

Movers, Shakers & Money Makers, Walk On!

By Diana Waugh
Volunteer Coordinator

I want to acknowledge everyone's hard work and willingness to pitch in where needed at NAMI Walks 2005. It made my job easier, and I appreciate everything you all did.

This was our first year using the National model, and the first year as a combined effort of all four NAMI Affiliates. I know we all had a good time as well as learned a lot to help us next year.

I want to thank everyone individually, but some of you did not check in with me at the volunteer booth so I apologize if I don't have some names. Please let me know who you are so I can also acknowledge you.

I want to thank:

Kathy McKernan, NAMI North Inland, WALK Coordinator. It was her vision and coordination with NAMI National and the Team Captains which made the walk such a success.

Bettie Reinhardt, Executive Director NAMI San Diego, for coordinating procedures as well as keeping all the San Diego staff on track.

James Starek for managing the money coming into the San Diego office and he and **Alma Noriega** cheerfully fielding phone questions regarding the walk.

Angie Erickson and **Patrick Cremeens** - registration chiefs and team: **Judy Wasik**, **Mary Meisner**, **Emy Alhambra**, **Concha Jauregui**, **Charlotte Olsen**, **James Starek**, **Alma Noriega**.

Lynn Riggs, clipboard registration chief and team: **Karen Gurneck**, **Dr. Alan Abrams**, **Joanna Hurst**, **Lee West**, & **Lanny West**.

Ann Cummings T-Shirt booth chief and team: **Charlotte Andersen**, **Ginny Biewer**, **Rebecca Davis**, & **Ken Peters**.

Cont. page 5...

NAMI San Diego's First Thursday Advocacy Meeting May 5, 2005

"Early Detection & Intervention of Schizophrenia"

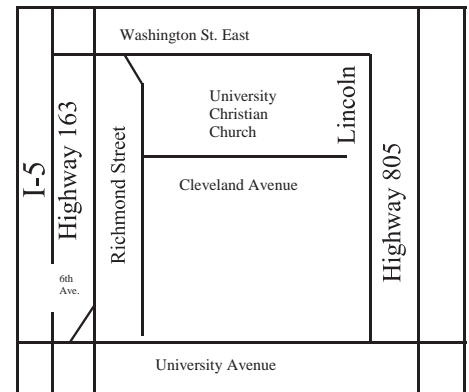
Speaker:

Ming T. Tsuang, M.D., Ph.D, University Professor, University of California Distinguished Professor of Psychiatry, and Director, Institute of Behavioral Genomics, Department of Psychiatry, University of California, San Diego

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

Schedule:

- 6:30 p.m.:** Business and Advocacy
- 7:00 p.m.:** Program
- 8:00 p.m.:** Ask the Doctor



Sally's Message: Turning Anger Into Generosity

By Sally Shepherd
NAMI San Diego Board President

By now it should be clear to those of us who were always afraid of asking someone for money that most people actually say "yes"! The Walk was everything we had hoped for and more! Believe it or not, you can often get the same positive reaction when you are able to disclose your illness to another person.

When I first became ill many of my friends steered clear of me, and I always attributed it to their ignorance about mental illness. In fact, my own ignorance had a lot to do with it too. I had my own fear of disclosure - afraid that someone would tell me that I really wasn't that sick, or that the source of my problems was my own negative attitude towards life. Talk about a guilt trip! I told everyone at work that I would be better soon, but I wasn't, and I lost my dream job. Sadness, fear, isolation, and despair - I felt them all. But on top of all that, I was angry.

cont. page 5...

April

At-a-Glance

By Bettie Reinhardt
Executive Director

As a Sooner “born and bred,” of course I know most of the words to the songs in “Oklahoma!”, that great Broadway hit by Rodgers and Hammerstein – you’re already humming the part about the wind sweepin’ down the plain, aren’t you? Do you remember the refrain of “Oh, What a Beautiful Mornin’” -- I got a beautiful feelin’ Ev’rythin’s goin’ my way? Every once in awhile those words waft through my head and I am reminded that they do not say everything is “coming” my way, they way everything is “going” my way.

So, even the good things of life require us to get up and go after them. Well, we’ve been ‘getting up’ and we’ve been ‘going after’ this month and there is every indication that we are going to continue – and that the efforts are worth our while.

We have been working hard on the planning for the Mental Health Services Act, once known as Prop. 63 and now often called the MHSA. As advertised in our April newsletter, County Mental Health Services held stakeholders’ forums in all of the County’s regions during March and April. I know that some of you were there. Another round of forums followed with an emphasis on hearing from providers.

NAMI San Diego hosted our own forum on April 7th. Dr. Piedad Garcia gave us important background about the MHSA and about current mental health needs and public mental health services.

- MHSA purpose to define serious mental illness as a condition deserving priority attention; reduce the long-term adverse impact on individuals resulting from untreated mental illness; create new services & expand innovative services consistent with recovery principles; client and family driven services; & transform the mental health system.

San Diego’s estimated funding from MHSA based on the gap analysis for underserved and unserved clients; approximately \$40 million/year; increase of approximately 15% of current budget for new services.

- Current services array for adults & older adults include outpatient

“Well, we’ve been ‘getting up’ and we’ve been ‘going after’ this month and there is every indication that we are going to continue – and that the efforts are worth our while.”

and rehabilitation services, case management, clubhouse, and 24-hour inpatient services. For children

and adolescents, services include outpatient, case management, day treatment, 24-hour inpatient, and school-based services.

- San Diego County gap – based on State estimates, up to 19,000 additional persons may need services.
- MHSA timeline – Fall 2005, San Diego submits new Community and Support Services plan for funding to State for review & approval; Winter 2005/Spring 2006, local implementation begins.

A number of people spoke including a representative from the most recent Spanish language Family-to-Family class, Mrs. Adela Soto. Her prepared remarks were drawn from the class members who, in turn, had received input from their family members and friends. Adela grouped their requests for the MHSA funds into three categories:

- I- More professionals and personnel who understand the Latino culture and are **able to communicate in Spanish**; professionals and personnel **with cultural sensitivity**, able to **communicate and treat** the Latino population with **respect and dignity**; people that understand and practice what they learned on cultural sensitivity.

- II- Improve access to clinics, hospitals, rehabilitation centers, and clubhouses. This access will make investments in mental health become more productive.
- III- More education for professionals, families and community. Education on mental illnesses and how to treat them; education on how to live and cope with this illness.

The stakeholders’ forums are just the beginning of the implementation planning. The working groups for children’s, adults’, and older adults’ services all begin meeting before the first of May. It is not too late to submit your input into the planning. You may call (619) 584-5063 or toll-free in the San Diego area at (888)977-6763 or you may e-mail MHSPop63.HHSA@sdcounty.ca.gov. Responses to questions will be posted within 10 business days on the Network of Care website under “FAQs.” (Easiest way to get to NOC site is to start on our website, www.namisanidiego.org, click the Prop. 63 Wins, more info arrow, and then click Network of Care for Mental Health under Prop. 63 Resources.) You may also complete the questionnaire inserted in this newsletter and mail to Esti Stevens, County Mental Health Services, PO Box 85524, San Diego, CA, 92186-5524 or fax to 619.563.2760.

NAMI Walks – NAMI Rocks!

While we are talking about effort and effort that pays off, on the Monday following our walk on Saturday, April 16th, we were able to estimate that total cash received was \$87,000 and still rising. Kathy McKernan, Walk Manager Extraordinaire, estimated the number of walkers at 1200! Good starting place for next year, huh!!

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

Board of Directors:

President - Sally Shepherd
Past-President - Karen Gurneck
Treasurer - Paul Cumming
Secretary - Karen Gurneck

Directors at Large

Dahlia Fuentes
Gloria Harris, Ph.D.
Wendy McNeill
Karen Ross
Judy Wasik
Mary Wilson

Medical Advisory Board

Neal Swerdlow, M.D., Ph.D., Chair
Alan Abrams, M.D., J.D., FCLM
Kristin Cadenhead, M.D.
Dan Sewell, M.D.
Carol Matthews, M.D.

Executive Director

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

Phone: (619) 543-1434 (Albright Center)
(619) 584-5564 (administration)
800 523-5933 (peer support)
Fax: (619) 584-5569

E-mail: namisd@sbcglobal.net
Web Site: www.namisandiego.org

The NAMI San Diego Advocate:

Editor: Wendy McNeill
Staff: Patrick Cremeens
James Starek

E-mail: wendymcneill@sbcglobal.net
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.

NAMI Walks Taller Than Ever!

Together We Make a Difference: Affiliates Unite!

By Anna Edwards

North County Coastal Team Coordinator

April 16, 2005 was the date of the first San Diego Area NAMIWalk. We were one of three amazing NAMIWalks across the nation that raised almost \$500,000! What a way to kick-off the NAMI Spring Walk Season! The walker turn outs were amazing; the weather was perfect; the settings were beautiful; music was abundant, and much fun was had by all involved!!!

Reporting from
San Diego:

"We were OUTSTANDING! Not only did we have an incredible event (how can you go wrong with historic Balboa Park, one of the most beautiful spots in the world), an amazing resource fair, a great band (Thanks, TapWater!) and a cute bagpipe guy (Wendy's description, not mine), but we raised big bucks! We exceeded the realistic expectation of 75K. "

Kathy's passion flowed over to all 4 San Diego Area Affiliates. She kept raising the goals and kept pushing. Then there were all our sponsors, our team leaders, our volunteer organizers and volunteers, our walkers and each and every NAMI supporter in the Greater San Diego Area who participated and helped make this event an outstanding success--Thank you, Thank you, Thank you!

Kathy has agreed to chair the walk for 2006 and the planning begins -- each and everyone of you are invited to be involved in the 2nd NAMI San Diego Area Walk in 2006--Together we will continue to make

a difference!

Editor's Note:

By Wendy McNeill

OK, so everyone knows by now that I picked the band, TapWater. They even performed a Jimmy Hendrix version of "The Star Spangled Banner. Thanx for w/rockin'!



Donation Totals!

\$27,550 Event Sponsorship
\$19,082 Web site income
\$13,000 Cash from Walkers - Pre-Walk
\$27,000 Cash on Walk day
\$86,632 Total as of 4/18/05

Proceeds from NAMIWalks will fund NAMI's extremely needed educational programs for families, clients, and community members.

NAMI San Diego

Meeting Schedule

NAMI San Diego

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

NAMI C.A.R.E. Support Group

Consumer Support Group
Thursdays, 6:00 - 7:30 p.m.
NAMI San Diego Meeting Room
NAMI-SD Office, 4480 30th Street

Morning NAMI-SD Support Group

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

Sibling and Adult Children's Group

Second Wednesday, 7:00 - 9:00 p.m.
Scripps 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

South Bay - Spanish

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

New support groups for families and caregivers of children and adolescents

La Mesa Group

2nd & 4th Tuesday, 6:30-8:00 pm
Lake Murray Evangelical Free Church
5777 Lake Murray Boulevard, La Mesa
1st Floor, Fellowship Hall
Peggy & Bob Chambers: (619) 464-0476

San Diego Group

1st & 3rd Wednesday, 7:00-8:30 pm
NAMI San Diego Office
4480 30th Street, San Diego CA 92116
Sue McCoy: (619) 277-6224
Karen Malsack (858) 560-0030

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 92369
Tel: (909) 425-7000 Fax: (714) 963-9961
Third Sunday, 11:45 a.m. - 1:15 p.m.
Administrative Meeting Room

NAMI-SIT

Schizophrenics in Transition

Board Meeting
2nd Wednesday at Noon
144 Copper Avenue, Vista 92083
(760) 941-2153 or
(858) 481-7069

NAMI-SIT includes the following :

- Copper Hill Living & Learning Center
- Creative Arts Consortium
- Friends
- Advocacy Works
- Jardin Cesar Chavez

NAMI North Inland

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

Education Meeting

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

Tuesday Share & Care Meeting

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

Weekly Share & Care in Fallbrook

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
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

Sally's, cont. from page 1...

I was angry at my parents for not telling me about the long history of mental illness in our family, angry that none of the medications seemed to help, angry that my family did not always understand what I was going through. I was so angry in fact that I wanted to get into everyone's face and say, "So just exactly what is it that you don't understand about mental illness!?!*!?!*!"

Fortunately, during my four or so years of working with NAMI, I have gradually learned (for the most part) to keep my emotions under control in public. **I have learned how to convert anger into fearlessness, and that is a key element in the concept of recovery.** And here's where the generosity comes in. Fearlessness is generosity when you are trying to persuade an elected official to support legislation that would assist the mentally ill. Fearlessness is generosity when it gives you the courage to share your story with other consumers and their families.

Your courage will inevitably allow at least one person in the audience to speak up for the first time about his or her experience. Imagine their relief to find out that they are not the only person who is dealing with mental illness, that their fears are legitimate, and that there is hope and support for them. So to all of you out there who are hesitant to get involved in speaking and advocacy, we have trainers and "chaperones" to help you through your first hesitant steps. You will be surprised to find out how rewarding it is to be generous!



Walk This Way!

NAMIWalks for the Mind of America, Finest City Style

President's Message

By Duane Baird
NAMI North Coastal Board President

Just sit back and imagine, if you will, the breeze blowing, the sun shining, the birds singing in the trees, pleasant melodies playing in the background and people smiling, talking and laughing as they walked; following the yellow striped road. NO, this wasn't OZ and I'm not Dorothy and Toto wasn't there, although Bubba Smith (Ann Cummings' cute, cuddly dog) was there. No, not OZ, but Balboa Park on April 16, 2005, the day of our NAMI-Walks for the Mind of America, a day that seemed almost magical, with over a thousand people coming together to learn more about mental illness, develop stronger ties with one another and celebrate a beautiful day with friends and loved ones.

Because of this one magical day (and all the effort leading up to it), the NAMI affiliates of San Diego County will have the ability to continue to provide Family to Family classes, Peer to Peer classes, In Our Own Voice and the other programs that help improve the lives of our loved ones living with severe mental illnesses and their families.

Thank you to Kathy McKernan who masterfully chaired the event, to Anna Edwards who worked so skillfully to organize our NAMI North Coastal team. Thank you to the team captains who rallied their team members together and to all the team members who came and contributed in their own special way. Oh YES, and thank you WIZARD for adding a touch of magic to a truly beautiful day!!

Volunteerism, cont. from page 1...

Wendy McNeill & Travis Sizer, Information Booth. **Wendy** also selected the band. **Tom McKernan**, Walk Route Manager, **Steve Tomacelli**, gold sponsor, also supplied printing, **Paul Cumming**, Traffic Control, **Anna Edwards**, NAMI North Coastal for coordinating the t-shirt contest, **Jane Fyer**, for coordinating art exhibits, **Arlene Cawthorne**, NAMI North Inland, for cutting the ribbon and

Duane Baird, NAMI North Coastal for being emcee.

First Aid Team, **Sara Deems**, **Holly Kajut**, **Tracy Baldwin**, **Seri Vosper**, **Meridith Carroll**, **Autumn Messerli**.

Those who stepped in and said, "I'll do whatever is necessary" :

Alicia Gibson, Resource Fair, **Donna Wallis**, and **Carol Homelberg**, NAMI Orange County, Volunteer & Exhibitor refreshment booth, **Andy Trevisani** for set up and clean up, **Brad Konz** set up and team pictures, **Robert Price**, exhibitor assistance, **Ken Peters** clean up, **Ann Alkire**, chief route monitor and team: **Tony Alkire**, **Jan Karsh**, **Dan Karsh**, **Virginia Gerber**, **Paul Cumming** Outreach Table: **Becky Osterberg**, **Helen Bergen**, **Eric Goldman** and **Ellen Frudakis**

The Albright Center Information and Referral phone volunteers who registered people for the luncheon and answered countless questions about the walk; **Carolyn Hamlin**, **Glenda DeVaney**, **Mary Meisner**, **Joan Williams**, **Jan Karsh**, **Trish Azar**, **Emy Alhambra**, **Marcia Noguera**, **Helen Bergen**.

You are all a wonderful example of Grassroots in action- We couldn't do it without you!

"...a day that seemed almost magical, with over a thousand people coming together to learn more about mental illness, develop stronger ties with one another and celebrate a beautiful day with friends and loved ones."

Resources

your community

Legislative Update

By Caroline Hamlin

School Mental Health Services

School Mental Health Services AB 3632 (amended to AB 2726) mandates mental health services for severely emotionally disturbed children as part of Special Education programs in California.

Funding comes from the federal IDEA law (Individuals with Disabilities Education Act), the State, and Medicaid. San Diego, as you may recall, challenged in Superior Court the County mandate to provide services that the State hadn't funded in four years. San Diego County won, and now those services are paid for by the San Diego County School District.

The Governor's new 2005 budget proposes to suspend the AB 3632 mandate which would seriously threaten the ability of counties to fully fund the program. NAMI-California's position, along with numerous other mental health organizations in California, is that the state AB 3632 mandate should continue.

On April 26, the Mental Health Advocacy Community is teaming up with the Education Advocacy Community for a Special AB 3632 Advocacy Day.

You can help by writing or calling your state legislator. (See *Union-Tribune*, April 13 issue for "How to Contact Your Representatives.") Medicaid Update Last month I reported to you that the President's new budget proposed \$60 billion in Medicaid cuts over the next ten years. The good news is that on March 17 the Senate voted to restore \$14 billion in cuts proposed for the next five years. The restoration came as a result of Senator Gordon Smith's amendment with a proposal for a bipartisan commission to re-view the matter.

Now the House of Representatives is debating its own version of the federal budget which begins October 1. We will continue to follow the Medicaid debate closely.



NAMI C.A.R.E. Group

Consumer Support Group
NAMI San Diego Meeting Room
4480 30th Street, San Diego, 92116
Thursdays: 6:00 - 7:30 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
(619) 260-7660 or 1-800-479-2233
Monday - Friday: 8:00 a.m. - 5:00 p.m.

The Consumer Center for Health Education and Advocacy

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

Bayview Clubhouse

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

Casa Del Sol Clubhouse

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

Corner Clubhouse

2864 University Ave. (at Utah)
San Diego, 92104 (North Park, #7 Bus Line)
(619) 683-7423 • Fax: (619) 683-7428
Monday - Friday: 8:00 a.m. - 4:00 p.m.

East Corner Clubhouse

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

Eastwind Clubhouse

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

Escondido Clubhouse

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

Friend-to-Friend

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

Friends In Hand Clubhouse

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

Mariposa Clubhouse

560 Greenbrier, Suite 102, Oceanside, 92054
(760) 439-6006 • Fax: (760) 721-8542
Monday - Thursday: 8:00 a.m. - 4:00 p.m.
Friday: 8:00 a.m. - 1:00 p.m.
Saturday: 10:00 a.m. - 2:00 p.m.

The Meeting Place, Inc.

4034 Park Blvd., San Diego, 92103
(619) 294-9582 • Fax: (619) 294-9588
Monday - Friday: 8:00 a.m. - 4:00 p.m.

Neighborhood House Association (NHA) Friendship Clubhouse

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

Visions @ 5th and H

499 "H" Street, Chula Vista, 91910
(619) 420-8603 • Fax: (619) 420-0385
Mon, Thurs, Fri & Sat: Noon - 7:00 p.m.
Sunday: Noon - 5:00 p.m.

The Access Center of San Diego

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

Employment Services

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

Job Options

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

San Diego Park and Recreation Therapeutic Recreation Services

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

The Creative Arts Consortium

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

DBSA-Depression Bipolar Support Alliance

Call for group meetings: 1-800-826-3632



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

Community News

Letter to the Editor

In reference to the NAMI San Diego *The Advocate* from April 2005, I think that NAMI has to stand up on these cases - "Loonatics Unleashed" and "Crazy for You" - when the message is disrespectful to the feelings of already hurt populations.

I strongly believe that in those cases, and as part of the NAMI advocacy program, it would be effective to contact the highest management of the business and offer educational sessions about mental illness to the entire staff. NAMI doesn't even need to look for these business; they come to NAMI, - like these cases. Education has an exponential effect; one business, but many families at a time will be educated.

Adela Detrinidad

New Family Support Group In Rancho Bernardo

Please join us at the new
Family Support Group
For NAMI in Rancho Bernardo

3rd Thursday Each Month
7:00—8:30 p.m.

Community Presbyterian Church
17010 Pomerado Road
(corner of Pomerado Road & Rancho
Bernardo Road)
Upper Fireside Room

For more information call
Jim at (858) 487-0517

TARA (Treatment and Research Advancements Association for Personality Disorder) will present an **8 week Educational Workshop: DBT** (dialectical behavioral therapy) Family Workshop: **Coping Skills for Families** of People with Borderline Personality Disorder in **Hillcrest**. Starting May 4th. Call Sandy@760-729-2331 (w) boone-net@aol.com for more info/registration.

Upcoming **Family to Family** class: Call the Albright Center at 619-543-1434 or 800-523-5933 to reserve space and find out more information regarding location.

July 13-Sept 25, 2005
6:30 - 9:00 p.m. (Spanish)

The Advocate

Vol. IX, Issue 5, May 2005



4480 30th Street
San Diego, CA 92116

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

1st Thursday!!!

Cutting Edge Research

on Schizophrenia!

May 5, 2005

6:30 p.m.



Return Service Requested

NAMI Expands Reach

*By Becky Osterberg
NAMI San Diego Outreach Coordinator*

Expanding NAMI's reach is what my new job is all about, according to Becky Osterberg, NAMI's new outreach coordinator. My goal is to help our organization reach an even broader audience than it already has, so more people understand what mental illness is and isn't, in order to reduce the stigma that still haunts brain disorders. In addition, we want more people to know about our services so we can help as many people as possible. The broader our reach, the more volunteers, members, and donations we will get. All of that leads to NAMI San Diego being able to run more support groups and classes for people with mental illnesses and their families.

Becky's background is in corporate communications. Prior to retiring 12

years ago, she was a consultant in financial communications and also a senior corporate executive in corporate communications for several large public corporations. She started with NAMI as a volunteer last year because she believes passionately in what NAMI does.

Her outreach job falls into three categories. Becky is one of NAMI's speakers that goes out to a variety of audiences to tell the NAMI story. Recently, for example, she spoke at the El Cajon High School Resource Group and to the Leisure Seekers, a San Diego Parks and Recreation group that provides recreational and social opportunities for people with mental illness. Becky also coordinates other NAMI speakers and speaking opportunities and is always on the hunt for new venues for us to speak at. She recently began setting up several presentations in East County and thinks there are many opportunities to spread the NAMI word in that area.

Finally, Becky coordinates the logistics and planning for NAMI's participation with information tables and booths at local conferences, health fairs, and community events. The events we participate in range in size from two hundred to two thousand, so there is a lot of variety to the types of places we go to disseminate NAMI information.

Becky could use everyone's help. If you know a place that would be a good opportunity for a NAMI presentation or information table, she would really like to hear from you. Just leave her a phone message at the NAMI office, or slip a note into her mailbox at the office.

Always wear a Silver Ribbon™

to show you care about
someone with a brain disorder!
Available at NAMI meetings and our office.
\$3.00 donation helps cover our costs.

**SHARP MESA VISTA HOSPITAL,
IN CONJUNCTION WITH NAMI SAN DIEGO AND
COUNTY OF SAN DIEGO MENTAL HEALTH SERVICES,
PRESENTS**

**SCHIZOPHRENIA:
A FAMILY EDUCATION CURRICULUM**

6:00pm - 8:00pm
(GROUPS WILL BEGIN AND END ON TIME)

**PRESENTERS: Patti Jakobcic, LCSW & Percia Amedee, LCSW
AND
GUEST SPEAKERS**

PURPOSE OF GROUP:

Provide education to family members and friends of persons diagnosed with schizophrenia or schizoaffective disorder on Monday evenings:

May 9, 2005: Schizophrenia: A Brain Disease

**May 16, 2005: Course, Causes and Prognoses of
Schizophrenia**

May 23, 2005: Treatment and Recovery

June 6, 2005: Anti-Psychotic Medication

June 13, 2005: Psychosocial Rehabilitation

June 20, 2005: Helpful Family Roles

June 27, 2005: 'In Our Own Voice: Living with Mental Illness'

CLASSES WILL BE CANCELED IF LESS THAN 10 REGISTRANTS

**LOCATION: SHARP MESA VISTA HOSPITAL
7850 VISTA HILL AVENUE
SAN DIEGO, CA 92123**

EXECUTIVE CONFERENCE ROOM

PARKING: SHARP MESA VISTA HOSPITAL PARKING LOT

**FOR RESERVATIONS AND INFORMATION:
PLEASE CONTACT NAMI – SAN DIEGO AT (619) 543-1434**

FOR DIRECTIONS CALL (858) 278-4110



General Meeting

Every Third Friday of the Month

(March 18, April 15, May 20, June 17, July 15, Aug 19, Sept 16, Oct. 21)

11:30 am -- 1:00 pm

Speakers on Healthy Aging & Senior Issues

Refreshments provided

We Especially Welcome
Older Adults and Family Members

Clairemont Community Service Center
4731 Clairemont Drive at Lakehurst Avenue
(In the Clairemont Town Square Shopping Center)
San Diego, CA 92117-2704
Phone: (858) 581-4111

Southbound on Hwy. 5 exit Hwy. 52 East. Exit at Clairemont Mesa Blvd. /Regents Rd. Turn right onto Clairemont Mesa Blvd. Turn left on Clairemont Dr. Turn right at Lakehurst Dr. into the Clairemont Town Square Shopping Center. Service Center is first building on right.

Northbound on Hwy. 5 exit at Balboa Ave. East. Turn left on Clairemont Dr. Turn right at Lakehurst Dr. into the Clairemont Town Square Shopping Center. Service Center is first building on right.

From the West via Hwy. 52 East: Exit at Clairemont Mesa Blvd. /Regents Road. Turn right on Clairemont Mesa Blvd. Turn left on Clairemont Dr. Turn right at Lakehurst Dr. into the Clairemont Town Square Shopping Center. Service Center is first building on right.

The mission of the San Diego Older Adult Mental Health and Substance Abuse Coalition is to improve the quality of life for older adults in the diverse communities of San Diego County by addressing the issues of mental health and substance use through education and advocacy. The Coalition is composed of consumers, caregivers, advocates, health and social service providers, educators, and concerned community members.

**San Diego County, Health and Human Services Agency, Mental
Health Services
Mental Health Services Act**

**San Diego NAMI Input Questionnaire
April 7, 2005**

San Diego Mental Health (MHSA) Services wants to ensure that your issues, concerns and recommendations are heard and seriously considered. Your input will be gathered and summarized then posted on the San Diego Network of Care Website and forwarded to the MHSA planning workgroups for consideration as we develop the San Diego Community Services and Supports (CSS) Plan. The Plan will be submitted to the State Department of Mental Health this fall 2005.

Please complete the following questions and check the appropriate age group that refers to your particular issue, concern, or recommendation. (You may use additional forms for additional age categories.)

Children (0-15) Transition Age Youth (16-25) Adult Older Adult (60+)

Please Print

1) What is the most important mental health need, issue or concern that you have for children, transition age, adult or older adults?

2) What mental health services, program do you recommend that will address these needs, issues or concerns?

Name (optional): _____

Representing: _____

Contact Information: _____