



Helen Teisher Education Fund

Total Fund Balance as of April 10,
2003 is \$945.00.

Thanks to...

Sherry A. Bloom
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Byran Wishnek

First Thursday

Verbal De-escalation for families:
Techniques and Interventions

Speaker:
Robert Erb, RN, MS

Thursday, May 1, 2003
Social & Visitors - 6:30 pm
Business & Advocacy - 7:00 pm
Program - 7:30 pm

For more information,
please see page 5.

NAMI Lobbies in D.C. for Research Funds

By Ginny Biewer

In mid April, 2003, a parent from NAMI, San Diego, Jerry Levens, and consumer member, Ginny Biewer, went to Washington D.C. with mental health researchers, Dr. Lewis Judd and Dr. James Lohr from UCSD and other physicians from UCSF to lobby Congress on behalf of the American Psychiatric Association (APA) for additional funds for the National Institute of Health and the National Institute of Mental Health. The budget for those agencies had increased 100% over the past five years, but the Bush Administration was only asking for a 2.5% increase that would not even cover already funded grants. The APA was lobbying for a 10% increase for more advances in research for mental illness as well as assistance for veterans coming home from the war in Iraq.

The researchers were encouraged to use the pictures the APA provided in a brochure on various forms of mental illness, including one that illustrated a normal brain versus one affected by Post Traumatic Stress Disorder (PTSD). As NAMI members, we shared our stories of the difficulties of having mental illness and the need for more research to give more people hope for recovery. We met with about twelve legislative aides and Congressman Bob Filner. He encouraged all of us to communicate with our representatives regularly about our feelings and write letters to the editor in the local newspapers to make our needs known. It is up to our Congressional members to listen to what we have to say as their constituents.

One never knows who one is going to reach. Our stories are always compelling to us, but unless we make concerted efforts to communicate with our elected officials, the changes we want will not happen.

A Lobbyist's Travel Journal

By Jerry Levens

We spent two days walking the long hard halls of Congress visiting over one dozen member offices as well as attending a Tuesday morning American Psychiatric Association training session on correct lobbying and an afternoon reception at

the Rayburn building where we met such dignitaries as representative Susan Davis and her husband. On Wednesday morning the APA had a breakfast with some guest speakers; Congressman Filner among them. We spent the rest of the day going

from office to office. There were a lot of sore feet and tired bodies but on the whole we made a good representation. It was both an educational as well as a very exciting experience. I left Washington with a far better sense of how our political system works and a new respect for those who try and make it work. As Congressman Bob Filner put it, "it may have its problems, but there is none better."

We met some very interesting people and made a few new contacts and friends. I felt I was able to build some new pathways in my mental health network. We also had a chance to get to know each other much better. I think the biggest lesson we learned was that one can make a difference if one is willing to make the effort. Our politicians listen to us; maybe not some, but most.

I feel as consumers and family members it is vitally important to communicate with our representatives and make our needs known.

*"One can
make a difference
if one is willing to
make the effort."*

By Bettie Reinhardt, Executive Director

STRIDES: Celebration of Health!

Strides for Mental Health: Celebrating Healthy Minds & Bodies

I have to pretend that the event has already occurred on April 26 although, printing deadlines being what they are, people have walked and bands have played only in our dreams and in our many planning sessions. I can say this, without fear of contradiction – even if we

are snowed out – that wonderful people and organizations have to be thanked. I can't name all (but we will try in the June newsletter) but our community partners, County Mental Health Services and Eli Lilly, our other underwriters and prize and supplies donors, our co-chairs, Emy Alhambra and Judy Wasik, our team leaders, Kristi Fenick, Danny Rieger & Samantha Darella, Marla Kingkade, and Diana Waugh, and our President, Karen Gurneck lead the list.

Dual Diagnosis Initiative

Dr. Rodger Lum, Director, Health and Human Services Agency, has taken his admonition that we must all work together to an important level by spearheading the development of the Dual Diagnosis Charter. The Charter promotes the strong working relationships between Adult/Older Adult Mental Health Services, Children's Mental Health Services, and Alcohol and Drug Services and was signed by Dr. Lum and those department directors at the Mental Health Board on March 26, 2003.

This local action ties in with the recent headline "New Study Highlights Effective Treatment for Co-Occurring Disorders". The report, released by the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA, outlines effective treatment strategies for individuals who

suffer from both mental illness and substance abuse disorders. "Strategies for Developing Treatment Programs for People With Co-Occurring Substance Abuse and Mental

" Science and countless personal stories demonstrate co-occurring mental disorders are treatable and recovery is possible."

Disorders," is a joint effort of the National Council for Community Behavioral Healthcare, the State Associations of Addiction Services and SAMHSA. "Science and countless personal stories demonstrate co-occurring mental and addictive disorders are treatable and recovery is possible," said SAMHSA Administrator Charles G. Currie. "The systems of services that help make recovery possible have evolved in exciting ways over the past few decades."

The report contains descriptions of programs in diverse settings that deliver effective treatment for different types of people with co-occurring disorders. The materials describe strategies and tools that are simple, inexpensive and replicable. In the report, programs describe how they were able to access and leverage local, state and federal funds that provide basic support for treatment.

The report recommends next steps that include:

- * Strengthening systems of care at the state, county, and regional levels;
- * Fostering workforce development strategies;
- * Developing roadmap products that will build on current knowledge for developing treatment programs and systems of care;
- * Promoting networking among participants and other stakeholders involved in building treatment programs and systems of care for people with co-occurring disorders;
- * Enabling these groups to share information and tools more easily;

- * Increasing program support, especially as programs transition from grants to ongoing sources of revenue;
- * Establishing new approaches to funding issues.

The report is available online at the National Council's website www.nccbh.org/cooccurringreport.pdf and at the SAAS website, www.saasnet.org. Additional copies are also available online at www.samhsa.gov, or by calling SAMHSA's clearinghouse at (800) 789-2647.

Knowledge Is Empowerment: Celebrating Cultural Diversity

This year the public is invited to attend the Resource Fair and special afternoon and evening workshops at the 3rd annual Consumer/Client Conference **Monday, May 19** from 7:00am-7:00pm at the **Town and Country Convention Center**. No fee or registration is required.

Come learn about medications, housing issues, (talk to section 8 representatives) mental health programs, advocacy, social security, Sandimap and educational and support groups for consumers and family members.

Workshops:

3:30-5:00 p.m. Take the mystery out of Social Security benefits! Learn how consumers can enter the work field without losing benefits (Pass Program) the Ticket to Work program and general information regarding applying and qualifying.

5:30-7:00 Family to Family, NAMI Care and Peer to Peer introductions
In Our Own Voice- Presentation on Recovery by Mental Health Consumers
Share and Care-Family Support Group

The Advocate

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

NAMI San Diego is an affiliate of NAMI and NAMI California

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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

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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.

Community News

Help Is Here: Special Needs Trust Foundation

By Marjie Joramo
Development Director

"What can I do to provide the extra things for my son after I am gone? I want him to have the best quality of life possible; but I can't give him money or he will lose his MediCal and/or other benefits that he needs." I often hear this question from family members, especially older parents, of people with serious mental illnesses.

Many families provide items (such as a TV set, car, computer, furniture or appliances) that are not food, clothing, or shelter for their loved ones who are receiving public support.

A few years ago NAMI San Diego joined the Special Needs Trust Foundation (SNTF) to provide a partial answer to the opening question. Our members may join the SNTF's master trust agreement by completing a revocable joinder agreement for \$100.00 at any time. At the time of your death or other incapacity, the trust agreement itself may be set up for as little as \$5,000, which would be derived from assets, insurance, or property.

The SNTF sponsors two seminars, usually a week apart, one about special needs trusts (SNT), and one about the Social Security Administration (SSA). If you are on our mailing list you should receive notice twice a year about these seminars.

Attending the seminars is an excellent way to become informed about special needs trusts, and the SSA. There have been many changes in SSA the past few years, especially related to people who want to go back to work.

Another way to become informed about SNTs is to drop by or phone the Albright Center for a copy of the SNTF's pamphlet answering frequently asked questions about SNTs.

Would a SNT be good for you? Bettie Reinhardt and I are both on the SNTF board.

We are willing to discuss your own situation with you if you would like. Call or stop at the Albright Center, leave your contact information and one of us will get back to you as soon as we can.

Entry Door Remodel Project to Honor Family-to-Family Program

The much-needed project to remodel the main corner double-door entry at the new (to us) NAMI San Diego office on 30th Street (organized by recent Family-to-Family graduates Rachel and Jerry Levens) now has \$3,087 in the coffers. The esti-

imated cost of the improvements is approximately \$5,000, so NAMI still needs \$1,913.

The entrance will be named a "Gateway to Wellness" in honor of the Family-to-Family Program. Donors include:

Jean Mollenhauer
John & Margaret Sottosanti
Verna Price
Hank and Helen Teisher

Additional contributions from \$5.00 to \$500.00 are needed to help us reach our goal to renovate the entry area

and honor the Family-to-Family program. If you would like to help Jerry & Rachel make this dream a reality, make your checks payable to: NAMI San Diego and mark it for "Entry Remodel Project". Mail to NAMI San Diego, P.O. Box 710761, San Diego, CA 92171-0761.

If you would like to help with "in kind" labor or material contributions, call the Levens family at 619.466.0070, e-mail them at Levens1@aol.com or leave a message to volunteer for the "Entry Remodel - A Gateway to Wellness" project at the NAMI San Diego office (619) 584-5564.



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.
Note New site, 4480 30th Street

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

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

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

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

La Jolla NAMI Support Group
First Tuesday, 7:15 - 9:00 p.m.
La Jolla Presbyterian Church
Enter on Ead 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 Tuesday, 6:30—8:00 pm
San Carlos Library, 7265 Jackson Drive
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
Fax:(714) 963-9961 Tel: (909) 425-7000
Third Sunday, 11:45 a.m. - 1:15 p.m.
Administrative Meeting Room

NAMI-SIT

Schizophrenics in Transition

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

NAMI-SIT includes the following :

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

NAMI North Inland

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

Second Tuesday
7:00 pm. Education Meeting
Speaker: Karen Black, Attorney
Topic: "Special Needs Trusts"
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

Wednesday Share and Care
Weekly Meeting, Wednesday morning
at 10:30 a.m.
Palomar Family Counseling Building,
120 West Hawthorne Street

Wednesday Weekly in Fallbrook
Wednesday, 5:00—6:30 p.m.
Call for address (760) 745-8381

NAMI North Coastal

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

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

Thursday, May 22, 7:00 p.m.
"Affordable Housing Opportunities &
Rental Assistance Programs."
Speaker: Bobbi Nunn

Carlsbad Housing Agency
Education Meeting followed by
Share & Care at 8:40 p.m.

Share & Care
Fourth Tuesday - 5:00-6:30 p.m..
North Coastal Behavioral 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, Vista
(760)940-5700

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

TARA Borderline Personality Disorder Support Group
First Tuesday monthly—6:30-9:00 p.m.
Carlsbad Community Church
3175 Harding Street, Carlsbad CA 92008
(760) 729-2331

Clozaril Effectiveness: Decreasing Suicidality In Schizophrenia

By *Bettie Reinhardt*

Clozaril caused a 26% greater reduction in suicidal behaviors than did Zyprexa in the Novartis-sponsored Intercept study of 980 people diagnosed with schizophrenia and schizoaffective disorder during a two-year period. Registered nurse Jana Hart reported on the study at NAMI San Diego's monthly Education and Advocacy meeting on April 3. She stated that all participants were experiencing, or had experienced within the past three months, suicidal ideation and/or behaviors. Some people in the study were also prescribed other drugs such as anti-depressants; however those on Clozaril required 10% less use of the other medications.

Ms. Hart said the study was undertaken because the increased use of second generation (atypical) antipsychotics (between 60 and 70% of people taking anti-psychotic medication are now using the newer medications) has reduced the symptoms of schizophrenia but has not decreased the incidence of suicide in the same population. The suicide rate among people with schizophrenia continues between 11 and 13%. Suicidal ideation and behavior is therefore thought of as a domain separate from psychosis.

Clozaril has been considered the "gold standard" anti-psychotic for the past decade because of its affect on both the positive and negative symptoms of schizophrenia. Fifty-two percent of users have reported significant symptom reduction. Its use has been held back by requirements for blood monitoring for the potentially fatal side-effect of agranulocytosis (now said to occur in less than 0.5% of cases) and early protocols that required failure on two other atypical antipsychotics before use of Clozaril. That is somewhat offset in California by its inclusion on the Medi-Cal formulary and by the discount that maker Novartis gives to the State of California – making it less expensive than the new generic form.

First Thursday

Education & Advocacy Meeting:

Verbal De-escalation for Families: Techniques and Intervention

Robert Erb has over 30 years experience in the field of nursing and mental health. He currently works for Grossmont Behavioral Health as a clinical specialist and provides training and education for Board and Cares and hospital employees on verbal interventions and techniques in working with people with severe mental illnesses.

Speaker:

Robert Erb, RN, MS

Verbal De-escalation for families: Techniques & Interventions

Thursday, May 1, 2003

Social and New Visitors – 6:30 pm

Business and Advocacy – 7:00 pm

Program – 7:30 pm

June 5, 2003 Speaker:

Chuck Ertl, PhD

Dual Recovery: mental illness and substance abuse.

July 2003

Richard Danford

Protection and Advocacy



Thank you, Jana Hart for your presentation on Clozaril and its impact on reducing suicidal behavior at last month's advocacy meeting.

For an overview of Ms. Hart's talk, please see the left hand column.

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

University Christian Church, Friendship Hall,
3900 Cleveland Ave

Legislative Update

By Caroline Hamlin

Federal Medicaid Cuts Rejected

Congress completed action on the FY 2004 budget resolution and firmly rejected the proposed 92 million in Medicaid cuts over the next 10 years. This resolution is binding on House and Senate committees to meet the spending goals specified in the resolution.

We can attribute this victory to NAMI, many other advocacy groups, the nation's governors, and a bipartisan coalition of 79 senators who vehemently opposed the cuts and demonstrated their strong support of the Medicaid program.

But it's not over yet. State legislatures like California are still debating reductions to the Medicaid program (Medical in California) which, as you know, is a federal/state matching program. Consequently, if we cut Medical we lose the federal matching dollars.

Family Opportunity Act

Part of the 2004 budget resolution includes a "budget reserve" of \$43 million dollars for additional mandatory spending authority under Medicaid for the Family Opportunity Act. NAMI has strongly supported this legislation since it was introduced three years ago.

It would end the financial crisis that families experience when they attempt to find treatment for their children who suffer from serious mental illness.

This legislation would allow states to establish Medicaid buy-in programs for families with incomes of up to 250% of the poverty level. Last year Congress was unsuccessful to bring this legislation (S622) to the floor for a vote. This year we anticipate and will push for its enactment.

The Access & Crisis Line

1-800-479-3339

The Warm Line

Consumer to Consumer Talk Line

1-800-930-WARM

your community Resources

The Consumer Center for Health Education and Advocacy

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

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

The Meeting Place, Inc.

4034 Park Blvd., San Diego
(619) 294-9582

Open Monday - Saturday
10:00 am. - 4:00 p.m. Monday to Friday
11:00 am - 3:00 p.m. on Saturday

Corner Clubhouse

2852 University (at Utah)
San Diego (North Park) #7 Bus Line
(619) 683-7423

Open Monday - Friday
8:00 a.m. - 4:00 p.m.

Friend to Friend

1009 "G" Street
San Diego
(619) 238-2711

Open Monday - Saturday
6:00 a.m. - 6:00 p.m.
Sunday 8:00 a.m.—5:00 p.m.
An SSI advocate is available
Monday—Friday

Employment Services

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

Visions @ 5th and H

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

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

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.

Mariposa Clubhouse

560 Greenbrier, Suite .102, Oceanside
(760) 439-6006

Open Monday - Friday
8:00 a.m. - 4:00 p.m.
Open Saturday & Sunday
10:00 a.m. - 2:00 p.m. Brunch

East Corner Clubhouse

1060 Estes Street (off Chase Avenue)
El Cajon, 92020
(619) 440-5133

Fax: (619) 440-8522
Open: Mon., Tue, Thur, Fri..
8:00 a.m. - 2:00 p.m.
Wednesday 8:00 a.m. - 6:30 p.m.

The Access Center of San Diego

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

The Creative Arts Consortium

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

Job Options

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



San Diego Parks and Recreation Disabled Services Program:

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

Scholarship Funds

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

Friends (Clubhouse)

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

NAMI C.A.R.E. Group

Consumer Support Group
Second and Fourth Tuesday of Month, 6pm—7pm.
NAMI San Diego Meeting room
4480 30th Street, San Diego

The Bayview Clubhouse

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



NAMI Membership

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

Name: _____

Street: _____ Home Phone # _____

City, State, Zip: _____ Work Phone # _____

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

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

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

ANNUAL SUSTAINING DONORS

- _____ Bronze Donor – up to \$99.00 _____ Benefactor – \$500.00 – \$999.00
- _____ Silver Donor – \$100.00–\$249.00 _____ Patron – \$1,000 +
- _____ Gold Donor – \$250.00–\$499.00 _____ I prefer my contribution to be anonymous
- _____ Donation for Open Door Memberships (\$ _____)
(to help consumer, consumer family & friends in financial need)

Check relation to client:

- _____ Parent of Adult
- _____ Parent of child (under 18)
- _____ Sibling
- _____ Spouse
- _____ Professional
- _____ Other _____
- _____ Self
- _____ Please send me volunteer information and application.

Education Update

By Mary Lou Erwin

As the Education Director for our affiliate, my goal is to help NAMI San Diego achieve its vision of adequate education of all affected by the serious mental illnesses in the San Diego Region.

Secondly, the purpose of this position is to develop, coordinate, support, and account for educational programs, provide support, and acquire monthly activity information from each program coordinator and to give these reports to the Executive Director and to the NAMI Board.

Lastly, some of the responsibilities of this position consists of:

- Evaluating current educational programs and assuring consistently high quality educational activities

- Supporting the Coordinators of the In Our Own Voice program, Peer-to-Peer program, NAMI C.A.R.E. program, Family-to-Family program, and NAMI Support Group Facilitators
- Assuring on going education and information flow for the coordinators of the above programs
- Maintaining supplies and a list of sites for educational and outreach programs
- Assure reporting to, and communications with local, state, and national NAMI Administrators
- Work with other NAMI affiliates to assure access to and effective and efficient use of



NAMI educational programs

- Support the Outreach Team
- Assist in developing new educational programs
- Implement other duties and projects as assigned

As you can see, my job is to support the ongoing educational programs and anyone that elects to participate in such programs. I find my job rewarding and exciting because of the dedicated and motivated people I have the pleasure of working with.

The Advocate

Vol. VII, Issue 5, May 2003



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San Diego, CA 92116

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Inside this Issue

- April at a Glance
- Community News
- Calendar of Events
- Community Resources
- Legislative Update
- Bulletin



Return Service Requested

Bill of Fare

Main Courses

Family-to-Family
Peer-to-Peer
Schizophrenia: Education for
Families and Caregivers

Daily Fare

Albright Information &
Referral Center
Support Groups
NAMI C.A.R.E.

Brief Repasts

In Our Own Voice:
Living with Mental Illnesses
Speaker's Bureau
Outreach

Seasonal Fare

Strides for Mental Health:
Celebrating Healthy
Minds & Bodies

Take Out

Brochures and Fact Sheets
Lending Library
The Advocate newsletter
I'm Not Sick, I Don't Need Help

Financial Desserts

Project Payee
CARE Representative Payee
Other Representative Payee
Services
Emergency Financial/Housing
Assistance
Partial Assistance Rent Subsidy

NAMI's Mission: 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.

Warm Line

Friendly Voice—Friendly Ear
Consumer to Consumer

1-800-930-WARM

7 nights a week from 5:00 p.m. to 11:00 p.m.

PEER-to-PEER

Peer-to-Peer is a nine week educational course designed to help people live well with mental illness.



FAMILY MEMBER SUPPORT GROUPS

Support groups for family members, caregivers, and significant others that have a loved one suffering from a brain disorder (mental illness) are offered throughout the county. If you feel overwhelmed, frustrated, or just need information, come and join one of our groups.

NAMIC.A.R.E.

A group led by consumers, for consumers, designed to empower its members. Groups are available throughout the county for individuals facing the challenges of recovering from any serious mental illness.

Family-to-Family

Learn how families unite together against brain disorders (mental illnesses) through this 12-week education course taught by families for families.

IN OUR OWN VOICE

Trained consumer presenters give a recovery education presentation for other consumers, family members, friends, professional, and lay audiences. Learn about mental illness from people who have been there.