

What Do NAMI Walks Donations Do?

By Wendy McNeill
Advocate Editor

I like my cash in the bank. I like it a lot. It makes me feel safe. It makes me feel like I can have a healthy supply of chocolate for the rest of my natural life.

However, I am the co-captain of the soon-to-be-famous "Friends of South Park" team for NAMI Walks, and I have yet to figure out how much to donate. In fact, my best friend, Christina, preempted me on this score and sent \$200.00 immediately upon my request. Why do I drag my heels? Why does everyone else? I emailed a slew of people, and I have yet to hear back from most. As of next week, nagging will be in order.

But before I gnash any more teeth, let me tell you how I have benefited from the NAMI programs that are directly financed by the donations collected at "NAMI Walks for the Mind of America."

First of all, I have taken the Peer-to-Peer education class. Peer-to-Peer is a nine week class taught by consumers to consumers to improve life skills and prevent the relapse of illness. I can proudly say that since taking the Peer-to-Peer class I have completely halted my pattern of relapse (I have a history of over 10 hospitalizations, averaging about two months each time.) Since Peer-to-Peer, I have been admission-free for three years, a historic first for me! I will be mentoring a class in June with two excellent mentors I met through NAMI. These courses would not be possible without the donation of funds through events like NAMI Walks for the Mind of America.

Second, Family-to-Family has also greatly improved the quality of my relationships. My mother found NAMI in Los Angeles and took the course there. Now, I had already been diagnosed for about ten years when my mother took Family-to-Family.

"Donate" cont. at right

NAMI's Monthly Education & Advocacy Meeting

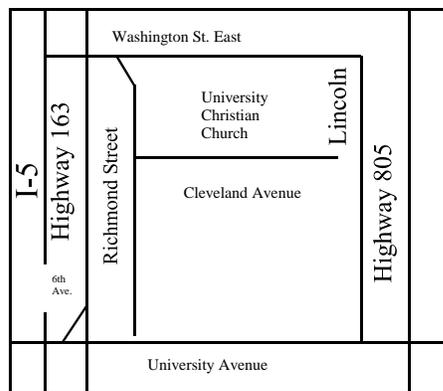
Thursday, March 2, 2006

6:30 p.m. - 9:00 p.m.

Make Part D Prescription Drug Coverage Work For You

Presenters: Adrianna Mickelson and Melissa Wallace

Melissa (pursuing a career in Pharmacy) and Adrianna (pursuing a career in Medicine) visit retirement communities and other groups in and around San Diego, spreading the news about Medicare Part D, helping beneficiaries to understand and answer any questions regarding the new government program.



6:30 p.m.: Ask the Doctor
7:00 p.m.: Program
8:30 p.m.: Refreshments

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

"Donate" cont. from left

Don't we both wish we had found NAMI sooner! The tools my mother learned were invaluable. From our phone conversations, I could detect a shift that was taking place in her attitude, just as it was taking place in mine. We were learning to separate my identity from my ill behavior. This set up an atmosphere of forgiveness, letting go of denial, and setting appropriate expectations of ourselves and each other. Basically, we were redesigning our relationship with NAMI's wisdom providing a guide. I believe that the NAMI Family-to-Family class is invaluable to any family member who has a loved one with an illness, but as frugal as the program is, the dollars that NAMI receives via the NAMI Walks fundraiser are absolutely essential. The need for services is so great, and the supply is stymied by lack of resources.

The other NAMI educational program I participate in that is close to my heart is In Our Own Voice. This program trains consumers to become public speakers who "stigma-bust." The IOOV presenters tell their personal stories of recovery to a range of audiences: fellow consumers, health professionals, educators, law enforcement, and more. I have been so blessed to be able to participate in this program and give others a message of hope: Recovery is possible. People with mental illness, though they may have unique challenges, are essentially regular people with a different set of issues to negotiate.

So, NAMI Walks asks you to walk the walk, talk the talk, and bust out your Visa. To find out more, go to the NAMI website, namisandiego.org. To join Wendy & Regina's team, register under "Friends of South Park," and welcome aboard!

NAMI's Workin'!

By Bettie Reinhardt
Executive Director

Thanks to the California Hospital Association's Center for Behavioral Health for these tidbits of information that make you want to read more – and I hope that you do just that.

SAMHSA Launches Partners for Recovery Website

The Substance Abuse and Mental Health Services Administration

(SAMHSA) recently announced the launch of a website dedicated to the advancement of prevention, treatment and recovery from substance use and mental health disorders. The new Partners for Recovery website, <http://www.pfr.samhsa.gov>, facilitates communication and resource-sharing for organizations and groups that help individuals and families achieve and maintain recovery.

HHS Seeks Comments on Proposal Linking Housing and Mental Health Services

Under a proposed policy change published February 1 by the Department of Health and Human Services, local governments and community groups would be able to use federal surplus property to provide permanent housing in conjunction with mental health and other services to homeless people with disabilities. HHS said the goal is to help the homeless achieve increased stability in the community by providing a service model that links housing and services together and avoids the two-year time limit imposed on transitional housing. In addition, the agency said supportive housing for the disabled and chronically homeless has been shown to reduce the need for public health services such as emergency, psychiatric and inpatient care. "This policy change is representative of the president's strong commitment to end chronic homelessness through better and more coordinated community services," said Donald Young, M.D., acting assistant secretary for

planning and evaluation.

Link Found Between Diabetes and Depression

Boston scientists say they have discovered why people with diabetes are twice as likely as the general population to develop depression. A Joslin Diabetes Center-led collaboration has documented for the first time sub-

"Supportive housing for the disabled and chronically homeless has been shown to reduce the need for public health services such as emergency, psychiatric and inpatient care."

tle changes in the gray matter of the brain of type 1 diabetes patients compared with control subjects who did not have diabetes. The researchers say they made the observations using voxel-based morphometry, a relatively new magnetic resonance imaging technology that allows measurements of small regions in the brain. "We have known for a long time that diabetes can damage the nerves that control the extremities and those that control internal organs like the heart and the intestine," said the study's principal investigator, Dr. Alan Jacobson, chief of behavioral and mental health research at Joslin. "This research helps document diabetes-related changes to the central nervous system."

STEP-BD Update

The Systematic Treatment Enhancement Program for Bipolar Disorder (STEP-BD), a large, national research program determining the best treatment practices for bipolar disorder, began in 1998 and concluded in September 2005. It included a total of 4,360 participants with bipolar disorder who were followed long-term to determine which treatment(s), or combination of treatments, are most effective for treating the episodes of depression and mania in bipolar disorder and for preventing recurrence.

Findings from the research program provide much needed long-term data on the chronic, recurrent course of the disorder, and begin

the work of building an evidence-base on the best treatments for those with the disorder. Also known as manic-depressive illness because of its recurring episodes of mania and depression, bipolar disorder is a serious, chronic illness that causes shifts in a person's mood, energy, and ability to function.

The newest findings, published in two articles in the February issue of the *American Journal of Psychiatry*, are the first of many analyses that will become available over the coming months as researchers examine the largest dataset ever created on treatment outcomes for those with bipolar disorder.

Read the full update at <http://www.nimh.nih.gov/press/stepbd.cfm>

Innovative Therapy Helps Seniors Fight Depression

A "team approach" to treat depression in elderly people produces effective, lasting results, a new U.S. study finds. The two-year study of more than 1,800 depressed people, aged 60 and older, found that patients in the IMPACT (Improving Mood Promoting Access to Collaborative Care Treatment) program suffered less depression, had better physical functioning, better overall health, and better quality of life than patients who received standard care.

IMPACT is specifically designed to treat the depressed elderly. The team included primary care and mental health specialists who worked together using a computer program to track each patient's specific needs and appropriate treatment, including problem-solving talk therapy and antidepressants.

"Depressed older adults rarely get effective treatment. This study shows we can engage these patients in treatment in their usual primary care setting, and help them lead happy, productive lives," study lead author Enid Hunkeler, an investigator with the Kaiser Permanente Division of Research in Oakland, Calif., said in a prepared statement.

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 illnesses.

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 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.

President's Page

In NAMIWalks Team Building is Everything

By Sally Shepherd
NAMI San Diego Board President

Until last year, my family's experience with fundraising was limited to selling Girl Scout cookies, so putting a walk team together was definitely a growth experience. However, after living with my illness for 6 years, we knew that we needed to share all that we had learned through NAMI.

One of the first requirements in the process is to change your mindset. You need to get rid of all your inhibitions about asking people for money. You have to be willing to get to the "ASK". We approached friends, colleagues and other family members through a personal letter describing our experience and explaining why NAMI is such an essential part of dealing with mental illness. The response was amazing: the people we contacted had no problem either volunteering to walk or sending a donation.

This is the age of "bits" and "bytes." NAMI National has a terrific Walk Website. Just follow the directions and pretty soon you will have your own personal team website where people can sign up to walk or make a donation. Also, NAMI's Team Leader Packets explain everything you need to know, so there is no guesswork.

Design your "get-up." Color is where it's at! I chose to make my team's shirts myself using iron-on transfers. I also decorated 49 cent visors. Choose whatever option suits your pocketbook – the shirt really cements the group.

Recruit walkers and donors. We started with our own circle of friends. We reached out to family members all over the country. Then we moved on to other connections we had. Brian works in a lab, attends one

art class and teaches another. We asked all of them. We asked all the members of our church group. Many of these individuals acted as "co-leaders" and recruited among their own friends and contacts. You would be surprised to find out how many people we all approached who had their own experiences with mental health issues. We ended up with 62 people showing up in Balboa Park on the day of the Walk.

"We started with our own circle of friends. We reached out to family members all over the country. Then we moved on to other connections we had."

We made a large colored banner so that our team members could find us. The Walk site is large and crowded. We brought simple refreshments for the team – it's great to have munchies so early in the morning, and people were also more likely to stick around after the walk.

We ended up tallying up what we had raised with a lot of the group looking on. The total was just less than \$2000. We wrote the check for the difference, and everyone cheered! We were so proud of our accomplishment.

If we can do it, so can you! So grab your team packets and get out there. And remember: Always get to the ASK!

NAMI San Diego Meeting Schedule

NAMI San Diego

4480 30th Street
San Diego, CA 92116
(619) 543-1434 or (800) 523-5933

Morning NAMI-SD Support Group
Third Tuesday, 10:00 a.m. - 12:00 p.m.
NAMI-SD Office, 4480 30th Street

Sibling and Adult Children's Group
Second Wednesday, 7:00 - 9:00 p.m.
Scripps-Mende Well Being Center
Adjacent to the UTC Mall
Call Michelle Cauble at (858) 756-3140

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

South Bay - Spanish
First Monday, 6:00 - 8:00 p.m.
South County Family Resource Center
690 Oxford Street, Chula Vista
Call Luz Fernandez (East County clinic)
(619) 401-5500

New support groups for families and caregivers of children and adolescents

La Mesa Group
2nd Tuesday, 6:30-8:00 pm
Lake Murray Evangelical Free Church
5777 Lake Murray Boulevard, La Mesa
1st Floor, Fellowship Hall
Now meeting once a month
Peggy & Bob Chambers: (619) 464-0476

San Diego Group
3rd Monday, 6:00-7:30 pm
NAMI San Diego Office
4480 30th Street, San Diego
Now meeting once a month
Karen Malsack (858) 560-0030

La Mesa NAMI Support Group
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 92369
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
2nd 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
- Jardin Cesar Chavez

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
Mondays, 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 - 8:30 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
NAMI Facilitated Support Group*

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

NAMI Walks Kick-Off Luncheon

NAMI Supporters Put Best Foot Forward: GO!

By Regina Little
Staff Writer

The Second Annual NAMI Walks for the Mind of America Kick-Off Luncheon was held Thursday, February 16, 2006 at the Mission Valley Marriott. Wendy McNeill emceed the program with humor and grace while guests enjoyed an equally festive and delightful light lunch.

I had already agreed to co-captain the Friends of South Park's walk team with Wendy, despite my lack of experience. I enjoyed the speakers who shared their personal stories of appreciation of NAMI's programs and advocacy. I was glad to see I wasn't the only novice walker there and realized many others were there to get involved at whatever level of activity and support they could.

The first presenter, Terry Miller, articulately expressed why the Walk matters to her. She shared her personal story of how NAMI helped when her son became ill. When she heard about NAMI talks in the community, she and her husband began attending and were inspired and encouraged by the group support available. They also began Family-to-Family group meetings to get educated on mental illness and discovered a compassionate group there to help support them through the recovery process. Because of this inspiring Family-to-Family group, Terry and her husband chose to participate in NAMI Walks last year. She and her husband wrote a simple letter to friends, family and associates, seeking support for the cause, enclosing a return envelope. Terry was amazed to find that this simple letter strategically opened a door for people to both support the Walk and share their own stories to show how mental illness had touched their lives personally. She shared an inspiring letter of support from a family friend. This inspiration continues to build for her right up to the last year's event when she experienced the festive celebration in Balboa Park. All the elements of celebration; the bright t-

shirts designs and creative energy surrounding the event itself inspired the Millers to continue to help promote NAMI's education programs.

Assistant Chief of Police, Bill Maheu, discovered NAMI a few years ago when he recog-

nized the need for greater awareness and education for officers in the field to obtain a better understanding of mental illness. He shared a personal story of how mental illness has affected his family and is dedicated to educating others to

recognize warning signs and seeking support. He emphasized that the Walk's efforts not only raise money, but also raise awareness within the community. He expressed his appreciation of NAMI's programs, saying they have helped to improve San Diego's Police Department because of the steps taken every day by mental health advocates to create the bridge of support needed within our community.

Proud of the efforts of San Diego's first NAMI Walk, Regional Walk Manager, Darlene Cronin, praised the gathering for a "job well done." She encouraged everyone to join in this year's goal to raise 6.5 million dollars collectively through the NAMI Walks. She believes NAMI Walks offer innovative ways to improve programs at the grassroots level while developing leadership and identifying rising leaders within each community. There were some not-so-subtle hints that Orange County's NAMI WALK may rival ours, so this suggested opening up some friendly competition in Southern California this year.

Alfredo Aguirre, local Director of San Diego Mental Health Services, continued with the idea of "getting the competition going." Gratefully recognizing

the leadership of Victor Crandall, Kathy McKernan and Sally Shepherd, he acknowledged the positive progress made in unifying many facets of our community for greater mental health awareness. He noted law enforce-

ments' support and compassion in leadership because of the integration nurtured by NAMI advocates as well as increased integration with the County. He emphasized how relevant the daily

resources NAMI programs are to the community. Alfredo cited Family-to-Family groups and its Spanish program where families can now connect to important resources for support and education. Because of these valuable connections to resources, he feels honored to be part of this year's NAMI Walk.

Kathy McKernan, San Diego WALK Manager, thanked the WALK sponsors for their generous contributions and told the guests the set goal was to raise another \$80,000 to \$90,000. She challenged team captains to keep their teams focused on the task, recruit sponsors from community businesses and move forward.

Sally Shepherd shared how her team last year raised \$2,000 and the positive experience of building a team. She advised all of us to "ask everyone" and expect positive responses. Find and utilize whatever encourages people to be part of a team and the results will provide inspiration and success.

For more information on how you can participate in NAMI Walks for the Mind of America, go to the NAMI website: namisandiego.org.

Sally says,

"Ask Everyone!"

Client/Consumer Resources

NAMI C.A.R.E. Support Groups

Consumer Support Groups
For more information call the
Albright I & R Center at
(619) 543-1434 or 1-800-523-5933

NAMI San Diego Office

4480 30th Street
San Diego, CA 92116
Every Thursday: 6:00 - 7:30 p.m.

Gifford Clinic (Cafeteria)

140 Arbor Dr.
San Diego, CA 92103
1st & 3rd Wednesdays: 2:00 - 3:30 p.m.

Sharp Mesa Vista Hospital

(Activity Room)
7850 Vista Hill Ave.
San Diego, CA 92123
*2nd, 4th & 5th Thursdays:
11:00 a.m. - 12 Noon*

Joslyn Sr. Center

210 Park Ave
Escondido, CA 92025
1st & 3rd Tuesdays: 4:00 - 5:30 p.m.

What's Your Review?

The following is a list of a few of the books that are available for check out in the NAMI library. Along with each book, NAMI provides a review sheet, done by someone like you, letting the next person know what you thought of the material.

Please help by checking one out and giving us your feedback. Call Emy Alhambra at (619) 543-1434 to participate.

Copeland, Mary Ellen, MS, MA—
Wellness Recovery Action Plan Book

Miller, Rachel & Susan E. Mason—
Diagnosis Schizophrenia: A Comprehensive Resource

Pauley, Jane—*Skywriting - A Life Out of the Blue*

Pinsky, Drew, MD—*When Painkillers Become Dangerous: What Everyone Needs to Know*

Spaniol, LeRoy, Bellingham, Richard, et al—*The Recovery Workbook II: Connectedness*

Patient Advocacy Program

5998 Alcalá Park, AW 304, San Diego, 92110
(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.

Bayview Clubhouse

330 Moss Street, Chula Vista, 91911
(619) 585-4646 • Fax: (619) 585-4625
*Mon, Tue, Wed & Fri: 9:00 a.m. - 3:00 p.m.
Thursdays: 9:00 a.m. - 5:00 p.m.*

Casa Del Sol Clubhouse

1157 30th Street, San Diego, 92154
(between Coronado Ave. & Del Sol Blvd.)
(619) 429-1937 • Fax: (619) 429-5205
*Monday: 8:30 a.m. - 6:00 p.m.
Tue, Thurs & Fri: 8:30 a.m. - 4:30 p.m.
Wednesday: Noon - 8:00 p.m. (Bilingual)*

Corner Clubhouse

2864 University Ave. (at Utah)
San Diego, 92104 (North Park, #7 Bus Line)
(619) 683-7423 • Fax: (619) 683-7428
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, Tue, Thurs & Fri: 8:00 a.m. - 4:00 p.m.
Wednesday: 8:00 a.m. - 6:30 p.m.*

Eastwind Clubhouse

2359 Ulric Street, San Diego, 92111
(858) 268-4933 • Fax: (858) 268-0244
Monday - Friday: 8:30 a.m. - 5:00 p.m.

Escondido Clubhouse

474 West Vermont Ave., Suite 105
Escondido, CA 92025
(760) 737-7125 • Fax: (760) 741-6645
Monday - Friday: 8:00 a.m. - 4:30 p.m.

Friend-to-Friend

1009 "G" Street, Suite A, San Diego, 92101
(619) 238-2711 • Fax: (619) 238-1127
Monday - Friday: 8:00 a.m. - 4:00 p.m.
An SSI advocate is available

Friends In Hand Clubhouse

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

Mariposa Clubhouse

560 Greenbrier, Suite 102, Oceanside, 92054
(760) 439-6006 • Fax: (760) 721-8542
*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 Meeting Place, Inc.

4034 Park Blvd., San Diego, 92103
(619) 294-9582 • Fax: (619) 294-9588
*Monday - Friday: 8:00 am. - 4:00 p.m.
1st & 3rd Saturdays: 10:00 a.m. - 2:00 p.m.*

Neighborhood House Association (NHA)

Friendship Clubhouse
286 Euclid Ave., #104, San Diego, 92114
(619) 266-2111 Ext. 105 • Fax: (619) 266-0496
Monday - Friday: 8:30 a.m. - 4:30 p.m.

Visions

226 Church Avenue, Chula Vista, 91910
(619) 420-8603 • Fax: (619) 420-0385
*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 Park and Recreation Therapeutic Recreation Services

(619) 525-8247
Monday - Friday: 8:00 a.m. - 5:00 p.m.
Serves over 50,000 participants each year. The goal of the program is to provide year round recreational experiences for individuals with disabilities.

The Creative Arts Consortium

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

DBSA-Depression Bipolar Support Alliance

There are meetings in different regions of the county. Call for meeting information:
1-800-826-3632
or go to the DBSA website at: www.dbsalliance.org



Membership

NAMI San Diego relies on its membership and your generous contribution to continue providing education and other services to people with mental illnesses, their families, and the community. 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**.

Name _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

____ Please mail my newsletter via post office

____ Please email my newsletter

____ Membership \$40.00
() New Member () Renewal

____ Professional Membership \$75.00

____ Organizational Membership \$100.00

____ **Please contact me about a Scholarship Membership**

____ Donation* _____

____ Please contact about volunteer opportunities

To pay by Credit Card:

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expiration date

____ Visa ____ MasterCard \$ _____
amount

signature

The Advocate

Vol. X, Issue 3, March 2006



4480 30th Street
San Diego, CA 92116

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

1st Thursday!!!

Medicare Part D

March 2, 2006

6:30 p.m.

See page 1 for info!



Return Service Requested

Parents & Teachers as Allies

*By Kinsey McManus
PTA Program Coordinator*

Parents and Teachers as Allies (PTA) is NAMI San Diego's new educational outreach program! PTA is an interactive, grade appropriate presentation that "teaches" teachers, school administrators, other school staff, and parents about mental illness. We are hoping that this program will develop an open, two-way communication between teachers and parents to urge early intervention when needed. Also, as with all other NAMI programs, our goals are to diminish the stigma of mental illness and to open minds in San Diego County's elementary, middle, and high schools. A large part of our presentation will be

to give general information, statistics, and resources/references on early onset mental illness. HOWEVER, the majority of our impact on these educators and parents will come from the first-hand accounts of our presenters. For the presentations, we plan on creating and training teams of three, including: a teacher or school administrator who had students that showed behavioral or emotional problems, but didn't know how to handle it or what the appropriate actions were to take; a parent of a child who had early onset mental illness and their interactions (or lack thereof) with their child's teachers and school administrators; and a consumer who experienced an early onset to share

what it was like to go through the school system.

At this point in time, we only have a few speakers and need more volunteers that fit the above criteria to enable us to reach a wider audience. We really need your help to reach educators and parents, as they are our first (and typically only) line of defense for our youth! If you are interested in joining the program as a presenter or would just like to help, all would be greatly appreciated! To get involved, please contact Kinsey McManus, program coordinator, at (619) 584-5564 ex. 307 or via e-mail at kinseymcmanus@namisd.org.



Walk with NAMI

5/2K

Saturday, April 15, 2006

Balboa Park

(Quince & 6th)

Register 8:00 a.m.—Start 9:00 a.m.

www.namisanadiego.org

Or call Jim Starek for more information:

(619) 584-5564 x115

Get Your Blood Moving While You Give Back!

SAVE THE DATE!!

March 25, 2006

Involved Exceptional Parents' Day



Involved Exceptional Parents' Day
2006

Keynote Speaker:
Mary Shea Ph.D.
Founder, Kids Included Together

Join us at the beautiful Handlery Hotel in Mission Valley
for a day of fun and learning. Enjoy the largest resource
fair in San Diego County!

For more information visit our website at:

www.iepday.org
Or call 858-576-2966

RESERVE ESTA FECHA

Marzo 25 del 2006

Día del Envolvimiento de Padres Excepcionales

Incluyendo
a cada
persona como
compañeros



Padres Excepcionales Involucrados

2006

Oradora Principal:

Mary Shea, Ph.D.

Fundadora del programa, Kids Included Together

Únase a nosotros en el hermoso Handlery Hotel en Mission Valley para que disfrute de un día de diversión y aprendizaje. Disfrute de la feria de recursos más grande del Condado de San Diego!

Para más información visite nuestra red
(la cual está disponible en español)

www.iepday.org

ó llame al 858-576-2966



Photo by Natasha Milne

"Everything was perfect...and then I went insane."
- Lizzie Simon

"The 23-year-old Simon's Detour is an utterly unselfconscious, funny, harrowing description of her highs and lows."
- The Village Voice

SAVE THE DATE

The Mental Health Committee of Jewish Family Service Invites You to Our 3rd Annual Event in Support of Mental Health Awareness:

Bipolar Disorder: **A Detour NOT a Dead End**

A journey of hope featuring
Lizzie Simon

Lizzie Simon, a young woman with bipolar disorder, wrote her extraordinary first book, *Detour: My Bipolar Road Trip in 4D*, about her personal search to discover and define an entire generation of young people struggling with their mental health.

An actress, producer and winner of two Obie awards for her theatrical productions, she is funny, smart and talented. Speaking openly about her own journey, she provides hope to those living with mental illness.

Wednesday, May 10, 2006

11:30 am - 1:30 pm

Doubletree Hotel - Mission Valley

Program and Luncheon

\$36 prior to April 24, 2006; \$40 thereafter

For more information, contact
Melissa Hall at (619) 291-0473



One Source for a
Lifetime of Help



Call for Public Reviewers

The National Institute of Mental Health (NIMH) is seeking individuals interested in serving as public participant reviewers of research grant applications. NIMH has involved public reviewers as full voting members on committees reviewing interventions and services applications for the past six years. The Institute has found that input provided by public reviewers adds important perspective and sensitivity to the review process and helps to ensure the public health relevance of funded grants.

What Public Reviewers Do?

Public reviewers read and provide written critiques (usually 1-3 paragraphs) of grant applications. Their critiques focus on the strengths and weaknesses of the application's public health significance and/or innovation; on the feasibility of plans for recruitment, retention, and follow-up of subjects; on outreach efforts to special populations; and on issues pertaining to the protection of human subjects. At review meetings, public reviewers join the discussion of applications with other reviewers and vote on the merit of each application discussed. Review meetings are typically held in the Washington, DC area or by telephone conference call.

Who Are Public Reviewers?

Individuals selected to serve as public reviewers typically have had some involvement with mental health care as consumers, family members, mental health professionals, members of advocacy groups, educators, etc.

Public reviewers will typically meet one or more of the following criteria:

- experience with mental disorders, e.g., as a person with a mental disorder, a family member, caregiver, or supporter of such a person
- experience with mental disorders as a mental health care practitioner, payer or policy maker
- experience as a research participant in studies of mental disorders
- community service involving representation of the interests and perspectives of people with mental disorders, e.g., service on mental health boards or committees, relevant publications, or presentations

An individual need not meet all four criteria to be selected. NIMH staff will select nominees to invite to the orientation, based on mental health interests and experience and consideration of demographic and geographic factors. The Institute seeks a

demographically and geographically diverse pool of Public Participant Reviewers, and nominations of individuals from traditionally under-represented groups are welcome.

If you are chosen to attend the orientation workshop and participate, you will then be added to our roster of potential reviewers. Inclusion on the roster means that over two years' time, you are likely to be asked to serve as a public reviewer.

When is the Orientation Workshop Scheduled?

The Public Reviewer Workshop is scheduled for **June 22, 2006 from 9-5 in the Washington, DC area**. If you are selected to attend the workshop NIMH will pay for travel, lodging, per diem expenses and provide a \$200 honorarium – all in accordance with Federal regulations.

What To Do If You Are Interested or Know Someone Who Is?

Interested individuals should respond by email to Annette Mayberry at amayberr@mail.nih.gov – please include a copy of your resume and a brief letter highlighting your area(s) of interest and history of involvement with mental health issues.

Please understand that we are likely to receive many more expressions of interest than available training slots. Expressions of interest can be accepted until May 1, 2006. Invitations to attend the orientation will be extended by May 24, 2006.