday at 6:00 - 7:00 p.m.
Share and Care
Tri-City Medical Center, Mental Health Unit
(760)722-3754

Pastoral Share & Care

4th Thursday - 7:30 p.m.
2807 Ocean St., Apt. 301, Carlsbad
Jane or Tim Hird, (760)435-2536
Call first for security reasons.

PATTON AMI

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

3rd Sunday of each month
Administrative Meeting Room
11:45 a.m. -1:15 p.m.
3102 East Highland Avenue
Patton, CA (909)425-7392

NATIONAL DEPRESSIVE & MANIC DEPRESSIVE ASSOCIATION

Call (800)826-3632 for meeting places and
times.

The Access & Crisis Line

1-800-479-3339

24-hours a day, 7 days a week

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

The Access and Crisis Line is a service of United Behavioral Health, the Administrative Service Organization for the County of San Diego Mental Health system of care for adults and older adults.



NAMI San Diego

2000 MEMBERSHIP APPLICATION

Make check payable to SDAMI and mail to: P. O. Box 710761, San Diego, CA 92171-0761

Check one: () Individual or Family \$35.00 () Client \$10.00 () Newsletter Only \$15.00

Check Relation to Client: Parent of Adult ___ Parent of Child (under 18) ___ Sibling ___

Spouse ___ Professional ___ Other _____

Check one: () New Member () Renewal Contribution: \$ _____

Name _____ Phone (home) _____

Street _____ Phone (work) _____

City, State, Zip _____

VOLUNTEERS:

We are always in need of volunteers. Please take a moment and mark the activities that interest you:

() Phone Volunteer () Legislation () Fund Raising () Office Work

FINALLY, FAMILY-TO-FAMILY EDUCATION

The first presentation of Family-to-Family Education at a site in San Diego.

Mondays
May 1, 8, 15, 22
June 5, 12, 19, 26
July 10, 17, 24, 31



Call the Albright Center quickly to sign up as the class is limited in size.

The program is comprised of a series of 12 classes for the families of persons with serious and persistent brain disorders (mental illnesses). These classes are small and represent a new concept and curriculum. In this model, the course co-teachers are family members themselves and the course has been designed and written by an experienced family member-mental health professional. The course balances education and skill-training with self care, emotional support and empowerment.

Important components of the course are:

1. Information about Schizophrenia, Major Depression, Bipolar Illness (Manic Depression), Panic Disorder, and Obsessive Disorder (OCD).
2. Coping skills, handling crisis and relapse.
3. Listening and communication techniques.
4. Problem solving and limit setting; rehabilitation.
5. Understanding the actual experience of people suffering from mental illnesses.
6. Self-care; learning how to recognize normal emotional reactions among families to chronic worry and stress.
7. Basic information about medications and their side effects.
8. Information about connecting with appropriate community services and community supports.
9. Advocacy: getting better services, fighting discrimination.

The Alliance Advocate

Vol. IV, Issue 2 March 2000

San Diego Alliance for the Mentally Ill
1094 Cudahy Place, Suite 120
San Diego, CA 92110-3932

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**NAMI CONFERENCE IN SAN DIEGO
JUNE 14 – 18, 2000
VOLUNTEER AT THE CONFERENCE AND EARN
A "FREE DAY" FOR EACH 4-HOUR SHIFT
Call NAMI San Diego for
Volunteer Application Form
(619) 294-9941**

Inside This Issue:

A Shooting Death in San Diego

*February-At-A-Glance
(Update on NAMI San Diego Programs)*

Legislative Update

Address label

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1094 Cudahy Place, Suite 120
San Diego, CA 92110-3932*

*Mailing Address:
P.O. Box 710761
San Diego, CA 92171-0761
Phone (619) 294-9941
or 1-800 523-5933
Fax: (619) 294-9598
or (619)543-1498
E-mail: sdami@adnc.com*

*The Alliance Advocate Editor:
Emy Alhambra
E-mail: emynal@aol.com
Fax: (619)294-9598*

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

*The opinions expressed in the newsletter do
not necessarily reflect those of SDAMI.*

ALBRIGHT INFORMATION & REFERRAL CENTER

**1094 Cudahy Place, Suite 120
San Diego, CA 92110-3932**

Do you need information about
mental illness?

Talk to someone who understands
Call the Albright I & R Center
(619)543-1434 or
1-800-523-5933
7 Days a Week
24 Hours a Day

We have a library of books and tapes
available for you.

**Attend NAMI San Diego meetings
listed in this issue "Schedule of
Meetings" and receive educational
materials to send to your far away
family members who do not
understand.**

*The San Diego Alliance for the Mentally
Ill is a tax-exempt, non-profit
organization.*

*A self-help advocacy and support group
of families, friends, consumers and
professionals, dedicated to the care,
treatment, rehabilitation and cure of
persons with mental illness.*

*NAMI San Diego is an affiliate of
NAMI and
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