



County Psychiatric Association Hospital Auxiliary

2004 Spring Luncheon

Wednesday, April 28th, 2004
From 11:00 a.m. to 1:30 p.m.
Sheraton Harbor Island West
Cost is \$25/\$2 for clients

Join us to honor the Hospital
Auxiliary's

Angel: Lois Kolender
Star: Shanna Lee Moore
Hero: Karen Hogan

And enjoy a program featuring the
Creative Arts Consortium

Questions? Call the San Diego
County Psychiatric Hospital Auxil-
iary at (619) 447-7814

Mental Health Ministries' latest
video, "Mental Illness and Families
of Faith," has been named a Bronze
Telly Award for the 25th Annual
Telly Awards. Mental Health Min-
istries is coordinated by NAMI San
Diego member, Rev. Susan Gregg-
Schroeder. The video features a
NAMI San Diego family, Jerry and
Rachel Levens and daughter Kelly.

The Telly Awards annually
showcases the best work of the most
respected advertising agencies, pro-
duction companies, television sta-
tions, cable operators and corporate
video departments in the
world. Mental Health Ministries
was previously the recipient of a
Telly Award for its first video,
"Creating Caring Congregations."

Both videos are in the NAMI
San Diego library. For more infor-
mation on the content of the videos
or to order resources, visit
www.mentalhealthministries.net or
contact the coordinator at
sgschroed.cox.net.

Redesigning Medi-Cal from a Blank Slate

*By Bettie Reinhardt
Executive Director*

California Health and Human Services
Secretary Kim Belshe has informed
stakeholder groups that Medi-Cal re-
design would include changes to eligibility
rules, benefits, cost-sharing, and the use of
managed care.

SUPER-WAIVER: The goal of the Admini-
stration is to submit a statewide 1115 "super-
waiver" to significantly redesign the Medi-
Cal program "from the ground up," that
would grant considerable "flexibility" to the
Administration, and possibly subsume all
existing county and state
waivers into a comprehen-
sive package.

TIMELINE: The Ad-
ministration hopes to do
all the work necessary to
submit this waiver by this
October, and to quickly
get approval by the fed-
eral government by De-
cember 2004. This would allow the first half
of 2005 for county and system changes, and
for a phased-in implementation to start July
2005.

To meet this ambitious timeline, the HHS
started its "stakeholders meet-
ings" in Sacramento, closely
followed by another in Los An-
geles. They have created three
workgroups (and possibly might
add others) that will meet
monthly, on:
*eligibility
*benefits and beneficiary cost-
sharing
*managed care

After these workgroups and larg-
er stakeholder meetings in the
next few months, the Administration plans to
submit a "waiver concept paper" to the legis-
lature in May, possibly tied to May Revise
(governor's proposed revisions to original

budget proposal). They plan to get the
legislature to approve budget trailer bill
language to implement a waiver in June/
July 2004, with the passage of the full
budget. They have committed to public
hearings on the waiver before its final
submission in October.

GOALS: While Administration represen-
tatives did indicate they would not do
"wholesale" eliminations in benefits or
eligibility, they left a lot of options on the
table. And when asked, they were clear
that the ultimate goal is to achieve "cost
containment," and that \$400 million was
a "target" for reduction in Medi-Cal fund-
ing as a result of
these reforms. More
information is avail-
able at
www.chhs.ca.gov.

*"...fight changes
that would deny
access to needed
care."*

Note that the
"reforms" described
here are for all Medi-
Cal services for chil-
dren, families, sen-
iors, and people requiring specialized care
for disabilities such as psychiatry.
*Thanks to Anthony Wright of Health Ac-
cess for this information.* Watch this
newsletter and our web page,
www.namisandiego.org, for opportunities
to fight changes
that would deny
access to needed
care.



February

At-a-Glance

By Bettie Reinhardt
Executive Director

The NAMI San Diego Board approved a three-year (2004 – 2006) strategic plan that has the following goals and visions:

Goal One:

Residents of the greater San Diego area are aware of NAMI San Diego and the ways in which it can help everyone affected by mental illnesses.

Vision One:

San Diego residents recognize NAMI San Diego as their voice on mental illness.

Goal Two:

NAMI San Diego's membership and leadership reflect and draw strength from the cultural diversity of the San Diego community.

Vision Two:

NAMI San Diego provides culturally sensitive services to all those dealing with mental illnesses.

Goal Three:

Families, mental health consumers, and others in the greater San Diego region receive excellent education and support services provided by NAMI San Diego.

Vision Three:

Families and consumers are empowered to strive for recovery.

Goal Four:

NAMI San Diego has the resources required to meet its constituents' needs for ongoing, reliable, and excellent education, support, and advocacy services.

Goal Four:

Community members in the greater San Diego area can rely on NAMI San Diego to help improve the quality of life of everyone affected by mental illnesses.

Goal Five:

NAMI San Diego advocates for improved science and evidence-based program (EBP) mental health care services.

Vision Five:

Residents of the greater San Diego region have services accessible to them that are based on ever-improving science and are evidence-based.

We hope that every member identifies at least one goal as being especially meaningful and finds ways to help us make that

goal a reality. We have identified key indicators and strategies for success for each goal that we will share as the year goes on, and we will share now, if you ask a Board member or me.

“We have identified key strategies for each goal.”

More Goals

NAMI San Diego is a charter member of San Diego Coalition for Mental Health, a group comprised of advocates such as ourselves plus provider and community organizations and interested individuals. The steering committee has identified the principal goal of this year's efforts as support and facilitation of the recovery model throughout San Diego county's provider organizations. Charles Ertl, PhD, this year's chair of the Coalition has his own way of describing the recovery model and contrasting it to the traditional medical model.

- Medical –
 - Symptoms ► Diagnosis
 - Treatment ► Absence of symptoms
 - ▼ Symptoms ►
 - ▲ Functioning ►
 - ▲ Quality of Life
- Recovery –
 - Hope ► Empowerment (via skills & knowledge)
 - Self-responsibility
 - ▲ Quality of Life ►
 - ▲ Functioning ► ▼

Symptoms

He says, as do we, that recovery is based on hope. (Remember? the final principle stated by NAMI support groups is, “Never give up hope!”)

A recovery model versus the medical model does not mean that different people are involved or medications and other treatments are not valued. It means that the treatment process is seen in a different framework and that there are different expectations of treatment. It means that early emphasis is on identifying an individual's strengths rather than on getting him to accept his illness. It means a more active role for the person coming to treatment and for her family and other support system members. It means a collaborative relationship with organizations that facilitate self-care, such as NAMI.

I'll tell you a secret. I know that some of you are thinking, “this is great but it doesn't have anything to do with me or my family”. In the interest of keeping you reading this series, let me say long term studies of people who have been hospitalized and diagnosed with chronic schizophrenia show that 50% recover or substantially improve. Studies that focus on functioning in the community and feeling of well-being, as opposed to symptom reduction, have an even higher rate of “recovery”. This is why we work so hard to provide *Family-to-Family*, *Peer-to-Peer*, *NAMI C.A.R.E.*, and *In Our Own Voice*. There is real hope.

A Special Invitation
For You or Someone You Know
NAMI San Diego 101
Basic information about our organization and its activities and goals
The 3rd Wednesday of every month
5:30 pm – 6:30 pm
NAMI San Diego
4480 30th Street, San Diego 92116
RSVP: 619.543.1434

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

Board of Directors:

President - Karen Gurneck
Vice-President - Sally Shepherd
Treasurer - David Charapp
Secretary - Judy Wasik

Directors at Large

Alan Abrams, M.D., J.D., FCLM
Tony Alkire
Paul Cumming
Gloria Harris, Ph.D.
Wendy McNeill
Mary Wilson

Medical Advisory Board

Neal Swerdlow, M.D., Ph.D., Chair
Alan Abrams, M.D., J.D., FCLM
Kristin Cadenhead, M.D.
Dan Sewell, M.D.

Executive Director

Bettie Reinhardt
exudir@namisandiego.org

The NAMI San Diego Advocate is a monthly publication of

NAMI San Diego
4480 30th Street
San Diego, CA 92116
Mailing Address:
P.O. Box 710761
San Diego, CA 92171-0761

Phone: (619) 543-1434 (Albright Center)
(619) 584-5564 (administration)
800 523-5933 (peer support)
Fax: (619) 584-5569

E-mail: namisd@sbcglobal.net
Web Site: www.namisandiego.org

The NAMI San Diego Advocate Editor:
Wendy McNeill

E-mail: whirlofswing@hotmail.com
Fax: (619) 584-5569

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 or contact any of the people mentioned in the articles.

Knowledge Is Power!

Child and Adolescent Task Force is Here

By Mary Lou Erwin

NAMI San Diego is impassioned about beginning our child and adolescent task force. The goal of the task force will be to determine how NAMI San Diego will implement our mission to education, support, and teach advocacy to families within our community that have children and adolescents with mental illnesses.

NAMI National has already implemented many avenues of support for improving the lives of children and adolescents living with mental illnesses and their families. They have developed the Child & Adolescent Action Center, NAMI *Beginnings* publications, outreach materials, and resources to support the work of NAMI state affiliates help get information out quickly.

But we need much more than just getting information out. We need to have educational opportunities, peer support groups for children and adolescents, and their families.

A snapshot of the crisis for children with mental illness and their families listed below will give you some idea of why NAMI San Diego needs your help in getting this project off the ground.

- 13.7 million or 20% of our nation's children and adolescents have a diagnosable mental illness
- 6 to 9 million or 13% of our nation's children and adolescents have a mental illness that causes serious impairment
- About 80% of children and adolescents with mental illnesses fail to receive treatment or services
- Suicide is the third leading cause of death in youth aged 10 to 24. More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia and influenza and

- chronic lung disease combined
- The evidence is strong that as many as 90% of those who commit suicide have a diagnosable mental disorder
- Students in the emotional disturbance category (which includes youth with mental illness) of the Individuals with Disabilities Educational Act (IDEA) fail more courses, earn lower grade point averages, miss more days of school and are retained at grade more than students in any other disability categories.

These statistics represents "real children and adolescents" in our community that need your help.

Join Our Task Force!

Will you help by:
Joining our task force?
Facilitating a parent support group?
Providing child-care while a

support group meeting is being held?
Being a support mentor for a child, adolescent, or parent?
Printing information for NAMI?
Donating money for all the upcoming cost to implement this project?
Becoming an Parent-to-Parent Trainer?
Providing your special skill to NAMI and its new beginnings for children, adolescents living with mental illnesses and their families?

Please call the NAMI office at 619-584-5564 and let us know how you would like to participate in this new beginning.

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. 5.)

Evening NAMI-SD Support Group

Third Thursday, 6:45 p.m.
NAMI-SD Office, 4480 30th Street

Morning NAMI-SD Support Group

Third Tuesday, 10:00 - 12:00 a.m.
NAMI-SD Office, 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
Enter on Eads Avenue, Room #9
(858) 457-5057

El Cajon (East County)

Second Wednesday, 6:30 - 8:00 p.m.
Heartland Center
1060 Estes Street (off Chase)
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

Second Wednesday, 6:30 - 8:00 pm
San Carlos Library
7265 Jackson Drive
Contact Karen Robinson, (619) 698-4711
E-mail: krsd@cox.net

NAMI Patton

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

NAMI-SIT

Schizophrenics in Transition

Board Meeting

1st Wednesday at Noon
144 Copper Avenue, Vista 92083
(760) 941-2153 or
(858) 481-7069

NAMI-SIT includes the following :

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

NAMI North Inland

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

Education Meeting

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

Tuesday Share & Care Meeting

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

Weekly Share & Care in Fallbrook

Wednesdays, 5:00 - 6:30 p.m.
Fallbrook Healthcare Foundation
Corner of Mission and Fig
Call for address (760) 745-8381

NAMI North Coastal

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

Education Meeting

Third Thursday, 7:00 p.m.

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

Education Meeting followed by

1. Share & Care,
2. Share & Care/Living with Spouses
3. NAMI C.A.R.E.

at 8:30 p.m.

Share & Care

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

Share and Care

Second Thursday at 12:30 - 2:00 p.m.
Tri-City Medical Center, Behavioral Health
Unit, 4002 West Vista Way, Oceanside
(760) 639-1433

Share and Care

Second Thursday at 6:00 - 7:00 p.m.
Tri-City Medical Center, Behavioral Health
Unit, 4002 West Vista Way, Oceanside
(760) 940-7396

TARA Borderline Personality Disorder Support Group

First Tuesday monthly at 6:30 - 9:00 p.m.
Carlsbad Community Church
3175 Harding Street, Carlsbad CA 92008
(760) 729-2331

First Thursday

WANTED

People with big hearts and strong backs for set up and clean up at the Strides Walk for Health Sat. April 17 at Balboa Park (other positions still available for those with weak backs)

Contact Diana Waugh, Volunteer Coordinator at (619) 584-5564 or e-mail dianawaugh_namisd@yahoo.com

Education & Advocacy Meeting

The Education meeting on **Thursday, March 4, 2004** will feature a presentation by **Ray Fidaleo, M.D.** on Cognitive Therapy for People with Mood Disorders and Schizophrenia. The meeting will be held in **Friendship Hall, University Christian Church, 3900 Cleveland Avenue**. Socializing and introduction to NAMI begins at 6:30 pm, the featured presentation at 7:30 pm.

The first-Thursday meetings occur each month, feature useful and up-to-date information related to mental illnesses, and are open to both members of NAMI and the general public.

Cognitive therapy was first recognized for its effectiveness in the treatment of depression and other mood disorders. More recently, it has been shown to facilitate improved functioning and recovery for people diagnosed with thought disorders, including schizophrenia.

Dr Fidaleo is a well known psychiatrist specializing in the treatment of schizophrenia and mood disorders and is the Clinical Director of Sharp Mesa Vista's Cognitive Therapy Program. He has practiced inpatient and outpatient psychiatry for over 40 years and has been certified by Dr. Aaron Beck's Cognitive Training Program.

Dr. Fidaleo is a strong advocate for his patients and families. He has developed numerous programs and is well known as an educator of MD's, nurses, social workers, and psychologists.



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

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

WANTED

Outgoing people committed to NAMI's mission to be part of Outreach Task Force..

Type A personalities welcome...

Meet people from all walks of life.

Take this opportunity to really make a difference.

Contact Diana Waugh, Volunteer Coordinator at (619) 584-5564 or e-mail dianawaugh_namisd@yahoo.com

Legislative Update

By Caroline Hamlin

Single Payer Health Care System

SB 921 would establish The California Health Care System to be administered by the newly created California Health Care Agency under the control of an elected Health Care Commissioner. This bill was introduced by California Senator Kuehl in February, 2003. It was shelved before any committee hearings could take place and has undergone several amendments since then.

NAMI-CA is supporting this bill. The bill would include health coverage, including prescription drug coverage, to all residents of California. One section of the bill reads: "Any individual involuntarily committed to an acute psychiatric facility or to a hospital with psychiatric beds pursuant to any provisions of Section 5150 of the Welfare and Institutions Code, providing for involuntary commitment, shall be presumed eligible." How Medical and Medicare benefits would fit into this system are complex. We will be watching this bill with great interest as the it makes its way into the legislative committee labyrinth in the months ahead.

This publication, March's issue of *The Advocate*, was made possible by:

Roberta Holmes

Cost to sponsor a coming issue is \$784.00.

Thank You!

your community Resources

NAMI C.A.R.E. Group

Consumer Support Group
NAMI San Diego Meeting room
4480 30th Street, San Diego, 92116
*Second and Fourth Tuesday of Month,
6 p.m. - 7 p.m.*

Client Warm Line

1-800-930-9276
Daily: 5:00 p.m. - 11:00 p.m.
Call us. We are fellow consumers of mental health services who have been there, done that. Listening and talking are what we like to do.

Patient Advocacy Program

5998 Alcalá Park, AW 304
San Diego, 92110-2492
(619) 260-7660 or 1-800-479-2233
Monday - Friday: 8:00 a.m. - 5:00 p.m.

The Consumer Center for Health Education and Advocacy

1475 Sixth Ave., 4th Floor, San Diego, 92101
Toll Free: 1-877-734-3258
*Mon, Wed, Thurs & Fri: 9:00 a.m. - 5:00 p.m.
Tuesday: 8:00 a.m. - 6:00 p.m.*
If you need help getting mental health services or if you have a complaint or grievance, call or write us. We are ready to help you.

Corner Clubhouse

2864 University Ave. (at Utah)
San Diego, 92104 (North Park, #7 Bus Line)
(619) 683-7423
Monday - Friday: 8:00 a.m. - 4:00 p.m.

East Corner Clubhouse

1060 Estes Street (off Chase Avenue)
El Cajon, 92020
(619) 440-5133
Fax: (619) 440-8522
*Mon, Tues, Thurs & Fri: 8:00 a.m. - 4:00 p.m.
Wednesday: 8:00 a.m. - 6:30 p.m.*

Friend to Friend

1009 "G" Street, San Diego, 92101
(619) 238-2711
Monday - Friday: 8:00 a.m. - 4:00 p.m.
An SSI advocate is available

Friends In Hands (Clubhouse)

144 Copper Ave., Vista, 92083
(760) 631-2206
Saturdays: 11:00 a.m. - 4:00 p.m.

Mariposa Clubhouse

560 Greenbrier, Suite. 102, Oceanside, 92054
(760) 439-6006
*Monday - Thursday: 8:00 a.m. - 4:00 p.m.
Friday: 8:00 a.m. - 1:00 p.m.
Saturday: 10:00 a.m. - 2:00 p.m.*

The Bayview Clubhouse

330 Moss Street, Chula Vista, CA 91911
(619) 585-4646

The Meeting Place, Inc.

4034 Park Blvd., San Diego, 92103
(619) 294-9582
Monday - Friday: 8:00 am. - 4:00 p.m.

Visions @ 5th and H

499 "H" Street, Chula Vista, 91910
(619) 420-8603
*Mon, Thurs, Fri & Sat: Noon - 7:00 p.m.
Sunday: Noon - 5:00 p.m.*



The Access Center of San Diego

1295 University Ave., Suite 10, San Diego, 92103
(619) 293-3500
Monday - Friday: 9:00 a.m. - 5:00 p.m.

Employment Services

1202 Morena Blvd., Suite 201, San Diego, 92110
(619) 276-8071
Monday - Friday: 8:00 a.m. - 4:30 p.m.

Job Options

3465 Camino del Rio South, San Diego, 92108
(619) 688-1784 (Valorie)
*Monday - Thursday: 8:00 a.m. - 5:00 p.m.
Friday: 8:00 a.m. - 4:00 p.m.*

San Diego 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

The Creative Arts Consortium

P. O. Box 3053
San Diego, CA 92163-3053
Director - July Rose
(619) 282-4627 or (619) 563-2708

Scholarship Funds

Call the Albright Center for information about scholarship funds.
(619) 534-1434



NAMI Membership

Add your voice to ours

Let's work together to improve the quality of life for everyone affected by mental illnesses in San Diego.

Membership Application - - Each membership is for twelve months starting the month we receive your payment.

Name _____

Please indicate below how many voices are represented by the membership. If no indication is made NAMI San Diego will assume that this membership represents two voices. Number of voices _____.

Address _____

City/State/Zip _____

Phone _____ E-mail _____

Prefer newsletter by mail _____, to read newsletter on the web site _____.

_____ Check (please make payable to NAMI San Diego) _____ Cash

_____ Regular Member \$40.00

_____ Professional \$75.00

_____ Local Member \$20.00

_____ Newsletter Only \$15.00

_____ Open Door Member \$_____ any amount under \$40.00

_____ Donation* _____

_____ Please contact me/us with information about volunteering.

*Unless you instruct us otherwise, the first \$40.00 of a donation will be treated as payment for a membership if you are not already a member of NAMI San Diego. This will also apply if your current membership needs to be renewed.

Check relationship to a consumer

- _____ Parent of Adult
- _____ Parent of Child (under 18)
- _____ Sibling
- _____ Spouse
- _____ Professional
- _____ Other
- _____ Self
- _____ None



Transition to School Group

Thursdays 2:00pm

4034 Park Blvd

San Diego, CA 92103

Call 619-294-9582 for more information

This is a weekly support group open to those with a psychiatric disability currently in school or interested in attending school at a future time.

The Advocate

Vol. VIII, Issue 3, March 2004



4480 30th Street
San Diego, CA 92116

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



Return Service Requested

You lie there

Lying face down in the gutter of life
Inwardly torn by turmoil and strife
Is the tormented victim of mental disease.
Please try not to stare, walk on by if you please.
And so it goes on, year after year,
No help, no resources, just more shame and fear
For the many whose lives really don't fit the mould,
Whose preoccupation is not growing old
But living at all, while their mind is on fire,
Though peace and belonging are all they desire.
When people talk "healthcare" or "budget" or "scarcity."
Mental illness, though common, is our orphan child,
The one we like least, just a little too "wild"
To fit into comfortable middle class minds
When it comes to devising our health care designs.
And so on the streets, in our jails, they will linger,
In our families, our workplaces, in spite of fingers
Pointing them out as societal oddities
Not that far off from the old "village idiot".
Every family or group has at least one or two,
Some keep it a secret, the topic's taboo.

Others are open but beg for resources
While health care professionals cry "Just hold your horses"
While this drug or that drug makes it onto the market
Another new chemical with the brain as its target.
The lucky ones are those who have funds and insurance
But still the disease goes beyond their endurance
No matter how cleverly they adjust their thinking,
The therapist says "Its your logic that's stinking!"
And so in the meantime they eek out an existence,
Call them clients, consumer, victims or patients,
Batting an illness that came out of nowhere
Leaving them sadly, as the man said, just lying there.

Sally Shepherd
4/28/01

"If a person breaks a leg in the street, civil help tends to him quickly – ambulance, doctors, police. Break your mind and you lie there. The American community finds money for taking care of tens of millions – the poor, the aged, the physically ill. Why are so many mentally ill people cut off from help? One reason is that everybody knows physical pain, but the pain that mental disorders can bring is literally unutterable by the suffering and unknown to most of humanity."
A.M. Rosenthal, New York Times, 1-17-95