

Honoring Helen

By Karen F. Gurneck
Board President

By now you all know of our great loss of Helen Teischer on January 23, 2002. An advocate at the local, state and national level, she started her advocacy work with a desire to empower families. In her later years, she saw the need to empower the consumers and recognize their successes.

To recognize such a powerful and dedicated woman, our executive committee has adopted a plan to start the **Helen Teischer Education Fund**. Donations can be made in her name, and it will become a permanent fund with opportunities for ongoing donations. The donations that have already come in will be earmarked for the fund.

Helen gave families the support and incentive to band together and demand improved health care, diminish stigma, and improve the quality of life for those affected by mental disorders. Now is our chance to carry on with her legacy to empower and support consumers.

* * *

Remarks by Cheryl Noncarrow
General Manager, WellPoint
Former Chair, Mental Health Board
On the Life of Helen Teischer

Helen made a difference for the individuals and families that she touched; she was one of my heroes. She made a difference in how our community, state, and nation sees its responsibility to the mentally ill.

Her legacy, like her quilts, is a beautiful patchwork of love, caring, and acceptance; acceptance of the challenges she faced in her own family and acceptance of the mission to work and make a difference for all who suffer from the effects of mental illness.

Big Strides for NAMI Fun Walk & Fair

Fun and free, NAMI presents "Strides for Mental Health: Celebrating Healthy Minds & Bodies."

The STRIDES 4th Annual Fun Walk and Resource Fair, Saturday, April 26, 2003 in Balboa Park will bring together consumers, friends, family, and community supporters for a day of relaxation and camaraderie. In addition, with this walk, NAMI supporters can show the community at large how committed we are to health, wellness and positive action.

Free Walk & Resource Fair

Absolutely everyone is welcome, and there is no cost! The registration will start at 8:30 a.m. with a 9:00 a.m. walk kick off, and the event will continue until 12:30 p.m. This is not a competitive run, but a walk for fun. The event will start and finish at 6th and Laurel and will follow a trail through on a scenic route through Balboa Park.

The Resource Fair will feature a variety of informational booths, featuring health organizations.

Refreshments will also be available.

STRIDES Fun Walk



Individual Sponsorship

As supporters prepare for STRIDES, NAMI encourages walkers to seek sponsorship from friends and connections in the community.

Recruit Team Members

Can you put together a team? Teams representing community organizations can sign up together. Teams can also plan to

carry signage particular to their groups. Prizes will be awarded.

Photo-Text Exhibit

An extraordinary and moving photo exhibit will be featured along

with the resource fair. Please see page 3 for more details on this exciting production

STRIDES T-Shirt & Prizes

Participants who raise \$25 or more in sponsorship will be given an event T-shirt. Prizes will be awarded to both teams and individuals. More information on prizes will be released in future NAMI publications.

Thanks to Event Sponsors

NAMI thanks all those sponsors who have contributed to making STRIDES a success!

HELP!

Volunteers for many aspects of STRIDES are welcome!

Thanks to Organizers

Thank you also to STRIDES committee Co-chairs Emy Alhambra and Judy Wasik and all the outstanding volunteers!

February At-a-Glance

By Bettie Reinhardt, Executive Director

New Faces at NAMI San Diego!

The \$190,000 grant from The California Endowment has provided us funds for two new employees: Mary Lou Erwin is the Education Director and Kathy Lutes is the Peer-to-Peer Coordinator. They have hit the ground running. Mary Lou's department includes Family-to-Family, Peer-to-Peer, In Our Own Voice: Living with Mental Illnesses, Schizophrenia: Education for Families and Caregivers, NAMI C.A.R.E., and NAMI Support Groups.

Two Family-to-Family classes are in progress with more scheduled to begin in March, April, and May. Peer-to-Peer is just as busy with a class beginning and a Train the Trainer course in February and

another class beginning in March. In Our Own Voice is presenting at the SanDMAP pilot clinics as well as other community sites.

"[Mary Lou and Kathy] have hit the ground running!"

The training for new NAMI C.A.R.E. facilitators was also in February. And, not to be left out, Schizophrenia: Education for Families and Caregivers began its seven-week run in February.

You will hear more directly from Mary Lou and Kathy in future months.

Hooray for Interns!

(I couldn't say "new" faces because, well, I'll tell you as I go.) Haik Canasyan has joined us for the semester via the SDSU Qualcomm Entrepreneurial Management Center Social Entrepreneur Internship Program to create a capital campaign, including the campaign's structure, to determine necessary tasks and how they should be conducted, to propose capital improvement and campaign budgets, and to provide an action plan for completing the initiative. He receives support and supervision from Qualcomm Finance Director Katherine Seaman and SDSU Public Administration Professor Kyle Farmbry.

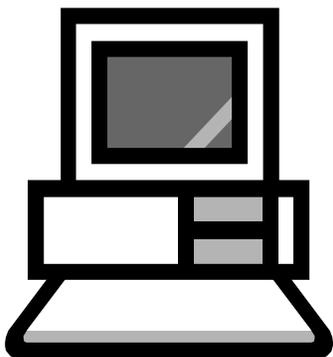
Brad Konz is also interning with us as he finishes up his degree in Computer Sciences at Grossmont College. If you do not know Brad's name, it is just because he does not sign his work. – he is our terrific webmaster and has been volunteering here for awhile.

NAMI on the Net

namisandiego.org

The website continues to have the most up-to-date information about our meetings and classes as well as links to other useful sites.

*Find
Important
Info
Online!*



- Upcoming Education & Advocacy Meeting
- Support Group Sites & Times
- Class Descriptions & Schedules.
- What's New!

Thank You

I could not write about the new individuals at NAMI without thinking about the few people that incorporated this organization 25 years ago and how alone they must have felt. We can well imagine that because all of us affected by mental illnesses have had our forlorn times. It is very heartening to have strong partners such as The California Endowment, San Diego State University, Qualcomm, and Grossmont College. We tell each other to never give up hope but this kind of support makes me feel as if, "YES, I have hope. We will bust the stigma. We will help improve the quality of life of everyone affected by mental illnesses."

The Advocate

NAMI San Diego, a non-profit organization, provides education, support services, and advocacy to improve the quality of life of everyone affected by mental illness.

NAMI San Diego is an affiliate of NAMI and NAMI California

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The NAMI San Diego Advocate is a monthly publication of

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Articles received by the 15th will be considered for publication in the following month's newsletter.

The opinions expressed in the newsletter do not necessarily reflect those of NAMI San Diego.

To register your opinion, call Bettie Reinhardt at 619 584-5564 or write to P.O. Box 710761, San Diego, 92171 or fax to (619)584-5569 or email at exudir@namisandiego.org

Community News

Photo Exhibit Powerful Part of STRIDES

Jaime Campbell is a young woman who has schizophrenia. "When I first got sick," she says, "almost all of my friends gave up on me. One friend even called me a 'schizoid. I had been there for them when they needed me, but when I needed them, they were gone. For me, losing my friends is the saddest part of the mental illness."

Ms. Campbell and her family are just one family in the photo-text exhibit. The exhibit consists of photographs and interviews with individuals and their families whose lives have been affected by schizophrenia, bipolar disorder, obsessive compulsive disorder, major depression, and other serious brain disorders.

The photo-text exhibit, "**NOTHING TO HIDE: MENTAL ILLNESS IN THE FAMILY,**" created by Family Diversity Projects, Inc., and sponsored by NAMI San Diego. This powerful and moving exhibit travels nationwide to schools, colleges, universities, corporations, libraries and faith houses in an effort to help dispel harmful stereotype, myths and misconceptions about mental illness.

This exhibit provides people coping with mental illness and their families an opportunity to come out of the shadows and into the public eye. The compelling stories of children, siblings, parents, grandparents and extended family members demonstrate strength, courage, integrity and accomplishment in the face of adversity and stigma.

Please join us on Saturday, April 26 from 8:30 a.m. to 12:30 p.m. at 6th and Laurel in Balboa Park to experience this powerful exhibit.

Bettie's Wish List

Bettie is always going begging. Right now, she needs your help. She needs so much help that she's been asking Santa for a few good people. As you know, though, the holidays are a ways away, and Bettie wants you to call NAMI now!

Here a few of the opportunities the NAMI has for you:

- Gardening
- Albright Center (Information, Referral & Support Line)
- Librarian
- Info Fair Representatives
- Clerical Work
- Fun Walk Day-Of Volunteers
- Special Event Planners
- Donors of All Kinds, Especially 13" TV with built in VCR.

Essential Reading

I Am Not Sick, I Don't Need Help!!

This immensely popular and even more immensely useful little book is available by loan from the Albright Center or yours to keep for a contribution to NAMI San Diego of \$15.00.

Comments Welcome

To comment on any of these issues, call Bettie Reinhardt at (619) 584-5564 or write to P.O. Box 710761, San Diego, 92171 or fax to (619) 584-5569 or email at exudir@namisandiego.org or contact any of the people mentioned in the articles.

NAMI San Diego Meeting Schedule

NAMI San Diego

4480 30th Street
San Diego, CA 92116
(619) 584-5564

NAMI-SD's Education and Advocacy
meeting takes place the First Thursday
of each month at University Christian
Church, 3900 Cleveland Ave.,
San Diego. (Additional info, pg. 1.)

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.
Note New site, 4480 30th Street

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 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.
Heartland Center, 1060 Estes Street (off
Chase). For info.
Call Dale or Judi at (619) 401-5500

South Bay Spanish
Fourth Monday, 6:00 - 8:00 p.m.
Call Luz Fernandez (East County clinic)
for location (619) 401-5500

La Mesa
Third Thursday, 6:30—8:00 pm
San Carlos Library, 7265 Jackson Drive
Contact Karen Robinson, (619) 469-5232

NAMI Patton
c/o Patton State Hospital
3101 E. Highland Avenue
Patton, CA 92639
Fax:(714) 963-9961 Tel(909)425-7000
Third Sunday, 11:45 a.m. - 1:15 p.m.
Administrative Meeting Room Patton,
CA (909)425-7000

NAMI-SIT

Schizophrenics in Transition

Board Meeting
3rd Wednesday at Noon
144 Copper Avenue, Vista 92083
(760) 941-2153

NAMI-SIT has the following under its
umbrella:

- Copper Hill Living & Learning
Center
- Creative Arts Consortium
- Friends
- Advocacy Works
- MIXTECO Community Garden

NAMI North Inland

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

Second Tuesday
7:00 pm. Education Meeting
Speaker: Ann Cummings
“Peer-to-Peer Education”
Bradley Center (Kinesis North)
474 W. Vermont Ave, Escondido
(760) 745-8381 or 1-800-523-5933

Tuesday Share & Care Meeting
Every Tuesday Except the 2nd Tuesday
of each month.. 4:00 - 5:30 pm.
at Joslyn Senior Center
210 East Park Ave, Escondido
Call (760)745-8381

Wednesday Share and Care
Weekly Meeting, Wednesday morning
5:00—6:30 p.m.
Fallbrook
Call for location (760) 745-8381

NAMI North Coastal

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 THURSDAY, 7:00 p.m.
“Spotlight on Social Phobia”
Speaker: Murray Stein, M.D.
Education Meeting followed by
Share & Care at 8:40 p.m.

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.

**TARA Borderline Personality Disorder
Support Group**
1st Tuesday monthly—6:30 p.m.
Carlsbad Community Church
3175 Harding Street, Carlsbad CA 92008
(760) 729-2331

NAMI C.A.R.E.

NAMI C.A.R.E. (Consumers Advocating Recovery through Empowerment) is a mutual support group program for individuals facing the challenges of recovering from mental illness. It is a group for all consumers with any diagnosis of any type of mental illness. It is a support group led by trained consumers.

NAMI C.A.R.E. is now meeting in several programs including the The Meeting Place and REACH. A meeting open to all comers, no reservation needed, is at the NAMI San Diego office on the 2nd and 4th Tuesday of each month from 6 to 7 pm.

For information, please call:
(619) 584-5564

COME JOIN US!

Peer-to-Peer

Peer-to-Peer is a unique learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery for themselves. Peer-to-Peer consists of nine two-hour units and is taught by a team of three trained "mentors" who are personally experienced at living well with mental illness. Each class contains a combination of lecture and interactive exercise material and closes with Mindfulness Practice techniques.

To sign up, call the
Albright Center (619) 543-1434

Remember, seating is limited.

First Thursday

Education & Advocacy Meeting: The Obsessive Compulsive Spectrum

We toss off the terms—OCD, obsessive, very attentive to detail, a clean-freak, tics, very rhythmical. To improve our understanding of these behaviors, we have prevailed on outstanding speaker Dr. Neal Swerdlow to share his wealth of knowledge about the Obsessive Compulsive Spectrum and what we know about its cause.

Speaker:

Neal R. Swerdlow, M.D., Ph.D.

**Professor, Department of Psychiatry, UCSD
Chair, Scientific Advisory Board,
Tourette Syndrome Association**

Thursday, March 6, 2003

Social and New Visitors – 6:30 pm

Business and Advocacy – 7:00 pm

Program – 7:30 pm



April 3, 2003 Speaker:

Jana Hart, RN

Research on Clozaril Effectiveness in Decreasing Suicidal Behavior

The monthly meeting is open to anyone interested in learning about mental illness.

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

Legislative Update

By Caroline Hamlin

Budget Proposal to Assist Transitioning

As part of the President's "Freedom Initiative" the Administration announced its intention to develop a five year program of 1.75 billion to assist states in their effort to transition people with disabilities, including adults and children with mental illness, from institutions to the community. The largest share of the money would go into Medicaid demonstration projects. In a year of dismal budget cuts which threaten services, this proposal is a ray of hope.

AB 1421, Laura's Law

NAMI's all over California have worked for three years to pass AB1421, the Outpatient Assisted Demonstration Project. But now, it is up to each individual county to implement the law. Los Angeles County is the first to do so. We will all be watching carefully to observe the results. And San Diego County? What will they do? Recently, another mentally ill man in San Diego was shot and killed by the police. Would this have happened if he had been assisted into treatment on an outpatient basis for six months, even though he was not "dangerous"?

consumer Resources

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

Employment Services

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

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.*

Patient Advocacy Program

5384 Linda Vista Road, Suite 504
(619) 543-9998 or 1-800-479-2233
Mon. - Fri. 8:00 a.m. - 5:00 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
10:00 a.m. - 2:00 p.m. Brunch*

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.*

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

New Client Warm Line

1-800-930-9276
Daily 5:00 p.m. to 11:00 p.m.

Friends (Clubhouse)

144 Copper Ave. Vista
(760) 941-2153
*Open Wednesdays 1:00 p.m.-4:00 p.m.
Saturdays 9:00 a.m. - 4:00 p.m.*

NAMI C.A.R.E. Group

Consumer Support Group
2nd & 4th Tuesday of Month, 6pm—7pm.
NAMI San Diego Meeting room
4480 30th Street, San Diego



NAMI Membership

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
- _____ 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.

eye On Media

Bettie Takes On "A Way With Words"

TO: words@kpbs.org
FROM: exudir@namisandiego.org

I was appalled to hear you use the term "schizophrenic" today when the discussion was not about mental illnesses. It would have been appropriate to use the word "ambivalent" instead.

It is not just that schizophrenic does not mean ambivalent or of two minds (two ways of thinking or behaving about the same thing). The misuse of schizophrenic perpetuates the public's thinking that people living with schizophrenia have "split personalities" or dissociative disorder.

People with the family of brain disorders called schizophrenia have thought disorders—the only split with reality is in the severe form of the disease.

—Bettie Reinhardt

TO: exudir@namisandiego.org
FROM: words@kpbs.org

I certainly would refrain from using the noun "schizophrenic" to refer to anything but mental illness. But the adjective "schizophrenic" has been used figuratively for over half a century to mean "characterized by contradictory or incompatible elements."

I could dismiss your criticism



simply by saying that this sense of the adjective is now beyond reproach. But as a purist myself I know that would be unfair. You make a reasonable point when you say that using "schizophrenic" to mean "of two sharply differentiated minds" somehow may perpetuate a misunderstanding about the nature of this mental illness. I would contend, however, that words get stretched like this all the time and still manage to maintain their specific meanings in their original contexts.

—Charles H. Elster

The Advocate

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NAMI Stigma Busters: Raider with BP Disorder

When the Oakland Raiders lost the Super Bowl in San Diego on January 26th to the Tampa Bay Buccaneers, 48-21, members of the team understandably frustrated. But many lashed out at Barrett Robbins, the starting center, as their scapegoat, because he had showed up "incoherent" the night before the game and had to be benched by coach Bill Callahan.

Raiders guard Frank Middleton declared: "We are a family and you don't do that to family...He went to the enemy. If Barrett Robbins comes back [next season], I won't."

Unfortunately, the story isn't as simple as a football player who went on a bender in Tijuana.

Barrett Robbins has bipolar disorder. In 1997, he acknowledged in an interview that even with medication, managing his condition was difficult. "It's a battle within your head," he said. "It's not an easy thing

to deal with. Anybody who can overcome something like this is bound to be a better person in all aspects of life."

With Robbins hospitalized, there was a backlash against the Raiders' insensitivity, with ESPN and many sportswriters for the first time educating fans about mental illness and why consumers sometimes stop taking medication.

NAMI agrees with Boston Globe columnist Bob Ryan that "Barrett Robbins is a hero." An eight-year veteran, Robbins was headed into the Super Bowl after his finest pro season, anchoring the Raiders top-ranked offensive line that allowed MVP quarterback Rich Gannon to pass for 4,689 yards.

"Far from being weak," Ryan wrote "Robbins is uncommonly strong. He has been battling something for many years, and yet he has played well enough to make himself a Pro Bowl center."

Perhaps even more damning for the Raiders is the fact that apparently no one in team management sought to help when Robbins exhibited signs of distress in the days leading up to the big game.

The Knight Ridder/Tribune News Service has reported: "All week long people close to Barrett Robbins observed him sinking deeper into a funk." Declared Ryan: "It would be nice to think that as we ease our way into the 21st century, a professional sports organization would be sufficiently educated to treat one of its prime employees with the requisite compassion when the matter is as profoundly serious as clinical depression."

Check out the website for more Stigma Busters or for more information...
Contact: smarch@nami.org