

The Alliance Advocate

NAMI San Diego--San Diego's Voice on Mental Illness

Formerly San Diego Alliance for the Mentally Ill

March 2002

Volume VI, Issue 3

Electro-Convulsive Therapy

From an article by Donald Gardner Barstow in the Gale Encyclopedia

Electro-Convulsive Therapy (ECT) is a medical treatment for severe mental illness in which a small, carefully controlled amount of electricity is introduced into the brain. This electrical stimulation, used in conjunction with anesthesia and muscle relaxant medications, produces a mild generalized seizure or convulsion. While used to treat a variety of psychiatric disorders, it is most effective in the treatment of severe depression, and is said to provide the most rapid relief currently available for this illness.

The purpose of electro-convulsive therapy is to provide relief from the signs and symptoms of mental illnesses such as severe depression, mania, and schizophrenia. ECT is indicated when patients need rapid improvement because they are suicidal, self-injurious, refuse to eat or drink, cannot or will not take medication as prescribed, or present some other danger to themselves. Antidepressant medications, while effective in many cases, may take 2-6 weeks to produce a therapeutic effect. Anti-psychotic medications used to treat mania and schizophrenia have many uncomfortable and sometimes dangerous side effects, limiting their use. In addition, some patients

(Continued on page 4)

Education & Advocacy Meeting

6:30 p.m. Social Hour

7:00 p.m. Business/Advocacy

7:30 p.m. Program as Follows

“ECT, What Really Happens” by Eric Raimo M.D., and Paul Cumming, Sally Shepherd, Agnes Zsigovics

Dr. Raimo is in Private Practice. He was recently Director of Emergency Psychiatric Services at Grossmont Hospital As well as Director of Assessments at API Alvarado.

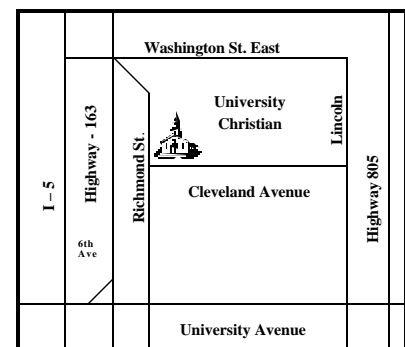
Paul Cumming and **Sally Shepherd** will speak about their experience with ECT and their treatment outcomes.

Agnes Zsigovics will present the caregiver's point of view.

Coming Attractions:

April 4th, 2002 : Mark Refowitz, Director, Adult/Older, Adult Mental Health Services, San Diego County, will tell us :

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



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

Our New Home

Thank you to the people who have already called to volunteer your time, hands, backs, dollies, and trucks on moving day, Saturday, March 16, 2002. More help is needed! Please keep calling!

We also need: steel shelving, nice occasional chairs and tables, and

Texas Medication Algorithm Project (TMAP)

I am pleased to announce that Eli Lilly is providing an unrestricted educational grant to NAMI San Diego to facilitate meetings of all the stakeholders (consumers, families, professionals, interested community) with the people from Texas who have been implementing this project. I am just as pleased to announce that Marjie Joramo will be managing the meetings in collaboration with San Diego County Mental Health Services.

Development Director

And, speaking of Marjie Joramo, she is the newest member of the NAMI San Diego staff! The Board very regretfully accepted her resignation from the Board of Directors at its February 19, 2002 meeting but was delighted that she has agreed to work as a part-time Development Director for our organization.

Peer-to-Peer

Kathryn Cohan and Chuck Sosebee trained 12 consumer Peer-to-Peer program mentors during the week-end of February 15 – 17. One pleased participant said, “We’ve just covered in three days what it took me 20 years to learn.” Those 12 people will soon begin leading Peer-to-Peer programs in San Diego, Orange, and Riverside counties. They could not have done it without your support. Thank you!

Peer-to-Peer Classes

Coming soon, Time and location to be announced

Scheduled Classes

NAMI CARE Facilitators

April 12 – 14
Location to be announced

Family-to-Family

February 20 – May 8
VA Hospital
Families of VA Clients

March 4 – May 20, 2002
Gethsemane Lutheran Church
Serra Mesa

April 1– June 24, 2002
Health Services Complex, Rosecrans St.

Schizophrenia: Education for Families & Caregivers

February 26 – April 2, 2002
In Our Own Voices – April 9, 2002

FULL
FULL

A Healthcare Dialogue

The League of Women Voters of North Coast San Diego County will present a forum on Saturday, March 9, 2002 in the Tri-City Medical Center Auditorium, 4002 Vista Way, Oceanside, with refreshments at 8 am and presentation between 9 and noon.

Discussion Topics are *Funding*, *Access to Care*, and *Quality*.

Speakers are: Dr. Art Gonzalez, CEO Tri City Hospital, Taylor Fletcher, MD, ER - Palomar Pomeroado Hospitals, Irma Cota, Dr., North County Community Clinic, Don McCanne, MD, Physicians for National Health Program, Gregg Knoll, Legal Aid Society—Consumer Advocate, Brent Eastman, MD, CMO, Scripps Healthcare

Moderator: Sylvia Hampton, LWV San Diego County

Starting 3/18/02 check Community Calendars for TV re-broadcast:

VOLUNTEER OPPORTUNITY!!!

The NAMI- San Diego walk committee is looking for volunteers who would like to help with the upcoming Walk-A-Thon scheduled for June 15, 2002.

If you would like to help with planning and organizing the walk or would like to assist on the day

of the event, please call Bettie Reinhardt at 619-294-9941 or Deborah Conklin at 858-453-4564.



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**

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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

Legislative Update
March, 2002

Candidates' Meeting

NAMI-San Diego and the League of Women Voters co-sponsored a Superior Court candidates' forum at the NAMI education meeting February 7. All nine of the Superior Court candidates who are running for four superior court offices, participated in the panel discussion of "Mental Illness and the Court System." The large audience turn-out was evidence of community concern regarding the criminalization of the mentally ill. Audience questions ranged from whether mentally ill juveniles should be tried in juvenile or adult courts to whether candidates would support the establishment of a San Di-



NAMI CARE

Peer Support Groups for Consumers

**Facilitator Training
April 12?, April
14, 2002**

**Place to
be An-
nounced**

Wanted: Mental health consumers, interested in facilitating support group for fellow consumers, willing to make one year commitment, varied ethnic and racial backgrounds appreciated. Intensive week-end training provided. Contact Chuck Sosebee, Consumer Outreach and Education Coordinator, NAMI San Diego, (619) 275-7165 or e-mail at

Vehicle Donations

A number of people have donated vehicles – cars, motorcycles, motor homes – to NAMI San Diego. It is an easy thing to do:

- ◆ Call Bettie and leave your name, address, telephone, and description of the vehicle including the make, year, model, and VIN.
- ◆ Bettie will notify the auto auction company.
- ◆ The auto auction company will call you and arrange a mutually agreeable time to pick up the vehicle (be sure you have the "pink" slip).
- ◆ The auto auction company will give you the Bill of Sale and Vehicle/Vessel Transfer and Reassignment Forms to complete. Do this step very carefully or you will find that you still own the vehicle although you no longer have it in your possession.
- ◆ NAMI will acknowledge your donation for your tax purposes when the vehicle is picked up. The date of the donation is the date that you first called NAMI San Diego about the donation.

ECT

(Continued from page 1)

develop allergies and therefore are unable to take their medicine.

Electro-convulsive therapy is among the most controversial of all procedures used to treat mental illness. When it was first introduced, many people were frightened simply because it was called "shock treatment." Many assumed the procedure would be painful, others thought it was a form of electrocution, and still others believed it would cause brain damage. Unfavorable publicity in newspapers, magazines, and movies added to these fears. Indeed, in those early years, patients and families were rarely educated by doctors and nurses regarding these studies, patients' attitudes towards the treatment, neuropsychological and cognitive effects, the nature of ECT stimulus, medico-legal considerations, and theories concerning its mechanism of action.

In full accordance with the American Psychiatric Association's guidelines for the practice of ECT, this essential resource remains the primary reference and guide for those who practice, perform, or assist with ECT.

What's Next ? Magnetic stimulation to replace electroshock?

Pulsed, repetitive trans-cranial magnetic stimulation (TMS), discovered in 1985, initially was used to measure nerve conduction in assessments of conditions such as multiple sclerosis, Parkinson's disease, CVAs, etc.

TMS, still in clinical trials, is being assessed for value in treating depression and bipolar disorder. One recent study comparing TMS with ECT shows ECT to be a more potent treatment for patients with bipolar disorder and psychosis; but, in patients with bipolar disorder without psychosis, the effects of TMS were similar to those of ECT. No side effects were reported except transient mild headaches in about a third of patients. The results of this comparison were reported in Biological

Donation Levels

Comparing the most recent twelve month period to prior years, we seem to be receiving donations from more people, but in smaller amounts. This may reflect other charitable demands, and the general economic turndown. Please be generous. Send checks to NAMI-SD at the address shown on page 8.

Schedule of Meetings

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

First Thursday of each month.
See page 1 for information about this month's program.

Evening NAMI-SD Support Group

Third Thursday, 6:45 p.m.
Note New site, 4480 30th Street

Morning NAMI-SD Support Group

Third Tuesday, 10:00 - 12:00 a.m.
University Christian Church, Chapel
3900 Cleveland Ave., San Diego

**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 NAMI Support Group

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

La Jolla NAMI Support Group

First Tuesday, 7:15 - 9:00 p.m.
La Jolla Presbyterian Church Lounge
7715 Draper Avenue, (858) 457-5057
(Entrance on Kline St.)

El Cajon (East County)

Second Wednesday
6:30–8:00 p.m.
562 E. Main St., El Cajon,
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

La Mesa

Second Thursday, 6:30—8:00 pm

**NAMI NORTH INLAND
SAN DIEGO COUNTY**
P. O. Box 300386
Escondido, CA 92030-0386
(760) 745-8381

Second Tuesday each month, 7:00 pm.
Education Meeting
Bradley Center (Kinesis North)
474 W. Vermont Ave, Escondido
(760) 745-8381 or 1-800-523-5933

On February 12th at 7pm our speaker will be Lisa Klise, a therapist at TRI-CITY, who is working in a "Dialectical Therapy Program" with people who have Personality Disorders. Lisa has an MBA and a Master's in Marriage & Family Therapy. Bring your questions. The public is invited to attend. Free NAMI newsletter available. For further information please call (760) 745-8381

Share & Care

First, Third, Fourth (& possibly Fifth)
Tuesday of each month.
4:00 - 5:30 pm. at Joslyn Senior Center
210 East Park Ave, Escondido
Call (760)745-8381

NAMI PATTON

c/o Patton State Hospital
3101 E. Highland Avenue
Patton, CA 92639
Fax: (714) 963-9961

Third Sunday, 11:45 a.m. - 1:15 p.m.
Administrative Meeting Room
3101 East Highland Avenue
Patton, CA (909)425-7000

Always wear a Silver Ribbon™

To show you care about someone with a brain disorder!
To help break down the barriers to treatment and support!
To help eliminate the stigma against those who suffer!
To show you believe there is HOPE through education and research!

Contact the NAMI San Diego office

**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.

For March 20th the education meeting topic will be "Personal Experiences from Siblings and Adult Children of the Mentally Ill" The speaker will be: Monica Astorga

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.

Spouse Support Group

First Thursday of each month
6:30—8:30 p.m.
St Michael's Episcopal Church
Carlsbad

NATIONAL DEPRESSIVE & MANIC DEPRESSIVE ASSOCIATION

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

**San Diego-La Jolla Chapter
Sponsored by**

Dr. John Kelsoe, UCSD
Every Monday at the
VA Hospital La Jolla,
Room 2011 – 6:00 – 8:00 p.m.
(858) 535-4785
Toll Free: 1-888-274-3637
Support Line: (858) 535-4793

Client Corner

The Meeting Place, Inc.

The Meeting Place, Inc. is a consumer run clubhouse that provides socialization and vocational rehabilitation and placement. We have a Social Security Advocate, a Job Coach, Vocational Counselor, and a Computer Instructor. All are here to assist anyone that may be looking for work, interested in going to school, or to work on your computer skills.

We are located at 4034 Park Blvd, San Diego and may be contacted at 619-294-9582. We look forward to seeing you.

On Saturday March 2nd beginning at 8 am, We will have our first annual Rummage sale of 2002. We will also be selling fresh BBQ'd hot dogs, chips and sodas. There will be plenty of items for everyone to go home happy. Please come join us and support our members

We would also like you to know our Dual Diagnosis Group has moved to Mondays at 2 pm. The goal of this self-help group is to stop the pain and confusion caused by the symptoms or the co-existing illnesses, the consequences and problems created, finding an effective means of coping, to maintain a safe recovery, prevent relapse, progress, and improve the quality of

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 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 Monday - Saturday
10:00 am. - 4:00 p.m. Monday to Friday
11:00 am - 3:00 p.m. on Saturday

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 - Saturday
10:00 a.m. - 6:00 p.m.
A peer advocate is available
Thursday, Friday (morning) and Saturday

Mariposa Clubhouse

560 Greenbrier, Suite .102, Oceanside
(760)439-6006
Open Monday - Friday
8:00 a.m. - 4:00 p.m.
Open Saturday & Sunday
10:00 a.m. - 2:00 p.m Brunch

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.- 2:00 p.m.
Wednesday 8:00 a.m. - 6:30 p.m.
Saturday - 10:00 a.m. - 2:00 p.m.

Visions @ 5th and H

499 "H" Street, Chula Vista
(619) 420-8603
Open Mon., Wed., Fri., Sat.
Noon - 7:00 p.m.
Sun. -- Noon - 5:00 p.m.



Scholarship Funds

Call the Allbright Center for information about scholarship funds.

Consumer Peer Support Groups

See the announcement on Page 3 regarding peer support groups for Consumers

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) 589-2434
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

COPING WITH MENTAL ILLNESS AND CRAFTING PUBLIC POLICY

The following report was prepared by Alan Abrams, M.D., J.D., FCLM.
(Dr Abrams is a member of the NAMI San Diego Medical Advisory Board)

An unusually excellent symposium was held at UC Berkeley and UCLA on Saturday, January 12, 2002 titled "Coping with Mental Illness and Crafting Public Policy." I was pleased to be able to represent SD-NAMI.

Through simultaneous video conferencing, speakers presented at both sites, allowing many of the best people in the state to participate. Experts in the field discussed the on-going problems of discrimination and stigma against mental health consumers; problems of the severely and persistently mentally ill receiving ineffective treatment, even in the VA system where funding is not the obstacle to care that it is in other systems; the large amount of substance abuse that is ineffectively treated among mental health consumers and the large amount of mental illness that is ineffectively treated among substance abuse treatment consumers; the lack of affordable housing for the mentally ill; premature release from in-patient care which creates "recycling" of consumers; the failure of state and county governments to extend the funding of pilot programs in mental health that prove effective and cost-effective; and the lack of treatment for children and particularly ethnic minority children. Dr. Stephan Mayberg, Director of the Department of Mental Health reported that there will not be a cutback in DMH services under the proposed new state budget, but that no new programs will be implemented. Some hopeful notes were

presented by Judge Harold Shabo, who has pioneered the mental health court in Los Angeles; Professor Ralph Catalano who stressed the positive effects of groups like NAMI in shaping public policy; Little Hoover Commission Project Manager Toby Ewing who reported on the Commissions efforts to make policy makers aware of the problems in the state's public mental health care services; Professor Sam Barondes talked about the major hope for treatment from advanced genetic research; and Assemblywoman Helen Thomson, who reported on the increase in parity in insurance coverage and access to services since the passage of AB 88 mandating insurance parity for physical and mental health benefits. Assemblywoman Thomson's bill AB 1421 for expanded involuntary treatment was the most controversial aspect of the conference. Dave Hosseini from CALNET was vigorously opposed, and brought a number of demonstrators along with him.

For those of you with computers, the symposium web site has streaming video, summary information and links to other sites. The web site is at www.mentalhealthpolicy.berkeley.edu For those who find the internet daunting, with some luck, a videotape or full summary of the entire symposium will be available.

Dreams Can Come True

Kamala Castle is no longer in a locked facility for people with mental illnesses. She has regained the rights she lost when she was a conservatee. But, more than that, she is now employed as the Coordinator of the "In Our Own Voice: Living with Mental Illnesses" program sponsored by NAMI San Diego.

Kamala has been diagnosed with schizoaffective disorder, drug and alcohol addiction, and an eating disorder. By her own reckoning, she has been ill half of her 36 years. For many of those years, she was her own worst enemy. The lack of insight into her disease, caused by that very same disease, led her to attack her body in many ways. But she survived and was persuaded to learn to tell her story to others through a program then called "Living with Schizophrenia and Other Mental Illnesses." Her trainer described her as looking like a "deer in the headlights" but she finished the intensive weekend training in

February, 2000 and went on to present the program and her story to groups all over San Diego County as well as San Francisco and Washington, D.C.

"Doing presentations has brought me hope and the beautiful reward of possibly helping other consumers, family members, professionals and students. Doing presentations has also helped me to accept my illness and reduce my insecurity about being ill. I no longer feel like a victim of my illness," says Kamala. She will now have the challenge and opportunity to train and support other consumers as they make presentations that she has arranged.

Groups may arrange for one of the 1 ½ hour presentations by calling NAMI San Diego at 619.294.9941 and asking for Kamala Castle.

The Alliance Advocate

Vol. VI, Issue 3--March 2002



NAMI San Diego

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

Non-Profit
Organization
U. S. Postage
Paid
San Diego, CA

RETURN SERVICE

Inside This Issue:

Progress on Peer-to Peer Training

A Home of Our Own

Legislative Update

Calendar of Events & Meetings

Focus on ECT



NAMI San Diego

2002 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 – \$40.00 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

Check relation to client:

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

_____ Please send me volunteer