



By Bettie Reinhardt  
Executive Director

### Adequate and Appropriate Best-Practice Services for the People in San Diego County Living With Serious Mental Illnesses

Two years ago, NAMI San Diego launched a campaign for best-practice services in this county. We gathered a sheaf of signature sheets from people that agreed that people with serious mental illnesses require these services to survive, to have the opportunity to recover, and to contribute to society. We have shared these signature sheets with legislators and members of the San Diego County Board of Supervisors. *It's never too late to add your name to a campaign sheet.*

As we continue to learn more about recovery, we need to review the best-practice services. Remember to think about each service in the context of recovery. That is, it all starts with Hope and then moves to Empowerment, Self-Determination, and a Better Life.

People need to be safe and to feel safe. That can mean an inpatient facility or a crisis house or residential treatment program. It can mean a shelter bed or a home of one's own.

They need access to appropriate medication and good management of their medication use including physical exams.

They need rehabilitation, case management, and as-

sertive community treatment. They may need crisis services or social services.

The majority of people need substance abuse treatment. Most can use family support and education and peer support and self-help groups. Everyone needs housing.

Too many people need jail diversion or reintegration into the community after incarceration.

Many more people than we usually realize need vocational rehabilitation, employment support, and

supported education.

Not one service can be dropped or left undeveloped. Of course, not every person needs all of the services at the same time – or perhaps ever – but they must be available.

Yes, money is an issue. We can help solve that problem by supporting the Campaign for Mental Health. Join the NAMI San Diego Team. Go to [www.campaignformentalhealth.org](http://www.campaignformentalhealth.org). Click on Team Headquarters in upper right hand corner. Then scroll down list of teams until you find ours. Go Team!

*“Not one service can be dropped or left undeveloped.”*



### President's Message

For the past few weeks the news has covered allegations of improper care and treatment at the county's Juvenile Hall and a tragic occurrence on the Coronado Bridge by a woman who within hours of release from the EPU, shot herself and two others.

Our board is preparing to address the San Diego County Mental Health Board and formulate a letter to the editor of the *San Diego Union Tribune*. Our community is asking for answers to address concerns of "Best Practices" and safety of the community.

We are planning a media event in May to educate and inform the writers and editors of our county's media. These issues must be kept in the forefront with accurate understanding and information. All the legislative committees of our county's NAMI affiliates have collaborated on this project.

Ginny Biewer and Jim England have agreed to go to Washington, D.C. as part of a legislative group from UCSD with Dr. Lewis Judd at the end of the month. They have been chosen as some of our best ambassadors. Dr. Judd has been a longtime supporter of NAMI and this is a second invitation we have received.

Our upcoming Mental Health Month is filled with education activities, luncheons to recognize active community members and dinners to support various groups. We will be out en masse to support, educate and advocate. Hope that you are beginning your Spring with the renewed strength to carry on and get more active in our organization.

June 12, 2004 will be a joint board meeting of our county NAMI affiliates. We hope to pull our strengths in some areas, collaborate on our weaknesses, discuss our needs and celebrate our unity.

Karen Gurneck  
Board President

# 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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## Executive Director

Bettie Reinhardt  
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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](mailto:exudir@namisandiego.org) or contact any of the people mentioned in the articles.

# Knowledge Is Power!

## Current Information on SGA Medications

### Antipsychotics and Diabetes

There is growing attention and concern about the association of antipsychotic medications, obesity, and diabetes mellitus. Linked to the increase in obesity and the prevalence of diabetes, along with the inadequacy of prevention and health care for people with chronic mental illnesses, the use of these agents is becoming a major public health issue and has a great economic impact. Last November, the American Diabetes Association, American Psychiatric Association, American Association of Clinical Endocrinologists, and North American Association for the Study of Obesity convened a consensus development conference on this topic. The resulting consensus statement appears in the February 2004 issues of *Diabetes Care* and *Journal of Clinical Psychiatry*.

The Second Generation Antipsychotics (SGAs) are of great benefit to a wide variety of people with psychiatric disorders. As with all drugs, SGAs are associated with undesirable side effects. One constellation of adverse affects is an increased risk for obesity, diabetes, and dyslipidemia. The etiology of the increased risk for metabolic abnormalities is uncertain, but their prevalence seems correlated to an increase in body weight often seen in patients taking an SGA.

The choice of SGA for a specific patient depends on many factors. The likelihood of developing severe metabolic disease should also be an important consideration. When prescribing an SGA, a commitment to baseline screening and follow-up monitoring is essen-

tial in order to mitigate the likelihood of developing cardiovascular disease, diabetes, or other diabetes complications.

(from "Consensus Development Conference on Antipsychotic Drugs and Obesity and Diabetes", distributed by Jonathan Meyer, M.D., at April 1 NAMI San Diego Education meeting – for a copy of the article, contact the Albright Center at 800.523.5933)

### More Medication Issues

A growing number of general physicians are now prescribing potent drugs called atypical antipsychotics (or Second Generation Antipsychotics). The drugs are approved for patients with schizophrenia and bipolar disorder. General physicians are also prescribing the drugs for people with persistent depression, elderly patients with dementia, and children with severe behavioral problems.

In the past, such drugs were largely prescribed by psychiatrists. Some psychiatrists are critical of the emerging role of non-specialists, arguing that general-practice physicians don't have enough specific training to dispense drugs to people with serious mental illness. (from The Wall Street Journal, March 24, 2004)

*"...The use of these agents is becoming a major public health issue..."*



# NAMI San Diego

# Meeting Schedule

## NAMI San Diego

4480 30th Street  
San Diego, CA 92116  
(619) 584-5564

**NAMI-SD's Education and Advocacy**  
Meeting takes place the First Thursday of each month at University Christian Church, 3900 Cleveland Ave., San Diego. (Additional info, pg. 5.)

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

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

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

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

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

**La Jolla NAMI Support Group**  
First Tuesday, 7:15 - 9:00 p.m.  
La Jolla Presbyterian Church  
Enter on Eads Avenue, Room #9  
(858) 457-5057

**El Cajon (East County)**  
Second Wednesday, 6:30 - 8:00 p.m.  
Heartland Center  
1060 Estes Street (off Chase)  
Dale or Judi at (619) 401-5500

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

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

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

## NAMI-SIT

### Schizophrenics in Transition

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

NAMI-SIT includes the following :

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

## NAMI North Inland

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

**Education Meeting**  
Second Tuesday at 7:00 pm.  
Speaker: Rory Potter, MSW  
Topic: Social Security Benefits  
Bradley Center (Kinesis North)  
474 W. Vermont Ave, Escondido  
(760) 745-8381 or 1-800-523-5933

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

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

## NAMI North Coastal

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

**Education Meeting**  
Third Thursday, 7:00 p.m.

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

Education Meeting followed by  
1. Share & Care,  
2. Share & Care/Living with Spouses  
3. NAMI C.A.R.E.  
at 8:30 p.m.

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

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

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

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

# Legislative Update

By Caroline Hamlin

## NAMI and the Media

As part of the observance of Mental Health Month in May, the three NAMIS in San Diego County are inviting members of the media to a workshop entitled "The Truth About Mental Illness: A Media Workshop." This event will take place at St. Paul's Cathedral in downtown San Diego and will include a panel discussion with participants from NAMI. Our purpose is to educate, inform, and develop a relationship with the media in order to improve media coverage of incidents in San Diego that involve the mentally ill. We hope to have a similar workshop in North County this summer.

## Parity

Parity, or equality of insurance coverage for the mentally ill, will hopefully come to the floor of the of the Senate this spring. As I mentioned in our February update, it has been three years since we began advocating for Parity throughout the United States. Senator Pete Dominici (R-NM) and Senator Ted Kennedy (D-MA) have authored the parity bill, S 486. Let's make this year be the year it passes. You can help by contacting your senators:

Senators Barbara Boxer  
600 B. St. Suite 2240  
San Diego, CA 92101  
Ph. 619 239 3884

Senator Diane Feinstein  
750 B. St. , Suite 1030  
San Diego, Ca 92101  
Ph: 619 231 9712

## **DBSA Support Groups Depressive Bipolar Support Alliance Support Groups**

Meetings in La Jolla, El Cajon, La Mesa, and Rancho Bernardo  
For more information, call  
(800) 826-3632 or  
See [www.dbsalliance.org](http://www.dbsalliance.org)

# Viewpoints

## Fanfare for the Common Man

**-for Aaron Copland-**

It was the depression,  
But FDR scraped up  
Enough earth to let us work;  
To find, apart from dirt, what  
Resided mineralized inside.  
Some of it copper,  
Or iron ore;  
But then and again,  
Gold flecks,  
And specks of gems.  
It was good, honest work  
And we never got rich;  
But at the end of the day,  
Calloused, and blowing hard;  
Our denim shirts stuck  
To our chest and backs,  
With blue crescent stains  
Under each tired arm;  
A man felt proud,  
Alone on a peak,  
Surrounded by white pines,  
Watching the sun go down;  
The constellations wheeling  
around  
As if flesh were more  
Than molded clay—  
Something worthy of nobility—  
Kettle drums and clarion trumpets  
For the dross tailings  
That make a man.

—By Ben Leshner  
Peer-to-Peer participant

## Gulp Milk?

I really like milk. No exaggeration, I drink about a quart a day. Unlike other people who think that milk should only be coupled with food items like cookies, cereal, and coffee, I believe that milk makes a fine companion for an array of tastes, including grapefruit, pate, and brussel sprouts.

Once upon a time I did not have the liberty to indulge in my beverage of choice. In the facility where I lived, the refrigerator was locked in the kitchen area where only a handful of employees had keys. At the beginning, in order to procure a styrofoam cup's worth, I would say to the staff, "milk, milk, milk" like a mantra. By the end, we'd developed an understanding. We acted in tandem. As I shuffled in, the keys would begin to clink.

Now I drink milk the way other people drink their pricey chardonnay. The 2% gets the fancy glass. It gets savored with every sip. Sometimes I light candles.

Occasionally, though, I gulp.

—By Wendy McNeill

## Here's a Tip

A caring mom made up this card to leave with her tip when she and her son go out to dinner. She circles one of the last three sentences. Which sentence depends on the manner in which the wait-person treated her son. She has offered to share it so it is presented here for your adaptation or your copying and using as is.

## **From a Mom who wants to educate Others about a biological brain disease.**

### **How kind were you...**

### **To a mentally ill customer?**

My son developed schizophrenia in early Adulthood. Choices are difficult for him.  
Going out in public can be frightening  
He wants to be accepted like anyone else.  
You show compassion and patience—Thank You!  
Slow down a little for those who need it.  
Show more kindness please-1 in 100 have it!

—Update by Mary Lou Erwin  
Education Director

## Consumers Advocating Recovery Through Empowerment (C.A.R.E.)

- A support group led by consumers, for consumers, designed to empower its members —

Our newly trained support group facilitators are busy getting their skills sharpened. They have been attending support groups through out the county to prepare themselves to start new support groups. In fact, our first step has been to have weekly support groups at the NAMI San Diego office. This group meets every Tuesday from 6 to 7:30 p.m.

So if you *desire* a place of *safety* and *security* where you can talk about the day-to-day realities of living with mental illness and managing the ups and downs of life. Come join a NAMI C.A.R.E. Support Group.

## In Our Own Voice: Living With Mental Illness (I.O.O.V.)

I.O.O.V. presenters dispel many myths surrounding mental illnesses as they openly talk about their journeys- stories regarding their mental illness. Presenters give hope, they educate, they open minds, and they change attitudes. If you would like to attend a presentation or host a presentation, please contact Kamala Castle at 619-584-5564.

## PEER-TO-PEER

The Peer-to-Peer Program is proud to announce a new addition to its team, Eric McElroy. Eric has been hired as the Peer-to-Peer Coordinator. He will assist the Education Director in implementing the program's goals, policies, and procedures as well as supporting the mentors and the classes they teach. Eric comes with high accolades from peers and staff he has worked with. As one peer states "Eric has a very determined, resolute, and indomitable spirit that he devotes to important causes.

# your community Resources

### NAMI C.A.R.E. Group

Consumer Support Group  
NAMI San Diego Meeting room  
4480 30th Street, San Diego, 92116  
Every Tuesday  
6 p.m. - 7 p.m.

### Client Warm Line

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

### Patient Advocacy Program

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

### The Consumer Center for Health Education and Advocacy

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

### Corner Clubhouse

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

### East Corner Clubhouse

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

### Friend to Friend

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

### Friends In Hands (Clubhouse)

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

### Mariposa Clubhouse

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

### The Bayview Clubhouse

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

### The Meeting Place, Inc.

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

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

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



### The Access Center of San Diego

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

### Employment Services

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

### Job Options

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

### San Diego Parks and Recreation

#### Disabled Services Program:

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

### The Creative Arts Consortium

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

### Scholarship Funds

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



# NAMI Membership

## Add your voice to ours

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

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

Name \_\_\_\_\_

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

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

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

\_\_\_\_\_ Check (please make payable to NAMI San Diego) \_\_\_\_\_ Cash

\_\_\_\_\_ Regular Member \$40.00

\_\_\_\_\_ Professional \$75.00

\_\_\_\_\_ Local Member \$20.00

\_\_\_\_\_ Newsletter Only \$15.00

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

\_\_\_\_\_ Donation\* \_\_\_\_\_

\_\_\_\_\_ Please contact me/us with information about volunteering.

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

### Check relationship to a consumer

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

His support and devotion to those suffering from biological brain disorders is unwavering and steadfast. He has made a significant difference in the lives of hundreds of consumers."

As our new NAMI-San Diego Peer-to-Peer Coordinator, we have a consumer with the knowledge and capability to improve the quality of life for the consumers of San Diego County. Welcome aboard Eric!

## FAMILY-TO-FAMILY

Family-to-Family classes will be offered in the summer. Please call into the NAMI office to place your name on a waitlist and as soon as teachers set up their schedules we will be contacting you to advise you of class opportunities. CALL 1-800-523-5933 to place your name on a waitlist.

## WANTED! WANTED! FAMILY SUPPORT GROUP FACILITATORS

Do you have three to six hours a month to help other family members get through those tough times dealing with their loved ones, share information or just give someone some hope? Then you are needed to facilitate a support group. NAMI San Diego is planning training this summer for family members who



wish to facilitate support groups. The training is *free of charge* and the training will prepare you to co-facilitate a support group that actually helps people feel better after the group ends for the evening. If you are interested in learning more about this wonderful opportunity to help others, please call Mary Lou at 619-847-0577.

## eNewsletter

Many of you have edged into the 21<sup>st</sup> century and are e-mailing your friends and family all around the country. Well, you are not the only ones. NAMI San Diego is now prepared to e-mail our Advocate to you. If we have your e-mail address, we will send you a message asking if you want to subscribe to our eNewsletter. Be proactive! Notify us that you want to receive the newsletter electronically. Call the Albright Center at 619.543.1434 go to <http://www.namisandiego.org/subscribe.html> or you can send a message to [e-newsletter@namisandiego.org](mailto:e-newsletter@namisandiego.org)

# The Advocate

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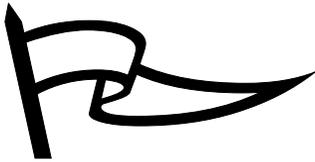


**NAMI**  
San Diego

4480 30th Street  
San Diego, CA 92116

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

First Thursday!



See You May 6th!



*Return Service Requested*



*NAMI San Diego's*  
April 17, 2004

*Thank  
You, Supporters!*

*Walk for Wellness*