

# The Alliance Advocate

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

Formerly San Diego Alliance for the Mentally Ill

May 2002

Volume VI, Issue 5

## NAMI SAN DIEGO RESPONDS TO OUTCRY Board Says, "Things Have to Change"

"I am frustrated that our local chapter is not vocal on issues such as these (recent shootings of people reported to have mental illness). I would like to see some 'fire' in our local chapter in an attempt to educate the public more and solicit real change to better serve the mentally ill.

I simply think it's wrong to passively accept things the way they are. I believe our local chapter needs to take a leadership role, become aggressive, and take on some causes. When you do, I'm sure you will find the membership will rally around you."

So wrote a member because she has not seen any action on our part related to police shootings.

**Starts Campaign for Best-Practice Services**

*(Continued on page 7)*

## Education & Advocacy Meeting

6:30 p.m. Social Hour

7:00 p.m. Business/Advocacy

7:30 p.m. Program as Follows

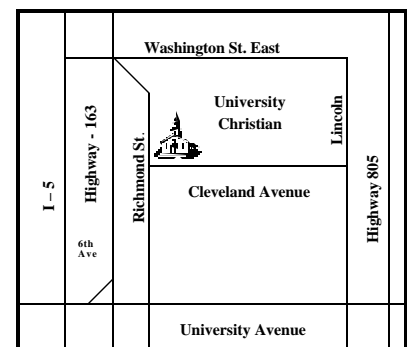
### "Identifying Individuals At-Risk for Schizophrenia: The Possibility of Early Intervention and Prevention"

Dr. Cadenhead will update the audience on continued international efforts to identify and perhaps treat individuals in the prodromal stage of schizophrenia. She will also discuss some interesting findings from genetic studies in schizophrenia.

Dr. Cadenhead welcomes audience participation and is interested in hearing about their experiences with the early stages of schizophrenia.

Dr. Kristin Cadenhead is an Assistant Professor of Psychiatry at UCSD where she is also Associate Residency Training Director and Director of the Psychiatry Primary Care Clinic at the San Diego VA Medical Center. Dr. Cadenhead's research focuses on schizophrenia. She runs the CARE (Cognitive Assessment and Risk Evaluation) program for adolescents and young adults who may be at risk for developing schizophrenia.

The monthly meeting is open to anyone interested in learning about mental illness. The meetings are held on the first Thursday of the month at University Christian Church, Friendship Hall, 3900 Cleveland Ave San Diego, California



**Thursday May 2nd**

### Coming Attractions June 6, 2002. :

Have you ever wondered if an herbal remedy would be as effective as your medication? Have fewer, or more, side effects? Or if you could add an herbal remedy to your medications?

Dr. Scott Matthews, Chief Resident at Gifford Clinic, UCSD, will speak on "Herbs and Psychiatry"

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

## **May is Mental Health Month**

A number of interesting things are being planned for May. Three “biggies” are the Creative Arts Consortium 11th Annual Art & Literature Competition Awards Reception on May 10, see page 6, the consumer conference, entitled “Knowledge is Empowerment”, on May 22 and our Open House, see page 3, on May 29. Check with the clinic, hospital, or other mental health program near you for other exciting happenings.

## **Board Retreat Very Productive**

The Board retreat held at the end of March (after the April newsletter went to press) resulted in our first Mission Statement – our by-laws and incorporation papers include only a purpose.

The new mission statement is one that each of us can easily quote: “NAMI San Diego, a nonprofit organization, provides education, support services, and advocacy to improve the quality of life of all affected by mental illness”. The Board also began the process of developing our organization’s short- and long-term goals. *Remember that NAMI San Diego Board meetings, are open to members, see calendar.*

## **Recent Media Interviews**

I am often contacted by members of the media to comment on events ranging from bills that did not pass to shootings of people who may have been mentally ill. I always agree to the interview, unless it is about a subject out of our arena, even if it is a weekend and I’m wearing jeans and a western shirt. The interview length averages about 30 minutes. The resulting clip on the radio or TV is seldom more than seconds long and the resulting space in a

newspaper is seldom more than one or two sentences. When you see or hear a quote, please do not hesitate to call me and ask if that was really the gist of what I said.

## **Outreach**

Sally Shepherd, Chair of the Outreach Committee, reports that we have done an average of two outreach activities a week since she joined the Board and was appointed chair of the committee. This does not count regularly scheduled support groups or classes or Albright I&R Center work.

## **Volunteer Training**

Diana Waugh held an orientation for new volunteers on April 15. As you can see from the Outreach Committee report, plenty of volunteers are needed. The group will continue meeting with Diana for further training. If you would like to get involved, request a Volunteer Application.

## **Classes**

Spring “Family-to-Family” and “Schizophrenia: Education for Caregivers and Families” classes have completed or are in the process of completing.

Now is the time to call to sign up for a fall class. Call the Albright Center, 800.523.5933 for more information and to register.

*To register your opinion on any of these issues, call Bettie Reinhardt at 619.584.5564 or write to P.O. Box 710761, San Diego, 92171 or fax to (619)543-1498 or email at [exudir@namisandiego.org](mailto:exudir@namisandiego.org) or contact any of the people mentioned in the article.*

## **Peer-to-Peer**

You’ve been asking for it. It’s here. The nine-week relapse prevention class for consumers taught by consumers is ready for you.

The course picks each person up “where they are at and brings the person to his own next stop in the path to recovery”. Recovery is a unique experience for each individual. It is unpredictable. The course encourages each person to tell her story in an atmosphere of trust where it is impossible to “get it wrong”.

Discussion topics include Stigma, Discrimination, Disease/Disorder Discussions, Thoughts, Feelings, Sleep, Senses, Behavior, Language, Emotions, Addictions, Spirituality, Medication, Coping Strategies, Decision Making, Relationships, Empowerment, Advocacy, Advance Directives, and – throughout – Relapse Prevention Planning.

The class will be held in the Gethsemane Lutheran Church in Serra Mesa. Call the Albright Center to sign up. Chuck Sosebee or one of the mentors will call you back with more information and confirm your enrollment.

## The Alliance Advocate

NAMI San Diego is a nonprofit organization that provides self-help advocacy, education, services, and support for consumers, families, and friends of people with severe mental illnesses and is dedicated to eradication of those mental illnesses and to improvement of quality of life of those affected by these diseases.

NAMI San Diego is an affiliate of  
NAMI and NAMI California

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

*The opinions expressed in the newsletter*

The Board of Directors of NAMI San Diego

is pleased to invite you to the **Open House**  
of its new location and first property  
and the unveiling of Helen Teisher's portrait  
in the Albright Center

Wednesday, May 29, 2002 12:30 p.m. – 4 p.m.  
4480 30th Street, San Diego, CA 92116

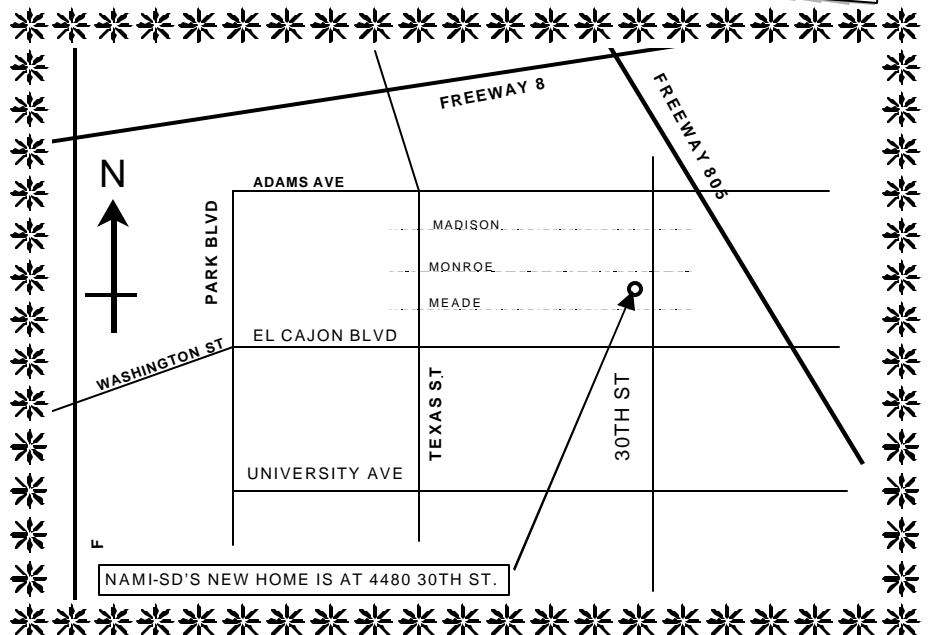
**Alpine Special Treatment Center  
Mental Health Awareness Day**

You are invited to attend Alpine Special Treatment Center's fifth annual Mental Health Awareness Day on Thursday May 23, 2002 from 11:00 am to 3:00 pm. We will have guest speakers, and we'll display our program. Prizes will be raffled and lunch will be served.

**There will be no charge but we must limit attendance to 150 people.**

**Call (619) 445-2644 to reserve your place**

**Alpine Special Treatment Center  
2120 Alpine Blvd.**



## SAVE THE DATE!

Coming June 15, 2002, the Annual NAMI-SD Walk-A-Thon! "Strides for Mental Health: Building Healthy Minds and Bodies"



Planning is underway for our fund raiser Walk-A-Thon, to be held in Balboa Park on Saturday, June 15, 2002.

The Walk is scheduled to begin at 9:00 a.m. It will start at Laurel Street and proceed along 6th Avenue.

Pledge sheets will be available at the beginning of May to sign up sponsors.

A great Resource Fair is being planned with lots of vendors, information and fun.

### **VOLUNTEERS ARE NEEDED!**

We need many volunteers to assist with registration and other tasks on the day of the walk.

**If you can help, please call the office at 1-800 523-5933 and leave a message for Emy .**

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

This immensely popular and even more immensely useful little book is available by loan from the Albright Center or yours to keep for a contribution to NAMI San Di-

## Legislative Update

May, 2002

by *Caroline Hamlin*

### Parity Bill

HR 4066, the new Parity Bill, has been reintroduced into the House. Titled the Roukema/Kennedy Bill, this piece of legislation aims to bring full parity to all states.

### AB1421, The Assisted Outpatient Treatment Demonstration Act of 2001

For more than two years NAMI-California has worked to reform the Lanterman-Petris-Short Act which governs involuntary commitment procedures in California. AB 1421 is part of that reform package. This bill would create an assisted outpatient treatment program for persons suffering from a mental disorder who are a danger to others, or to themselves, or who are gravely disabled. The program would operate only in those counties that choose to provide the intensive services that define the program. Seriously mentally ill persons would be ordered to participate in a six month outpatient treatment program only after being examined by a licensed mental health provider who has reviewed the treatment history of the person and finds that the person meets the criteria set up by the law.

The involuntary aspect of this bill has resulted in a great deal of discussion throughout our state. This bill was the result of a Rand Corporation study commissioned by the California Senate Committee on Rules entitled, "The Effectiveness of Involuntary Outpatient Treatment." The report, released in February, 2001, stated that fidelity to the ACT model ensures better client outcomes.

The bill is now being considered by the Senate Health and Human Services Committee. If you support this bill, contact:

Health and Human Svcs Committee,  
The Honorable Deborah Ortiz, Chair  
State Capitol Building, Room 5114  
Sacramento, CA 95814  
Fax: 916 323 2263  
E-Mail: senator.ortiz@sen.ca.gov

S. Diego committee member Bill Morrow:  
2755 Jefferson St. Suite 101  
Carlsbad, CA 92008  
Ph: 760 434 7930  
Fax: 760 434 8223

### AB 2034

San Diego has been awarded \$1.622 million per year for the next three years to expand AB 2034 from its downtown Integrated Service Program into North

### *Consumer Focus Group*

*The third of three Community/Consumer Focus Group meetings will be held in May for the Central/North Central System ReDesign RFP*

*Clients and other community members are encouraged to share their ideas about Mental Health Services for Adults in these regions.*

*The focus group will meet on Friday May 3rd from 10 to 11:30 am at 1250 Morena Blvd, 2nd floor conference room, in San Diego (619) 692-8715*

*Call (619) 563-2700 for more information*

*Organized by San Diego County Health and Human Services,  
Mental Health Services, Adult/Older Adult systems of Care*

## Schedule of Meetings

### NAMI SAN DIEGO

See Page 3 for NAMI-SD's address

NAMI-SD's Education and Advocacy meeting takes place the First Thursday of each month at University Christian Church, 3900 Cleveland Ave., San Diego  
See page 1 for information about this month's program.

#### Evening NAMI-SD Support Group

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

#### Morning NAMI-SD Support Group

Third Tuesday, 10:00 - 12:00 a.m.  
Note New site, 4480 30th Street

#### Sharp Mesa Vista Hospital Sharing and Caring

Fourth Thursday, 6:30 – 8:30 p.m.  
Executive Conference Room  
Sharp Mesa Vista Hospital  
7850 Vista Hill Avenue (858) 278-4110

#### Sibling and Adult Children's Group

Second Wednesday, 7:00 - 9:00 p.m.  
Scripps Well Being Center  
Adjacent to the UTC Mall  
Call Monica Astorga at (858) 483-9370

#### Clairemont Area NAMI Support Group

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

#### La Jolla NAMI Support Group

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

#### El Cajon (East County)

Second Wednesday. 6:30–8:00 p.m.  
562 E. Main St.. El Cajon,  
Forough Douraghi: (619) 401-5440

#### South Bay—Spanish

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

#### La Mesa

Third Thursday, 6:30—8:00 pm  
San Carlos Library, 7265 Jackson Drive  
Contact Ruth Coleman, 619 469-5232

#### NAMI PATTON

c/o Patton State Hospital  
3101 E. Highland Avenue, Patton, CA 92639  
Fax:(714) 963-9961 Tel(909)425-7000

### NAMI NORTH INLAND SAN DIEGO COUNTY

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

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

**May 14th beginning at 5:30 pm sharp, we will be having a fund-raising Spaghetti Dinner with desert, punch and coffee.**

**The standard price is \$7 and \$3 for clients and children under 12. Also: Our friend Dr Lawrence Bookbinder will teach us "how to prevent your relative with a psychiatric disorder from creating one within you"**

**. Bring your questions  
The public is invited to attend.  
Free NAMI newsletter available  
For further information please call  
(760) 745-8381**

#### Monday Share and Care Meeting

Every Monday Except the 2nd Monday of each month. Starting at 6:30 p.m.  
Palomar Pomerado Behavioral Health Bldng  
1540 East Valley Parkway, Escondido  
**Call (760) 745-8381 for further information**

#### Tuesday Share & Care Meeting

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

#### Wednesday Share and Care Meeting

Weekly Wednesday morning at 10:30 a.m.  
Palomar Family Counseling Building.  
120 West Hawthorne Street

### NATIONAL DEPRESSIVE & MANIC DEPRESSIVE ASSOCIATION

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

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

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

### NAMI NORTH COASTAL SAN DIEGO COUNTY

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

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

**Third Wednesday, 7:00 p.m.  
Education Meeting followed by  
Share & Care at 8:40 p.m.**

**For May 17th the education meeting  
topic will be, "Spirituality and Serious  
Mental Illness"  
The speaker:  
will be the Reverend Margaret England**

#### Share & Care

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

#### Share and Care

Second Thursday at 6:00 - 7:00 p.m.  
Tri-City Medical Center, Mental Health Unit,  
4002 West Vista Way  
Oceanside (760)940-5700

#### Pastoral Share & Care

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

#### Spouse Support Group

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

#### TARA Borderline Personality Disorder Support Group

1<sup>st</sup> & 3<sup>rd</sup> Tuesday monthly  
Carlsbad Community Church

Building Communities of Hope  
Science – Supports – Dignity  
**NAMI 2002 Annual Convention**  
June 26 – 30, Cincinnati, Ohio  
Early-Bird Rates in Effect until  
May 15

www.NAMI.org

## Client Corner

### IN OUR OWN VOICE

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:

Kamala Castle  
At 619 584-5568

### Always Wear a Silver Ribbon

When Director Ron Howard accepted his *Best Director* Oscar at the Academy Awards on Sunday, March 24, 2002, he was wearing a **Silver Ribbon** pin on his lapel. The **Silver Ribbon** promotes awareness of mental illness and is a symbol to combat stigma. Based on the life of Nobel laureate John Nash, *A Beautiful Mind* also won Academy Awards for *Best Supporting Actress* (Jennifer Connelly), *Best Picture* (Brian Grazer and Ron Howard), and *Best Screenplay/Adaptation* (Akiva Goldsman), adapted from the book of the same name by Sylvia Nasar.

Silver Ribbon pins are available directly from NARSAD ArtWorks or from NAMI San Diego. NARSAD stands for National Alliance for Research on Schizophrenia and De-

### The Consumer Center for Health Education and Advocacy

If you need help getting mental health care services, please call or write us. We are ready to help you.  
1475 Sixth Ave., 4th Floor  
San Diego CA 92101  
1-877-734-3258 Toll Free

### The Meeting Place, Inc.

4034 Park Blvd., San Diego  
(619) 294-9582  
*Open Monday - Saturday*  
10:00 am. - 4:00 p.m.  
*Monday to Friday*  
11:00 am - 3:00 p.m. on Saturday

### Corner Clubhouse

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

### Friend to Friend

1009 "G" Street  
San Diego  
(619) 238-2711  
*Open Monday - Saturday*  
10:00 a.m. - 6:00 p.m.  
A peer advocate is available  
Thursday, Friday (morning) and Saturday

### Mariposa Clubhouse

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

### Friends

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

### East Corner Clubhouse

562 East Main St., El Cajon  
(between Mollison and Avocado)  
(619)401-6902  
Fax: (619)401-1751  
*Open :Mon.,Tue,Thur,Fri..*  
8:00 a.m.- 2:00 p.m.  
*Wednesday* 8:00 a.m. - 6:30 p.m.  
*Saturday - 10:00 a.m. - 2:00 p.m.*

### Visions @ 5<sup>th</sup> and H

499 "H" Street, Chula Vista  
(619) 420-8603

*Open Mon., Wed., Fri.,  
Sat.  
Noon - 7:00 p.m.  
Sun. -- Noon - 5:00 p.m.*



### Scholarship Funds

Call the Allbright Center for information about scholarship funds.

### Consumer Peer Support Groups

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

### Employment Services

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

### The Access Center of San Diego

1295 University Avenue  
San Diego, (619) 293-3500

### The Creative Arts Consortium

P. O. Box 3053  
San Diego, CA 92163-3053  
Admin—Call Jane (858) 481-7069  
Art—Call Michelle (619) 589-2434  
Literature—Call Jim (619) 299-1753

### Job Options

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

### San Diego Parks and Recreation Disabled Services Program:

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

Creative Arts Consortium  
11th Annual Art & Literature  
Competition Awards Reception

1:30 pm to 4 p.m.  
(open mike for poetry and prose  
4 pm to 6 pm) Friday, May 10th  
Bayview Medical Center –  
REACH Program  
446 26th Street, 6th Floor, San Diego  
refreshments and

We agree and as a Board would like to address this.

Let us give you some history of our affiliate's work on law enforcement's shooting of people with mental illness. The shootings seemed to grow in number in the early 1990s leading to a concerted effort by NAMI to meet with law enforcement, to lay out our concerns, to educate about the options, and to learn the problems from the police side. This interaction led to the development of PERT, the Psychiatric Emergency Response Team. It was not easy and took a number of years – PERT did not field its first team until 1996.

PERT won over a San Diego Police Department captain who is now an assistant chief and an assistant chief who is now Chief of Police.

The police leadership has consistently briefed NAMI about shootings and about the many interactions that did not become shootings. They have invited us, NAMI, to the table when meaningful work was to be done.

## COMMENTS OF A BOARD MEMBER

Why is that pressure (exerted by constituents) missing ?

Where is justice?

Where is compassion?

Why is the public indifferent until violence occurs, either by someone with a mental illness or when violence is done to them?

In the 1960s the compassionate response to people with mental illnesses was to release them from the institutions so that they could live in the community, but Community Health Services failed miserably, primarily because the money did not follow. This vulnerable population was largely condemned to the streets, the jails and the prisons; as time went on it was believed that homelessness and all its dangers was a choice by those with mental illnesses. The discussion centered on the right of people with mental illnesses to choose to live and die on the streets rather than the right for them to have treatment that would bring a life of dignity.

We now know that treatment, when available, WORKS. We forfeited the politics of compassion for the politics of individualism, and it is time to confront the attitude of ignorance, apathy and lack of support which abandons these people to the streets and to be ready to change attitudes and policies so that they can live their lives without fear or danger, and to make sure the money follows. We unequivocally support the police training that will hopefully reduce the shootings, but even more, the compassionate response is to make sure treatment is available and to make every effort to help people avail themselves of that treatment to restore their lives.

Reverend Margaret England  
Board Member,  
NAMI San Diego

# The Alliance Advocate

Vol. VI, Issue 5--May 2002



4480 30th Street  
San Diego, CA 92116

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Organization  
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San Diego, CA

## RETURN SERVICE

### *Inside This Issue:*

*Campaign for Best Practice Services*

*May is Mental Health Month*

*Legislative Update*

*Open House in our New Home*

*Calendar of Events & Meetings*



**NAMI San Diego**

## 2002 MEMBERSHIP APPLICATION

NAMI San Diego relies on its membership and your generous contribution to continue providing support and services to people with mental illness and their families. To join NAMI San Diego, renew your membership or make a contribution, complete the information below and **enclose your check payable to NAMI San Diego and mail to: P. O. Box 710761, San Diego CA 92171-0761.**

Name: \_\_\_\_\_

Street: \_\_\_\_\_ Home Phone # \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Work Phone # \_\_\_\_\_

**Dues are from January 1 to December 31 of each year and include membership and newsletter subscription to NAMI and NAMI California.**

**I would like to join NAMI San Diego at the following level:**

- \_\_\_\_ Regular Membership – \$40.00 Check one: ( ) New Member ( ) Renewal  
\_\_\_\_ Professional Membership – \$75.00 (includes office display of NAMI brochures)  
\_\_\_\_ Consumer Membership – \$10.00 \_\_\_\_\_ Newsletter Subscription Only – \$15.00  
\_\_\_\_ Open Door Membership \$3.00 (consumer, consumer family & friends in financial need)

### ANNUAL SUSTAINING DONORS

- \_\_\_\_ Bronze Donor – up to \$99.00 \_\_\_\_\_ Benefactor – \$500.00 – \$999.00  
\_\_\_\_ Silver Donor – \$100.00–\$249.00 \_\_\_\_\_ Patron – \$1,000 +  
\_\_\_\_ Gold Donor – \$250.00–\$499.00 \_\_\_\_\_ I prefer my contribution to be anonymous

### Check relation to client:

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

\_\_\_\_ Please send me volunteer