

# The Alliance Advocate

NAMI San Diego--San Diego's Voice on Mental Illness  
Formerly San Diego Alliance for the Mentally Ill

March 2001

Volume V, Issue 3

## FDA Approves Geodon (Ziprasidone) for Treatment of Schizophrenia

On February 5, The Food and Drug Administration (FDA) approved ziprasidone, a new antipsychotic medication for the treatment of schizophrenia. Ziprasidone will be available in pharmacies in March under the brand name Geodon.

Developed by Pfizer Inc., ziprasidone has shown to be effective in treating the positive and negative symptoms of schizophrenia, including visual and auditory hallucinations, delusions, motivation difficulties and social withdrawal. Large clinical trials have shown that ziprasidone is associated with little or no weight gain, thus distinguishing it from most other antipsychotic drugs. The most common side effects reported for ziprasidone are headache, somnolence, and abnormal movements.

Over the past several years, the FDA has been concerned with the possibility that ziprasidone and a number of other drugs might increase the very low possibility of a specific, potentially fatal heart-rhythm irregularity, torsade de pointes. The FDA did not approve ziprasidone in 1998 due to evidence that the drug can cause a lengthening of the so-called QT interval of the heartbeat, a change known to predispose to torsade, and asked that specific safety data be gathered. The safety data were submitted to the FDA last year. Although "QT prolongation" predisposing to torsade is still a theoretical concern, over 4000 patients were treated in clinical trials without evidence of the heart-rhythm irregularity. In addition, the overall mortality rate during the trials was similar to that seen with placebo and with other antipsychotic drugs.

## Education & Advocacy Meeting

Thursday, March 1, 2001

6:30 - 8:30 p.m.

Speaker: Rev. Margaret England

Deacon, St. David's Episcopal Church, San Diego

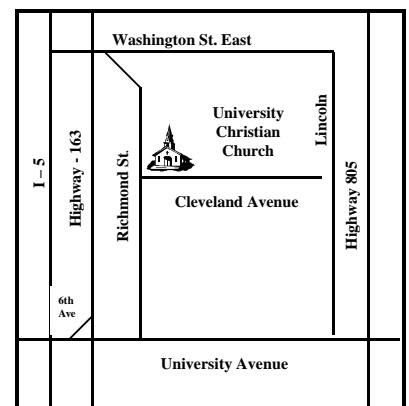
Topic: Spirituality and Mental Illness

**Spirituality includes: The source of our spiritual strength; the problem of suffering; how do we pray; and the eternal question: Why me, God?**

Margaret England relocated to San Diego from Phoenix. She was a member for four years of the board of ComCare, the organization supplying all services to those with mental illness in Maricopa County, Arizona and a member of the board of AAMI. She co-chaired the AAMI Religious Network which included working with the Chaplaincy staff of Arizona State Hospital. She founded and chaired the Bishop's Committee for Mental Illness for the Diocese of the Episcopal Church of Arizona. Her son was diagnosed with schizophrenia and was homeless in San Diego. He is presently on medication and living in Ocean Beach.

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.

**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)**



**Additional AMI meetings in the San Diego County area are listed on Page 5**

## February-at-a-Glance

Bettie Reinhardt, Executive Director

### Board News

The Board welcomed five new members this year. The meetings are scheduled regularly on the third Wednesday of the month, 4:30 – 6:00 p.m., at the Albright Center. You are welcome to attend. If you have an item that you want the Board to tackle, please try to contact the Board President or me well in advance – preferably by the second Monday of the month so the executive committee can get acquainted with the issue.

### Counting Down

May is coming up soon and that means NAMI's third annual Celebrate Mental Health! events. Make plans to join us on the beach – in Ocean Beach – on Saturday, April 28 for a Fun Walk and Resource Fair. And, please call me with the names of any employers that should be invited to the Educational Forum/Open Your Mind Award breakfast on May 8.

### Family-to-Family Education

An East County series will begin on February 20, 2001 at Sharp-Grossmont Hospital with full enrollment. More classes will be scheduled as soon as there are enough registrants. Call the Albright Center for more information and to register.

### Schizophrenia: Education for Families and Caregivers

The next class is scheduled for Wednesday, March 7, 14, 21 and April 4, 11, 18. Register for this series on understanding and coping with schizophrenia by calling the Albright Center NOW.

### Advocacy Works

Jane Cartmell provided an excellent training on advocacy to 20+ attendees on February 10, 2001. We'll work on the means to repeat the workshop in the future.

### Living with Schizophrenia & Other Mental Illnesses

New presenters spent the weekend of February 17 – 18, 2001 being trained to take this 1 ½ hour program to more groups. Call Chuck Sosebee at 619.275-7165 to schedule a presentation to your group.

### To Register for Classes

Call the Albright Center at 800.523.5933 or 619.543.1498 to sign up for any class or workshop described above. All of the classes are provided at no charge.

### Staff and Program Changes

Check this space next month for more news!

***Our objective this year:  
do more of what NAMI does  
well – better, and in more places.***

*To register your opinion on any of these issues, call Bettie Reinhardt at 294-9941 or write to P.O. Box 710761, San Diego, 92171 or fax to (619)543-1498 or email at [exudir@namisandiego.org](mailto:exudir@namisandiego.org) or contact any of the people mentioned in the article.*

### **WORDS, WORDS, WORDS**

Mixing up terms can mix us up and be an obstacle to obtaining what we or our relatives/friends/clients need. The comments that have been heard following Dr. Abram's very excellent presentation in February make this clear. The following glossary is offered to help you make use of what you heard him say.

**Jail** – a County detention facility. People are detained there following arrest. The majority of people held in jails have not been tried and convicted. People may remain in jail after conviction and sentencing for less than a year. In San Diego County, the Sheriff's Department manages both the guard duties and the health services.

**Probation** – the status of being released from jail prior to the completion of the jail sentence. The County of San Diego Probation Department officers supervise individuals on probation. Probationers are eligible for County health services.

**Prison** – a State correctional facility. People are imprisoned there following sentencing. Health services are funded by the State.

**Parole** – the status of being released from prison prior to the completion of the prison sentence. State of California Parole officers supervise individuals on parole. Parolees have difficulty receiving mental health services because the County sees service delivery as a State responsibility and the State does not have many services. The State has promised to develop mental health services for parolees in the next few years.

Whether a person with a mental illness is in jail or in prison, there are many treatment disincentives and a great need for informed advocacy for the appropriate services.

## The Alliance Advocate

NAMI San Diego is a nonprofit organization that provides self-help advocacy, education, services, and support for consumers, families, and friends of people with severe mental illnesses and is dedicated to eradication of those mental illnesses and to improvement of quality of life of those affected by these diseases.

**NAMI San Diego is an affiliate of  
NAMI and NAMI California**

### Board of Directors:

President - Marjorie Joramo  
Vice-President - Karen Gurneck  
Immediate Past President - Paul DeMartini  
Treasurer - Carol Venable, Ph.D.  
Secretary - Dorothy Shelton, Esq.

### Directors at Large

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Judy Wasik, M.S.  
Stephanie Watson, M.S., C.R.C.

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Kristin Cadenhead, M.D.  
Gabrielle Cerda, M.D.  
Dan Sewell, M.D.

### Executive Director

Bettie Reinhardt  
exudir@namisandiego.org

**The Alliance Advocate is a monthly  
publication of NAMI San Diego,  
1094 Cudahy Place, Suite 120  
San Diego, CA 92110-3932**

### Mailing Address:

P.O. Box 710761  
San Diego, CA 92171-0761  
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800 523-5933  
Fax: (619) 294-9598 or  
(619) 543-1498  
E-mail: sdami@adnc.com  
Web Site: www.namisandiego.org

### 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  
NAMI San Diego.

## A Message From NAMI San Diego's President

Every time I look at our organization as a whole I am really impressed with how much we are able to get done, and the quality of the people who work for us both as volunteers and staff.

We all know that there is much more to do. My personal goal for this year is to work toward making NAMI San Diego as strong as possible to be able to continue for many years into the future.

As our organization grows and changes there is a need to continue to do what we have always done well, but also to be able to meet new challenges as they come along.

**One of my key words in life is "balance."** I think that it is important for NAMI San Diego to blend our very rich past with our potential exciting future. This year our board of directors is informally trying some things to work toward a healthy blend of our past with our future. If this works out we can make it formal when we look at our by laws later this year.

We have made some changes in how we are viewing the role of president. We designated the vice president as president elect with the hope that person will move into the presidency. We designated a past president with the hope that each president will serve on the board of directors for the year after they are president.

We are trying to identify all of our past presidents from over the years to serve on what we are calling the **Past President's Council**. We hope that these people will be willing to share the reservoir of knowledge they have about the organization, serve as a sounding or advisory board for the president, the board, executive director, and committees.

We have designated our officers (president elect, president, past president, secretary, and treasurer) as an Executive Board. This board will meet monthly, deal with business during the months when the full board does not meet, and plan the agenda for the board meeting. This board will serve as two of our standing committees: Finance and Governance/ Policies.

Our committees are getting organized for the year right now. There are opportunities to serve in our three most active and interesting standing committees: Development (of people and funds), Legislative (lawmaking at all levels), and Programs (contracted and not contracted, for consumers, family members, providers, and the general public).

If you are interested in any of these three committees or willing to help in any way, please call the Albright Center and leave your name, phone number, e-mail if you have one, and which committee you would be interested in if you have a preference. If you have volunteered and not been contacted, please call again-- sometimes a person's name doesn't get to where it should have and we all miss out.

**Marjorie Joramo**  
**President**

## Letter to the Editor

### Official Message from the Board of NAMI California to affiliate members and interested persons:

Thank you for your interest in and your appreciation of the Journal and its editor, Dan Weisburd.

The Board of Directors of NAMI California recently met to consider the future of the Journal since Mr. Weisburd stated his intention to resign because of ill health. After careful review of the Journal's production, marketing, distribution and finances, it was determined that under present operations there might not be sufficient funds to ensure a viable future for the Journal. Because the Board wants to save this exceptional publication and to expand its distribution, it must take action now so that it has the possibility of a bright and lasting future.

Unfortunately, to have the best chance to accomplish this, the Journal must suspend publication at this time. NAMI California has appointed a special committee and will seek the services of a nationally recognized consultant to help in our attempt to put the journal on a secure footing.

With respect to Mr. Weisburd's Publisher's notes: after conducting a factual inquiry, the Board submitted the Publisher's Comments and the results of its factual inquiry to NAMI California counsel for review and advice. Based on the advice of counsel, the Board decided that the Publisher's Comments should not be disseminated.

Thank you for your patience during this transition. If you would like to share your opinion with us on this matter I will forward them to the Board of NAMI California.

Charles "Chuck" Sosebee  
Director, NAMI California  
Chucksosebee@home.com

## Legislative Update by Caroline Hamlin

### The Family Opportunity Act of 2001

The Family Opportunity Act, a bipartisan bill, has been reintroduced by Senators Grassley and Kennedy and Representatives Sessions and Waxman (D-CA). This legislation allows middle class families who have a seriously mentally ill child to buy into the Medicaid program on a sliding scale. Often a family with a seriously disabled child quickly exhausts their financial resources, even going so far as giving up custody of their child in order to qualify for Medicaid coverage.

NAMI is strongly supporting this important bill and you can help. Call your members of Congress and ask them to co-sponsor the bill. Later, when the bill arrives in Congress for a vote, we'll be contacting you for letters and phone calls. We'll keep you posted!

### President Bush's New Freedom Initiative

On February 1, President Bush reaffirmed his support for the rights of people with disabilities by signing executive orders that will fulfill his election promises affecting mental illness policies. His orders build on the landmark 1999 Surgeon General's report on Mental Health and offer hope for change in our grossly inadequate mental health system. A National Commission on Mental Illness Treatment Services has been appointed. This Commission will study and make recommendations for improvement in the availability and delivery of services. The President has also issued executive orders to fully implement the Ticket to Work and Work Incentives Improvement Act enacted in 1999.

NAMI applauds these actions which offer hope for change in our mental health care system.

### How to Contact Your Elected Representatives

#### President George W. Bush

White House, 1600 Pennsylvania Ave., N. W., Washington DC 20500  
(202) 456-1414, Fax: (202) 456-2461; e-mail: [president@whitehouse.gov](mailto:president@whitehouse.gov)

#### Vice President Richard B. Cheney

White House, 1600 Pennsylvania Ave., N.W., Washington DC 20500  
(202) 456-1414, Fax: (202) 456-2461, e-mail: [vicepresident@whitehouse.gov](mailto:vicepresident@whitehouse.gov)

**Senator Barbara Boxer**, 600 B St., Suite 2240, San Diego CA 92101  
(619) 239-3884, Fax: (619) 239-5719, e-mail: [senator@boxer.senate.gov](mailto:senator@boxer.senate.gov)

**Senator Dianne Feinstein**, 750 B St., Suite 1030, San Diego CA 92101  
(619) 231-9712, Fax: (619) 231-1108; e-mail: [senator@feinstein.senate.gov](mailto:senator@feinstein.senate.gov)

#### U.S. REPRESENTATIVES:

**48th District--Darrell Issa**, 629 Camino de los mares, Suite 204, San Clemente, CA 92673  
(949) 496-2343

**49th District--Susan Davis**, 2150 W. Washington, Suite 210, San Diego, CA 92110  
(619) 291-1430, Fax: (619) 291-8956

**50th District--Bob Filner**, 333 F St., Suite A, Chula Vista, CA 91910  
(619) 422-5963, Fax: (619) 422-7290, e-mail via website: [www.house.gov/filner](http://www.house.gov/filner)

**51th District--Randy Cunningham**, 613 West Valley Parkway, Suite 320, Escondido, CA 92025  
(760) 737-8438, Fax: (760) 737-9132, e-mail via website: [www.house.gov/cunningham](http://www.house.gov/cunningham)

**52nd District--Duncan Hunter**, 366 South Pierce St., El Cajon, CA 92020  
(619) 579-3001, Fax: (619) 579-2251, website: [www.house.gov/hunter](http://www.house.gov/hunter)



## Schedule of Meetings

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### NAMI SAN DIEGO

University Christian Church  
3900 Cleveland Ave., San Diego  
Call (619) 543-1434 or 1-800-523-5933

First Thursday, March 1  
6:30 - 8:30

Speaker: Rev. Margaret England  
Deacon, St. David's Episcopal  
Church, San Diego  
Topic: Spirituality and  
Mental Illness

Third Thursday, 6:45 p.m.  
Sharing & Caring

#### Morning Sharing and Caring:

Third Tuesday, 10:00 - 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 Thursday, 6:30 – 8:30 p.m.  
Executive Conference Room  
Sharp Mesa Vista Hospital  
7850 Vista Hill Avenue (858) 278-4110

#### Sibling and Adult Children's Group

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

#### Clairemont Area Sharing and Caring

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

#### La Jolla Sharing & Caring

First Tuesday, 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)

Second & Fourth Wednesday  
6:30–8:00 p.m., 562 E. Main St., El  
Cajon,  
Call Donna Hawkins: (619) 401-5500  
or Forough, Douraghi: (619) 401-5440

#### South Bay—Spanish

Fourth Monday, 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  
For information on date and time  
call (619) 235-4282

#### Alpine Special Treatment Center Sharing & Caring

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

#### El Centro Sharing and Caring

Contact Dr. Ng's office for  
date/time/location (760) 352-8171

### NAMI NORTH INLAND SAN DIEGO COUNTY

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

Third Tuesday, 7:00 p.m.

Education Meeting

Bradley Center (Kinesis North)  
474 W. Vermont Ave, Escondido  
(760) 745-8381 or 1-800-523-5933

Third Tuesday, March 20  
7:00 p.m.

Speaker: Dr. Kristin Cadenhead  
UCSD Psychiatrist and Researcher  
Topic: UCSD Research on  
Schizophrenia

#### Share & Care

First, Second, Fourth & Fifth Tuesday  
4:00 - 5:30 p.m.  
210 Park (Senior Center), Escondido  
Call (760)745-8381

### 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.  
(760) 722-3754 or (800) 523-5933

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

Wednesday, March 21  
7:00 p.m.

Speaker: Abigail Padgett  
Author of "Child of Silence" &  
Advocate for the Mentally Ill  
Topic: Stigma

#### Share & Care

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

#### Share and Care

Second Thursday at 6:00 - 7:00 p.m.  
Tri-City Medical Center, Mental Health  
Unit, 4002 West Vista Way  
Oceanside (760)940-5700

#### Pastoral Share & Care

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

### PATTON AMI

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

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

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### NATIONAL DEPRESSIVE & MANIC DEPRESSIVE ASSOCIATION

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

#### Depressive and Manic Depressive Support Group

Every Monday at the  
VA Hospital La Jolla,  
Room 2011 – 6:00 – 8:00 p.m.  
(858) 535-4783  
Toll Free: 1-800-274-3637

## Client Corner

### SCHOLARSHIP FUNDS AVAILABLE

Mental health clients may apply to NAMI San Diego 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.



### Living with Schizophrenia And Other Mental Illnesses

A recovery-education program presented by trained consumer presenters/facilitators to other consumers, families, friends and professionals.

It is for anyone who needs to know how people with schizophrenia and other serious mental illnesses cope with the realities of their disorder while recovering and reclaiming productive lives with meaning and dignity.

If you are interested in training as a presenter or attending a presentation, please call:



Chuck Sosebee  
Coordinator of  
Consumer Outreach & Education  
(619) 275-7165  
TTY/TDD (619) 275-7164  
Email: EducNamiSD@cs.com

### 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*  
10:00 a.m. - 4:00 p.m.

### Corner Clubhouse

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

### Friend to Friend

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

### Mariposa Clubhouse

560 Greenbrier, Suite .102, Oceanside  
(760)439-6006  
*Open Monday - Friday*  
8:00 a.m. - 4:00 p.m.  
*Open Saturday & Sunday*  
for special events.

### 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 Monday & Friday*  
8:00 a.m. - 4:00 p.m.  
*Tuesday & Thursday*  
8:00 a.m. - 12:00 noon  
*Wednesday - 8:00 a.m. - 6:00 p.m.*  
*Saturday - 10:00 a.m. - 2:00 p.m.*

### Visions @ 5<sup>th</sup> and H

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

### 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  
Admin—Call Jane (858) 481-7069  
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.

### The Access & Crisis Line

1-800-479-3339

24-hours a day 7 days a week

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

*NAMI San Diego Board of Directors and Administration  
 Honored our Valued Volunteers at a Continental Breakfast on January 8, 2001  
 at the University of San Diego Law School Library*

**Volunteers**

*Emy Alhambra  
 Blanche Caughlin  
 Jim Checco  
 Patrick Cremeens  
 David Daugherty  
 Harriett DeMartini  
 Jeff Easton  
 Karen Gurneck  
 Michael Healy  
 Nancy Jacobus  
 Patti Jakobcic  
 Marjorie Joramo  
 Jan Karsh  
 Josie Kenney  
 Annetta Kohler  
 Mary Miesner  
 Susan Munsey  
 Jim Neff  
 Hugh Pates, Ph.D.  
 Betsy Roesner  
 Jill Steinbaum  
 Paul Talman  
 Ruben Terrones  
 Mary Truman  
 Elizabeth Tuba  
 Judy Wasik  
 Quincy White*

*Helen Bergen  
 Marie Chaffee  
 Clarina Chu  
 Paul Cumming  
 Steven Davis, M.D.  
 Paul DeMartini  
 Margaret England  
 Caroline Hamlin  
 Elizabeth Holcomb  
 Mary Lou Jacot  
 Susan Johnson  
 Lisa Kanamoto  
 Ellie Kashi  
 Charles Key  
 Jean Korb  
 Natalie Moynihan  
 Linda Neff  
 Elizabeth Pascoe  
 Joyce Randell  
 Dorothy Shelton, Esq.  
 Neal Swerdlow, M.D., Ph.D.  
 Hank Teisher  
 Alice & Tom Thompson  
 Pete Truman  
 Carol Venable, Ph.D.  
 Stephanie Watson  
 Joan Williams*



Bettie Reinhardt, Executive Director, NAMI-San Diego



Chuck Sosebee, Karen Gurneck, and Patrick Cremeens



Elizabeth Tuba, Blanche Caughlin and Caroline Hamlin



A humorous skit was performed by the "NAMI Players" Karen Gurneck ('Laverne'), Chuck Sosebee ('Lenny') and Patrick Cremeens ('Squiggy'). Written by Carol Venable and Bettie Reinhardt, the scenario depicted a parody of "A Day at the Albright Center," and showed appreciation for the unique talents and personalities of each NAMI San Diego volunteer. The performance was received with many chuckles and nods of agreement.



Carol Venable, Karen Gurneck, Chuck Sosebee, and Judy Wasik

(Continued from page 1) **Ziprasidone**

NAMI representatives were the only public witnesses to testify at the FDA Advisory Committee meeting, and asked the Committee to take into account the full range of benefits and risks in making a decision. The NAMI witnesses, including NAMI Consumer Council member Shannon Flynn, noted risks of treatments associated with weight gain, the possible effects of weight gain on adherence to treatment, and the desirability for NAMI members of having a full range of therapeutic options. The FDA concluded that the drug should be available to patients and physicians, in part because of its different profile of benefits, side effects, and risks.

The FDA labeling does not include a so-called "black-box warning" and does not require an EKG prior to or during treatment. The labeling does warn physicians and patients about QT prolongation and the possible risk of sudden death. The FDA labeling suggests that doctors use their best judgment, based on the health status of the individual, as to whether to use ziprasidone as a first line medication or only after other available medications have failed. There are no requirements that patients have regular heart check-ups while taking this medication.

NAMI members may also recognize Geodon (ziprasidone) by its former proposed brand name, Zeldox.

For more information on the serious brain disorder schizophrenia, including medication treatments, please go to <http://www.nami.org/helpline/schizo.htm>

(Source: NAMI E-News, Feb 12, 2001, Vol. 01-74)

**2001 MEMBERSHIP RENEWAL**  
**Complete the 2001**  
**Membership application**  
**mailed to you in December or**  
**the application on page 10 and**  
**send to**  
**NAMI**  
**San Diego Today!**

*NAMI San Diego has received contributions in the year 2000  
in honor and memory of the following friends:*

**In memory of Fern Burnett**  
*Mrs. Helen Bergen*

**In memory of Peter Clark**  
*Mr. & Mrs. Burt Kuck*

**In memory of Scott Foster**  
*Mrs. Susan K. Beith*  
*Mr. & Mrs. George Coleman*  
*Dr. & Mrs. Gordon N. Gill*  
*Dr. & Mrs. Oliver W. Jones*

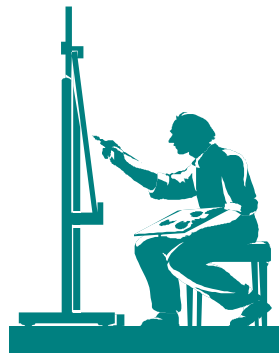
**In memory of Gill Gardner**  
*Mrs. Helen Bergen*  
*Mr. & Mrs. Helen Teisher*

**In memory of Sascha Garson**  
*Ms. Suzanne G. Lutkoff*

**In memory of Rick Saville**  
*Mrs. Helen E. Saville*

**In memory of**  
**James L. Waters, III**  
*Jean E. & James I. Waters, Jr.*

## **CREATIVE ARTS CONSORTIUM**



### **Art & Literature Competition**

Deadline for all submissions--March 15

For details and application, call:

Jim, Writing Director (619) 299-1753

Michelle, Art Director (619) 589-2434

North County, call Jane, CAC Acting Director at  
(858) 481-7069

### **CAC Expo at City College, World Cultural Program**

Cafeteria Courthouse, Park Ave & B St., San Diego

Wednesday, April 18, 11:00 am - 1:00 pm

The Creative Arts Consortium brings classes to programs (for a fee) in art, writing, performing arts, and karaoke. Call for information: Jane Fyer (858) 481-7069

Free Computers. Can you qualify for a free computer? CAC is engaged in a project to get computers under a group grant for its members. You must be a disabled citizen, on benefits or a very low income, and show a legitimate plan for use of a computer in your work (volunteer or paid), studies, recovery, etc. The application is confidential. If you are interested in filling out the required paperwork, call Jane Fyer (858) 481-7069.



**NAMI San Diego  
&  
The County of San Diego  
Health and Human Services Agency  
Mental Health Services  
Present  
Schizophrenia: Education for  
Families and Caregivers**

A six-week free educational program for families, loved ones and caregivers of people with schizophrenia

**Wednesdays, 6:00 PM - 8:00 PM  
March 7, 14, 21 & April 4, 11, 18**  
County of San Diego  
Health Services Complex  
Coronado Room  
3851 Rosecrans Street  
San Diego CA 92110

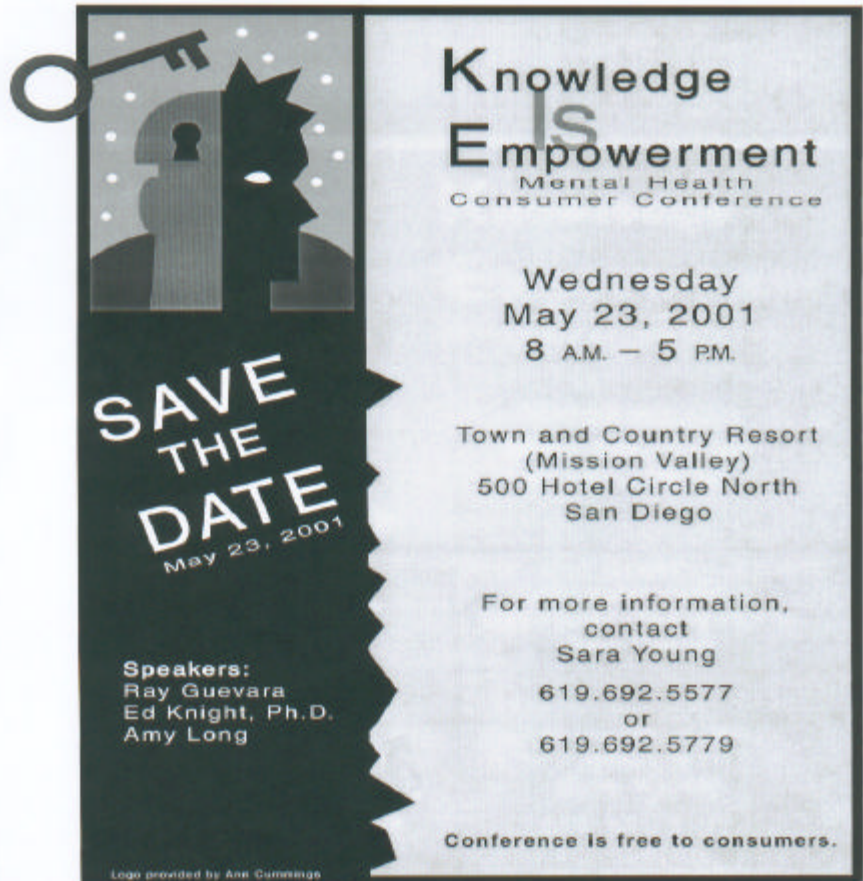
**Call NAMI San Diego at  
(619) 294-9941  
for reservations and information**

**Visit NAMI San Diego  
Offices**

1094 Cudahy Place, Suite 120,  
San Diego, CA 92110

*Directions to the office and the  
Albright Information  
and Referral Center:*

- 1 Going north on I-5 toward I-8, take the Morena Boulevard exit from the east bound I-8 ramp.
- 2 Going west on I-8 toward I-5, take the Morena Boulevard exit just before the I-5 exit.
- 3 Stay in the left lane of Morena Boulevard, which becomes West Morena Boulevard.
- 4 Turn left on Buenos Avenue. The three-story building called the Morena Office Center 1094 will immediately be on your left.
- 5 Going south on I-5 toward I-8, exit at Tecolote Road/Sea World. Go left on Tecolote Road and right on Morena Boulevard and right again at the first traffic light (Buenos Avenue). Cross West Morena Boulevard and the office building will immediately be on your left.



**Knowledge  
Empowerment**  
Mental Health  
Consumer Conference

Wednesday  
May 23, 2001  
8 A.M. - 5 P.M.

Town and Country Resort  
(Mission Valley)  
500 Hotel Circle North  
San Diego

For more information,  
contact  
Sara Young  
619.692.5577  
or  
619.692.5779

Conference is free to consumers.

Speakers:  
Ray Guevara  
Ed Knight, Ph.D.  
Amy Long

SAVE THE DATE  
May 23, 2001

Logo provided by Ann Cummings

**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 and friends who  
do not understand.**

**Volunteers Needed.  
Make a Difference.**



**Wanted:  
Individuals who want to  
make a difference.  
Training provided.**

**Call NAMI San Diego at  
(800) 523-5933 for an  
application.**

# The Alliance Advocate

Vol. V, Issue 3, March 2001

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**RETURN SERVICE REQUESTED**

*Inside This Issue:*

***FDA Approves Geodon (Ziprasidone) for  
the Treatment of Schizophrenia***

***February-at-a-Glance***

***Legislative Update***



**NAMI San Diego**

## 2001 MEMBERSHIP APPLICATION

NAMI San Diego relies on its membership and your generous contribution to continue providing support and services to people with mental illness and their families. To join NAMI San Diego, renew your membership or make a contribution, complete the information below and **enclose your check payable to NAMI San Diego and mail to: P. O. Box 710761, San Diego CA 92171-0761.**

Name: \_\_\_\_\_

Street: \_\_\_\_\_ Home Phone # \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Work Phone # \_\_\_\_\_

**Dues are from January 1 to December 31 of each year and include membership and newsletter subscription to NAMI and NAMI California.**

**I would like to join NAMI San Diego at the following level:**

- \_\_\_\_\_ Regular Membership – \$35.00 Check one: ( ) New Member ( ) Renewal
- \_\_\_\_\_ Professional Membership – \$75.00 (includes office display of NAMI brochures)
- \_\_\_\_\_ Consumer Membership – \$10.00 \_\_\_\_\_ Newsletter Subscription Only – \$15.00
- \_\_\_\_\_ Open Door Membership \$3.00 (consumer, consumer family & friends in financial need)

### ANNUAL SUSTAINING DONORS

- \_\_\_\_\_ Bronze Donor – up to \$99.00 \_\_\_\_\_ Benefactor – \$500.00 – \$999.00
- \_\_\_\_\_ Silver Donor – \$100.00–\$249.00 \_\_\_\_\_ Patron – \$1,000 +
- \_\_\_\_\_ Gold Donor – \$250.00–\$499.00 \_\_\_\_\_ I prefer my contribution to be anonymous
- \_\_\_\_\_ Donation for Open Door Memberships (\$ \_\_\_\_\_)  
(to help consumer, consumer family & friends in financial need)

### Check relation to client:

- \_\_\_\_\_ Parent of Adult
- \_\_\_\_\_ Parent of child (under 18)
- \_\_\_\_\_ Sibling
- \_\_\_\_\_ Spouse
- \_\_\_\_\_ Professional
- \_\_\_\_\_ Other \_\_\_\_\_
- \_\_\_\_\_ Self

\_\_\_\_\_ Please send me volunteer information and application.