



ABC TAKES WONDERLAND OFF THE AIR

NAMI E-News, April 12, 2000

Statement of Laurie Flynn, Executive Director National Alliance for the Mentally Ill

After only two episodes, ABC Television has announced that Wonderland is being taken off the air and put into "hiatus." This is more than good news. The announcement is a relief for millions of Americans with mental illness, their families and friends. It also is a victory against stigma. It is a victory against messages of hopelessness and despair, and for the U.S. Surgeon General's campaign to prevent suicides, which Wonderland recklessly ignored.

"To some degree, we are saddened by the lost opportunity that Wonderland represents. Unfortunately, the show focused on the harshest, narrowest aspects of mental illness."

Wonderland's weekly ratings were abysmal. But we also know that the protests of thousands of consumers and family members had an impact--raising legitimate concerns about the show's stereotypes and harmful effects. Many CEO's listened and many of the show's commercial sponsors already had announced that they were pulling their support for the show by the time ABC made its decision.

This victory doesn't stop with Wonderland. We have sent a powerful message to the entertainment industry. We have raised the standard of what is considered acceptable on television. Stereotypes of people with mental illness no longer will be tolerated. They will be challenged.

NAMI thanks those sponsors who listened to our concerns: AstraZeneca, Johnson & Johnson, Novartis, The Scott Company, and Staples.

We also thank the other organizations in the Mental Health Coalition Against Stigma in Hollywood who worked with us and are listed below.

(Continued on page 4--Wonderland)

EDUCATION & ADVOCACY MEETING

Thursday, May 4, 2000

6:30 p.m.

Speaker: Carol F. King

Service and Therapy Dog Consultant

Topic: Dealing with Mental Illness with a Dog Companion

Carol King is a Certified Drug and Alcohol Counselor. She worked in individual case management and "after care" and was also a Crisis Intervention Counselor for Family Services at Camp Pendleton.

With the help of a professional dog trainer, she self trained her own Toy Breed Service Dog, Bubba. Bubba is a Psychiatric Service Dog who has assisted her in dealing with her mental illness.

Please join her and learn more about her friendly dog program

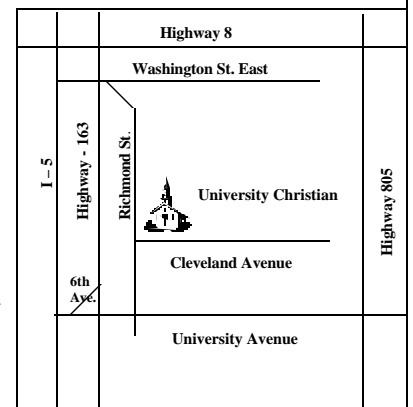
The monthly meeting is open to anyone interested in learning about mental illness. The meetings are held on the first Thursday of the month at the University Christian Church, Friendship Hall,

**3900 Cleveland Avenue
San Diego, California
(see map)**

The doors open at 6:30 p.m. with everyone sharing information and welcoming newcomers. At 7:00 p.m. there is a half-hour information session on NAMI San Diego activities, mental health services and related news.

The featured program is from 7:30 to 8:30 p.m.

**Additional AMI meetings
in the San Diego County area**



APRIL-AT-A-GLANCE

Bettie Reinhardt, NAMI San Diego Executive Director

Increase Education, Outreach, and Development

NAMI San Diego's Board of Directors has approved, in concept, this goal for the coming fiscal year. Between now and July, we will all be working on the ways and means of achieving this short-term goal. Watch for details. Better yet, jump in and help.

Law Enforcement, Use of Deadly Force, and People with Mental Illnesses

San Diego Police Department has formed a Use of Force Task Force. I have agreed to work on the Mental Illness/Homeless Responsibility Team. Please call me. Tell me what you would like for me to convey to this work group.

Living with Schizophrenia and Other Mental Illnesses

Presentations to client, professional, and community groups are well under way. If you know of a group that needs and wants to hear (from clients) what it is like to live with a major brain disorder and how to reacquire often-lost self-respect and a purposeful life, give Chuck a call at (619) 294-9949.

Celebrate Mental Health! and Run for Your Mind

Ready, set, go!! Go, right now to the Walk/Run registration form. Be an early bird, send the form in now (see insert).

Family and Caregiver Education on Schizophrenia Series

This lecture series is designed to help families and caregivers make a positive difference in the life of a person with schizophrenia.

The East County series is scheduled for June 6 through 27, and July 11 and 18 at Grossmont Hospital. Call the Albright Center to register and for more information.

Family to Family

Marjie Joramo, Emy Alhambra, and I spent an INTENSE three days (and evenings) being trained to teach this series of classes. We hope to bring the training to San Diego and prepare more teachers – so we can have more classes.

The first Family to Family series in the San Diego area begins Monday, May 1.

This series differs from the Schizophrenia Series in more ways than length: it covers all of the major brain disorders known as serious mental illnesses, it uses a relatively small-group interactive format, and it provides skills practice and local resource information. Call the Albright Center to register.

Directions to the Albright Information and Referral Center

Have you visited the **Albright Center** in its new home yet? The address is **1094 Cudahy Place, Suite 120**. If you take the Morena Boulevard exit from I-5 or I-8, stay in the left lane, which branches into West Morena Boulevard. Turn left on Buenos Avenue. The three-story building called the Morena Business Center will immediately be on your left. If you come down I-5 from the north, exit at Tecelote Road, turn right on Morena Boulevard and right again at the first traffic light. You will be on Buenos. Cross West Morena Boulevard and the office building will immediately be on your left. After all that, if you know where Toys R Us is, you will find it easier to find by looking just one block south of Toys R Us.

To register your opinion on any of these issues, call Bettie Reinhardt at 294-9941 or write to P.O. Box 710761, San Diego, 92171 or fax to (619)543-1498 or email at sdami@adnc.com or contact any of the people mentioned in the article.

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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*The Alliance Advocate
is a monthly publication of
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*Submission of articles must be received
by the 15th of the month for consideration for
publication in the following month's newsletter.*

President's Corner

How did you find out about NAMI San Diego?

Many of us have received a referral to contact NAMI San Diego (NAMI-SD) Albright Information and Referral Center. Maybe from a caring professional, a friend, your church, club, meeting or during a discussion while you were out and about your life.

Throughout my life I have learned that the more I know, the less I know. This fact was confirmed again for me when I attended the April monthly Albright I & R Center phone volunteer meeting.

Some of the topics covered were a review of the previous month's meeting; record keeping; status of legislative issues; Celebrate Mental Health! Events; meetings, seminars and events of interest in San Diego and other Southern California locations; San Diego Park and Recreation disabled services program and events; questionnaires for caregivers of persons with schizophrenia and a review of reference binders available at the Center.

The meeting ended with the volunteers sharing their different activities and projects relating to mental health. I was really impressed with all of the significant activities that the volunteers shared with us.

Our volunteers are long-time and new phone volunteers and have a number of skills and interests. They give of their time and resources to help those of us who call or visit the Center for assistance. Each volunteer has knowledge of various and specific topics. I have noticed whenever I've visited the Center that there seems to be a very open attitude and willingness to share information with each other, the staff and even me.

One of my long-term hopes is that our loved ones will have complete access to the services they need and that we will no longer need such extensive and complex information from sources like the Albright I & R Center. When this happens NAMI San Diego will be able to concentrate on other projects such as research.

Until major changes happen, we really need the wonderful service we get from our telephone volunteers. Whenever I am able to listen to someone's story and refer them to our center for more information, they are very thankful to learn that they are not alone. I still believe that the sharing and caring we do with each other and new caregivers is the real strength of our organization. After attending the volunteer meeting I feel even more confident about referring people to our Center.

I like to carry a supply of the yellow I & R Center name card in my purse. It is surprising how often someone shares something and I am able to give them a card with information about the Center. The cards are available at our Education and Advocacy meetings or stop by the Center and pick up a supply for your use.

Marjorie Joramo

**Register online for the
NAMI
21st Annual Convention**

NAMI's 2000 annual convention will be held Wednesday, June 14 through Sunday, June 18 at the Town and Country Resort Hotel in San Diego.

This year's theme is "Turning Promise Into Practice" and, with a host of prominent and renowned speakers, this convention promises to be very informative and rewarding. Some of this year's speakers include: Floyd Bloom, M.D., Science Magazine; Lewis Judd, M.D., UCSD; and Jeffrey Lieberman, M.D., University of North Carolina.

In addition to plenaries, research updates, symposia, ask-the-doctor sessions, and hot topics (mini symposia), there will be a wide variety of workshops from the grassroots showcasing the innovation and energy of NAMI members and allies from all over the country. For a detailed preliminary program of daily convention events and speakers, visit the convention page of NAMI web site at:

http://www.apollonian.com/nami_convention/

If you haven't already register for this year's convention, don't miss this opportunity! June is rapidly approaching. Our web site will furnish you with a registration form enabling you to register on-line with a credit card or, if you prefer, you may print out the registration form and mail it with a payment to: NAMI 2000 Convention, P. O. Box 79955, Baltimore, MD 21279-0955. You will also find information regarding hotel and travel reservations. We urge you to make your hotel reservations as soon as possible as the discounted NAMI convention rates are only available for a limited time.

You can also contact NAMI San Diego for a registration form at (619) 294-9941.

**Expressed Emotion and
Borderline Personality**

A recent study suggests that the effect of expressed emotion in families on patients with borderline personality may be different from its effect on people with schizophrenia, alcoholism, depression, and other disorders. The term "expressed emotion" refers to criticism, hostility, and emotional overinvolvement (including exaggerated responses to symptoms, dramatization, and over-protective behavior.) It is associated with earlier relapse in schizophrenic patients who are living with their families. The association is also found with alcoholism and diabetes, and it is even stronger for depression and eating disorders.

The subjects of the study were 25 women and 10 men hospitalized with a diagnosis of borderline personality—unstable in mood, self-image, and personal relations, chronically angry, often suicidal, with a tendency to idolize or demonize others. Patients and family members answered a standard questionnaire designed to reveal the level of expressed emotion in their families. A year after discharge, they were asked about their symptoms and problems, and the outcome was rated on a five-point scale, from worst to best.

About a third of the patients were functioning almost normally at that time, but most were still doing poorly, and more than half had been hospitalized again during the year. After taking into account the severity of the original symptoms (which may have affected the family's responses), the researchers found that criticism from family members had no effect on the outcome, and overinvolvement—perhaps mislabeled in this case—actually made for a better outcome. Intense concern and self sacrifice by family members apparently showed the borderline patients that someone cared and made them feel less fear of abandonment. Because depression and unstable moods are a central feature of borderline personality, it re-

Legislative Update

by
Caroline Hamlin

Tracking AB 1800

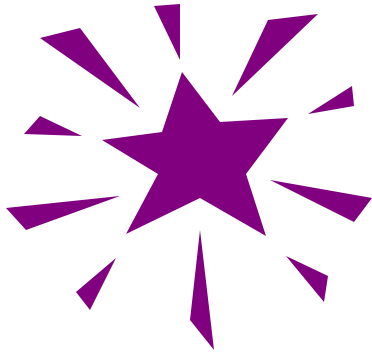
The Lanterman-Petris-Short Reform Bill (LPS), AB 1800, has successfully passed the Assembly Health Committee. From that committee it traveled to the Judiciary Committee where it was voted on April 25. Hopefully, by the time you read this newsletter, the Bill will also have passed the Judiciary hurdle and will have gone to the Appropriations Committee. As it travels through this maze of committees, hearings are held and organizations and citizens have the opportunity for input. The bill can be amended as a result of these hearings which is exactly what is happening to AB 1800. The final document will be a streamlined version of the original and reflect the thinking and suggestions of citizens throughout the state. In the meantime, however, we must keep the bill alive so this process can continue.

Please write or call:
Assembly Appropriations Committee
Carole Migden, Chair
State Capitol
Sacramento, CA 95814
Phone: (916) 319 2013
Fax: (916) 319 2113

Assemblywoman Susan Davis
State Capitol
Sacramento, CA 95814
Phone: (619) 204 7600
Fax: (916) 319 2176

mained puzzling that criticism and hostility had little effect on the outcome.

Hooley JM and Hoffman PD. "Expressed Emotion and Clinical Outcome in Borderline Personality Disorder," *American Journal of Psychiatry* (October 1999): Vol. 156, pp. 1557-562.



An Evening with the Stars

14th Annual Mental Health Recognition Dinner

Honorary Chairperson: Jon Nachison, Ph.D.
Emcee: Carol LeBeau from KGTV Channel 10 News

DoubleTree Hotel
7450 Hazard Drive, San Diego CA 92108

Join us on Friday, June 2, 2000
in our celebration for the Mental Health Community

5:30 PM Registration & No-Host Reception
6:30 PM Dinner & Presentations Raffle Sales
9:00 PM Music & Dancing

Recognition Awards "Raffle Prizes" Dancing

Cost: \$32.50 person / \$325.00 per table of 10
All proceeds benefit client programs and services. For information only, call (619) 652-5900

----- Dinner
Reservations Form (no phone reservations and no tickets sold at the door)
*****Please RSVP by May 26, 2000*****

Name _____ Day Phone: _____ Fax: _____

Address: _____

_____ Individual Reservation(s) _____ Amount Enclosed \$ _____

_____ Table Reservation(s) (one check only, please) _____ Organization _____

Contact person (must be present at dinner) _____ Amount Enclosed \$ _____

Return to: Mental Health Recognition Dinner **Please Make Check Payable to: Mental Health Recognition Dinner**
P. O. Box 84243
San Diego CA 92138-4243

To reserve a seat at the NAMI San Diego tables, mail to:
NAMI San Diego (Make check payable to Mental Health Recognition Dinner)
P. O. Box 710761,
San Diego CA 92171-0761

_____ I will not be able to attend, but would like to: _____ Sponsor a client at the dinner

I am enclosing \$ _____ _____ Donate a Mini-Grant

Creating a Safe Haven

We are people engaged in a challenge. We are family members, friends, partners and co-worker who have seen our loved ones stigmatized and marginalized. We know what it feels like to be isolated, ignored, avoided. We are advocates for those who are struggling with mental illness.

We share information with the church community about the realities of living with mental illness. We combat stigma. We support each other. We are seeking to create a welcoming and safe church community for those who live with serious mental illness as well as for their families and friends.

We invite you to join us.

Third Monday of each month
7:00 p.m.
First Unitarian Universal Church
4190 Front Street, San Diego
(across from UCSD Medical Center)
Room 114b—Senior High Room

For further information, call:
Nancy Toti (619) 665-2929

Liturgy of Rest and Healing

Welcome

to a Liturgy of Rest and Healing especially for all with mental illnesses, their families and friends.

These services are held on the fourth Sunday of each month at 5:00 p.m.

The address is:
Gethsemane Lutheran Church
2696 Melbourne Drive
San Diego CA 92123
(619) 277-6572
(it is just up hill from stadium)

Call Helen Bergen for directions at
(619) 222-7346

Research Studies

The National Institute of Mental Health and University of Chicago is conducting research on the following mental illnesses:

Bipolar Disorder (Gene Detection)

The staff of the Bipolar Disorder Genetics Project invites families with two or more siblings who have experienced bipolar disorder to join their study. Parents are also asked to participate.

For more information or to participate in this study, call:

Mrs. Maxwell
(301) 496-8977 (Collect)

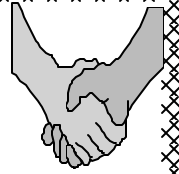
The Family/Genetic Study of Obsessive-Compulsive Disorder

The Staff of the Laboratory of Clinical Sciences invites individuals who have experienced obsessive-compulsive disorder, and their close relatives to join in a genetic study.

For more information or to participate in this study call:

John Gause
(301) 496-3421 (collect)

Sibling and Adult Children's Group



Spring has sprung! This is a time of renewal and fresh new beginnings. The flowers bloom, birds chirp, and all around us seems just a little brighter.

As a Sibling or Adult Child of a mentally ill loved one, regardless of the season, all may not seem so fresh and new. However, we may be able to celebrate the "renewal" of our commitment to setting boundaries relating to our caregiver role and ourselves.

Maybe today we may walk outside, even if for a few moments, take a deep breath of fresh air, and smell the roses!

If you are a sibling or adult child of a mentally ill loved one and interested in attending one of our meetings, please call:

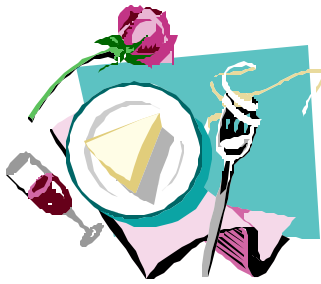
Monica Astorga at (858) 483-9370 for more information.

Let us offer you a "helping hand."

We meet the second Wednesday of each month:
7:00 - 9:00 p.m.

Scripps Well Being Center
Adjacent to the University Towne Centre Mall

We can all help and support each other as we help our mentally ill loved ones.



*San Diego County Psychiatric Hospital Auxiliary
Invites you to attend
The Annual Membership Luncheon*

*on
Wednesday, May 24, 2000
11:30 a.m. to 1:30 p.m.*

*at the
First United Methodist Church
Texas Street and Highway 8 in Mission Valley
Plenty of Free Parking*

Featuring

*Photo/Text Exhibit
"Nothing to Hide — Mental Illness in the Family"*

*An Interactive Presentation
by
Creative Opportunities
(Dolores Alegri, Mike Matthews & Walter Sherman)*

*"Everything you always wanted to know about
Mental Health Clients but were afraid to ask"*

*CAC Art Show & Sale
CAC Performances*

*Catered by the
Imperial House Restaurant*

Please reserve _____ seats
Individual seat = \$12 each Table of 8 = \$90.00
Total enclosed \$ _____
Name _____
Address/Zip: _____
Phone: _____
Assigned seating — mail companion seating requests to-
gether.

Make checks payable to:

*The Creative Arts Consortium
is proud to present*

*9th Annual Art & Literature Competition
Artists and Writers
Reception and Awards*

*Friday, May 19, 2000
1:00 to 4:00 p.m.*

*Continuing exhibit thru June 4th
Open Saturdays & Sundays only
1:00 to 4:00 p.m.*

*in the 3rd Floor Gallery
of the Gaslamp District' Brokers' Building
402 Market St., San Diego*

*Sponsored by:
S.I.T. Corporation*



**Meeting Place Rummage
Sale**

June 10, 2000
8:30 a.m. to 2:00 p.m.

Donations can be dropped off at:

4034 Park Blvd. from 10:00 a.m. to 4:00 p.m.

Tuesday through Saturday

or

Please call (619) 294-9582 to arrange for pickup.

CLIENT CORNER

SCHOLARSHIP FUNDS AVAILABLE



Mental health clients may apply to SDAMI for scholarship funds for course-related expenses such as tuition, fees, books, and supplies. To apply, call the Albright Center at (619) 543-1434 and request an application.

Applications up to \$500.00 will be considered.

The scholarships are made possible by a donation made fifteen years ago and are limited to the income from the scholarship fund.

Living with Schizophrenia And Other Mental Illnesses

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

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

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



**Chuck Sosebee at
(619) 294-9949**

The Consumer Center for Health Education and Advocacy

If you need help getting mental health care services, please call or write us.

We are ready to help you.
1475 Sixth Ave., 4th Floor
San Diego CA 92101
1-877-734-3258 Toll Free

The Meeting Place, Inc.

4034 Park Blvd., San Diego
(619) 294-9582
Open Tuesday - Saturday
12 Noon - 4 p.m.

Corner Clubhouse

2852 University (at Utah)
San Diego (North Park) #7 Bus Line
(619) 683-7423
Open Monday
8:00 a.m. - 12:00 p.m.
Tuesday - Friday
8:00 a.m. - 4:00 p.m.

Friend to Friend

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

Mariposa Clubhouse

560 Greenbrier, Suite .102, Oceanside
(760)439-6006
Open Monday - Friday
8:00 a.m. - 8:30 p.m.
Saturday & Sunday
10:00 a.m. - 5:00 p.m.

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. - 4:00 p.m.

Wed 8:00 a.m. - 6:00 p.m.
Sat 10 a.m. - 2 p.m.

Visions @ 5th and H

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

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
For General info, call: (619) 692-8417
Art—call Michelle (619) 260-1288
Literature—Call Jim (619) 299-1753

Job Options

2727 Camino del Rio South
San Diego
(619) 688-1784 (Valorie)
Open Monday - Friday
8:00 a.m. - 5:00 p.m.

San Diego Parks and Recreation Disabled Services Program:

Ask for "The Leisure Seekers" group activities and calendar. No formal registration. Simply call ahead of event and say "I want to sign up for the event"
(619) 525-8247

Patient Advocacy Program

5384 Linda Vista Road, Suite 304
(619) 543-9998 or 1-800-479-2233
Mon. - Fri.
8:00 a.m. - 5:00 p.m.

Schedule of Meetings

NAMI SAN DIEGO

1st and 3rd Thursday each month
University Christian Church
3900 Cleveland Ave., San Diego
Call (619)543-1434 or 1-800-523-5933

1st Thursday, 6:30 p.m.
Education and Advocacy

Thursday, May 4 at 6:30

Speaker: Carol F. King

Service and Therapy Dog Consultant
Topic: Dealing with Mental Illness with a Dog Companion

3rd Thursday, 6:45 p.m.
Sharing and Caring

Morning Sharing and Caring:

Third Tuesdays
10:00 a.m. to 12:00 a.m.
Albright I & R Center, 1094 Cudahy Place,
Suite 120, Morena Office Center
(West Morena & Buenos Ave.)
(619)294-9941 or (619) 543-1434

Sharp Mesa Vista Hospital Sharing and Caring

Fourth Thursdays, 6:30 p.m. – 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 Wednesdays
7:00-9:00 p.m.
Scripps Well Being Center
Adjacent to the UTC Mall
Call Monica Astorga at (858)483-9370

Clairemont Area Sharing and Caring

Second Mondays beginning May 8th
7:00-8:30 p.m.
St. David's Episcopal Church (Library)
5050 Milton St.
Margaret England (619) 276-6123
Joan Williams (858) 273-1480

La Jolla Sharing & Caring

1st Tuesday each month, 7:15-9:00 p.m.
La Jolla Presbyterian Church Lounge

7715 Draper Avenue, (858)459-4905
(Entrance on Kline St.)

El Cajon (East County)

2nd & 4th Wednesday each month
6:30 p.m., 562 E. Main St., El Cajon,
Call Donna Hawkins: (619) 401-5500
or Forough, Douraghi: (619)401-5440

South Bay—Spanish

4th Monday each month 6:00-8:00 p.m.
Call Luz Fernandez (East County clinic)
for location (619)401-5500

Filipino Family Support Group

UPAC
1031 25th St., Broadway & 25th
2nd & 4th Thursdays 2:30 - 3:30 p.m.
Call Maria Lopez (619)235-4282

Alpine Special Treatment Center Sharing & Caring

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

El Centro Sharing and Caring

2nd and 4th Wednesdays at 6:30 p.m.
St. Peter & Paul Episcopal Church
5th & Orange, El Centro
(parking by Holt Street)
Contact: Vicki (760) 359-3323

NAMI SAN DIEGO COUNTY NORTH INLAND

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

1st, 2nd, 4th & 5th Tuesday
4:00-5:30 p.m., Share & Care
210 Park (Senior Center), Escondido
Call (760)745-8381

3rd Tuesday, 7:00 p.m.
Education Meeting
Bradley Center (Kinesis North)
474 W. Vermont Ave, Escondido
(760)745-8381 or 1-800-523-5933

Tuesday, 16 May—May Special Meeting

6:00 p.m. Pot Luck

7:00 p.m. Program

Speaker: Pamela Blackwell, M.F.T.
Palomar Pomerado Behavioral Health
And The Yellow Ribbon Campaign
Topic: Preventing Suicide:
Two Approaches

All meetings are followed by refreshments
and Share & Care for family members

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., Carlsbad
(760) 722-3754 or (800) 523-5933

3rd Wednesday at 7:00 p.m.
Education Meeting
followed by Share & Care at 8:40 p.m.

Wednesday, May 17 at 7:00 p.m.

Speaker: Janet Sobell, Ph.D.
Research Scientist
City of Hope, Duarte, California
Topic: Genetic Research in Schizophrenia

4th Tuesday - 5:00-6:30 p.m..
Share & Care
North Coastal Mental Health Center
1701 Mission Avenue #A, Oceanside
(760)967-4475 or (760)722-3754

2nd Thursday at 6:00 - 7:00 p.m.
Share and Care
Tri-City Medical Center, Mental Health
Unit (760)722-3754

Pastoral Share & Care

4th Thursday - 7:30 p.m.
2807 Ocean St., Apt. 301, Carlsbad
Jane or Tim Hird, (760)435-2536
Call first for security reasons.

PATTON AMI

c/o Patton State Hospital
3102 E. Highland Avenue



NAMI San Diego

2000 MEMBERSHIP APPLICATION

Make check payable to SDAMI and mail to: P. O. Box 710761, San Diego, CA 92171-0761

Check one: () Individual or Family \$35.00 () Client \$10.00 () Newsletter Only \$15.00

Check Relation to Client: Parent of Adult ___ Parent of Child (under 18) ___ Sibling ___
Spouse ___ Professional ___ Other _____

Check one: () New Member () Renewal Contribution: \$ _____

Name _____ Phone (home) _____

Street _____ Phone (work) _____

City, State, Zip _____

VOLUNTEERS:

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 Access and Crisis Line is a service of United Behavioral Health, the Administrative Service Organization for the County of San Diego Mental Health System of care for adults and older adults.

NATIONAL DEPRESSIVE & MANIC DEPRESSIVE ASSOCIATION

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

Depressive and Manic Depressive Support Group

Every Monday at the VA Hospital La Jolla, Room 2011 6:00 – 8:00 p.m.

Sponsored by:
Dr. John R. Kelsoe, M.D.
UCSD Dept. of Psychiatry

For information, contact:
Janet Kaul (858) 535-4783
or
Toll Free: 1-800-274-3637

ALBRIGHT INFORMATION & REFERRAL CENTER

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

Do you need information about mental illness?

Talk to someone who understands
Call the Albright I & R Center
(619)543-1434 or
1-800-523-5933
7 Days a Week
24 Hours a Day

We have a library of books and tapes available for you.

Attend NAMI San Diego meetings listed in this issue "Schedule of Meetings" and receive educational materials to send to your far away family members who do not

San Diego Alliance for the Mentally Ill
1094 Cudahy Place, Suite 120
San Diego, CA 92110-3932

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

RETURN SERVICE REQUESTED

**MAY IS
MENTAL HEALTH
MONTH**

Inside This Issue:

ABC Takes Wonderland Off the Air

April -At-A-Glance
(Update on NAMI San Diego Programs)

Legislative Update

The City of San Diego

Park & Recreation Department, Disabled Services Program

LOOKING FOR SOMETHING TO DO ???

**The following programs are for individuals with mental illness
or emotional health disorders:**

RECREATION COUNCIL

Want to meet new people who share some common interests, get out of a rut, or try something different? Then, the Recreation Council is the place for you. Meetings are held on the 3rd Thursday of each month at 3:30 p.m. at the War Memorial Building. During the meetings, the group decides where they would like to go on the 1st Thursday of the following month. Meetings and outings cost \$1.00 which covers dinner and outing expenses. What do you have to lose? Please call Kristi, at (619) 525-8247, TDD (619) 525-8249, to sign up.



SHARE A SKILL

Wanted: Volunteers who would like to share their skills with others, whether it's cooking, jewelry making, aerobics, playing an instrument, or something else. If interested, give me a call, and let's figure out how we can make it happen. Call Kristi today at (619) 525-8247, TDD (619) 525-8249.