

Parents & Teachers As Allies Needs You!

By Jean Selzer
Education Director

NAMI San Diego is trying to get the word out about our new program Parents and Teachers as Allies. This program desperately needs volunteers to get this wonderful outreach program into the schools in order to raise awareness of mental illness in children.

Kinsey McManus, the program coordinator, is looking for individuals who are willing to be trained in a very easy format to speak to teachers, nurses, and administrators during inservices.

She is looking for consumers who would like to share their experience as a child in the school setting, parents whose children experienced emotional/behavioral issues in the school setting, and teachers/school administrators with mental illness awareness.

The program combines these 3 speakers and they all take a turn talking to the school faculty. We don't get a lot of time to talk so you won't be presenting for great lengths of time but it's so important to start alerting the schools to what mental illness is, what they can do to help, and how they can look at children and their behaviors differently.

Please respond to Kinsey McManus at (619) 584-5564 if you would like to be part of this wonderful opportunity to make a difference in the lives of our kids.

NAMI's Monthly Education & Advocacy Meeting

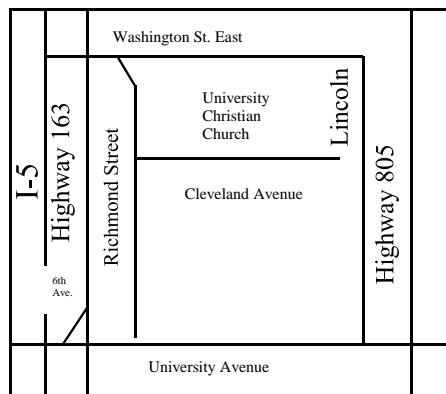
Thursday, May 4, 2006

6:30 p.m. - 9:00 p.m.

Equal Housing for Persons with Mental Illness

Presenter: Mary Scott Knoll

Mary Scott Knoll is Executive Director of The Fair Housing Council of San Diego, a nonprofit organization that promotes equal housing opportunities for all persons.



6:30 p.m.: Ask the Doctor-
Sarah Simmons, M.D.

7:00 p.m.: Program

8:30 p.m.: Refreshments

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

WHAT: TARA MONTHLY SUPPORT MEETING

Family Education & Support for Borderline Personality Disorder

This support/education is for a family member of someone who suffers from BPD; it is not appropriate for the person who has BPD

WHEN: TUESDAY, MAY 2, 2006

TIME: 6:30 PM - 9:00 PM

PLACE: 3175 Harding Street, Carlsbad CA 92008

We meet upstairs Room 27

CONTACT: 760-729-2331 (ask for Sandy)

What the support group does:

- Helps minimize stressful interactions
- Helps increase trust
- Helps understand the pain of the person you love living with BPD
- Helps reframe BPD behavior so your anger can change to empathy

As you learn DBT based coping skills, you will be able to help by becoming part of the solution rather than part of the family stress.

NAMI's Workin'!

By Bettie Reinhardt
Executive Director

NAMI Never Stops

Bunnies, I'm thinking of bunnies. I bet you think that is because it is spring and bunnies seem to be symbols of spring and new life. Sweet thought. I'm really thinking of Energizer Bunnies – not just one little hare marching along, beating his drum – but a plethora of them. Going from one big task to the next, never stopping or giving up. That's us – the NAMI bunnies.

We just finished NAMIWALK 2006 and we're starting work on NAMIWALK 2007 (Saturday, April 21st, same place). We are planning an all-NAMI San Diego picnic for June 10th and our Annual Dinner & Silent Auction for November 3rd. Those are the "events." The heart and soul of our organization activities such as planning for our monthly Education & Advocacy meetings, staffing the Albright Information & Referral Center, scheduling and holding classes and support groups, and providing financial support services continue through and around those events unabated. We worked very hard two years ago and helped pass the Mental Health Services Act. Now, we work even harder to ensure that what is implemented is what we voted for. Then there are the new activities, Parents & Teachers as Allies, Hand-to-Hand, Diverse Participation Initiative, and possible responses to County Requests for Proposals.

Hear that drum beating? Feel that hope and see that persistence? That's NAMI, going your way!

We don't work alone, of course. This newsletter has a page full of sponsors for this year's walk. When you see representatives of any of the sponsors, please say, "NAMI says 'thanks'." The exhibitor list is just as long – if you let a little precipita-

tion scare you away this year, be doubly sure that you come next year. The resource fair and the walk are an unbeatable combination. Finally, this year's teams were heroically impressive. We will list them and what they accomplished in next month's newsletter (contributions for many of the teams are still coming in).

*"Feel that hope &
see that persistence?
That's NAMI, going your way!"*

What's that? You want to know how we did? I think that, by the time this newsletter reaches you, we will be at \$110,000 gross revenue. 768 people registered as walkers. Not bad for a rainy day before Easter, huh!

News You Should Know (thanks to California Hospital Association)

Governor Extends Medicare Emergency Coverage Program

Pursuant to SB 1233, Governor Schwarzenegger extended the state's emergency coverage program for dual eligibles who are unable to obtain their medications from the Medicare drug program until May 16, 2006.

Studies Offer New Information About Treatment Choices for Schizophrenia

A national clinical trial comparing clozapine with other new-generation antipsychotic medications for the treatment of chronic schizophrenia has shown that people who switched to clozapine from their first medication because it failed to manage symptoms adequately were twice as likely to continue treatment as patients who switched to other antipsychotic medications. A compan-

ion study found that for people who switched to new-generation antipsychotic medications other than clozapine, those who took olanzapine and risperidone continued taking their medication longer than people taking quetiapine and ziprasidone. The results of these two studies – phase 2 of CATIE, Clinical Antipsychotic Trials of Intervention Effectiveness – were published in two papers in the April 2006 issue of the *American Journal of Psychiatry*. Phase 2 of CATIE was designed to help doctors determine what to do when patients need to change medications. (These studies were the next step for patients who did not do well on their first medication in phase 1 in the trial, results of which were published in the *New England Journal of Medicine* in September 2005.)

Harvard Study Suggests Significant Prevalence of ADHD Symptoms Among Adults

A recent NIMH-funded survey tracking the prevalence of attention deficit/hyperactivity symptoms found that an estimated 4.4 percent of adults ages 18-44 in the United States experience symptoms and some disability. The survey is known as the National Comorbidity Survey Replication (NCS-R) and is part of a series of tracking surveys supported by NIMH and conducted by researchers at Harvard Medical School to assess the state of mental health of the nation. The NCS-R is a nationally representative survey of English-speaking residents ages 18 and older.

The results of the survey raise awareness about the possibility that many children who have ADHD continue to have related symptoms as adults. It points to the need for long-term, follow-up assessments of children diagnosed with ADHD to determine if the disorder lingers past adolescence and into adulthood.

Read more: <http://www.nimh.nih.gov/press/adultadhd.cfm>

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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The NAMI San Diego Advocate is a monthly publication of

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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 or contact any of the people mentioned in the articles.

President's Page

Thanks for All Who Supported NAMIWalks

By Sally Shepherd
NAMI San Diego Board President

Walk Wrap Up

First and foremost, I would like to extend my thanks to absolutely everyone who made this year's NAMIWalk such a resounding success. After a fretful night of listening to the rain beat down, the sky cleared just enough to allow us to have a wonderful morning.

Tuesday was counting day – **over \$110,000!!!** (and we know that there will be more money trickling in). I won't say it's unbelievable, because we really have our act together in San Diego County, but still – what an achievement!

This is where, as Board President, I get to dream. What if, in the next year or so, we found a way to expand our circle of sponsors exponentially? What if we were able to meet with the “big guys” from, say, 10 corporations? What if we told them that approximately one in five of their employees would suffer from a mental illness at some point in their lives? What if we reminded them that the provision of mental health services is constantly threatened by lack of funding? What if we showed them estimated financial and psychosocial costs of lost productivity due to mental illness? What if we offered to provide education to their staff about mental health and mental illness (for a fee)? What if we showcased all the wonderful (free) programs that NAMI offers? Do you think that they would turn down an opportunity to collaborate with NAMI in exchange for regular and substantial sponsorship? Just a thought...

Insanity Defense?

Am I the only one – or do others object to the use of the term “insanity defense”? I object to the terminology, but I also object to the way the defense is or is not used around the country. Go to this link for some interesting reading about a case that was decided in the

Supreme Court yesterday.

Shortcut to: http://supreme.lp.findlaw.com/supreme_court/briefs/05-5966/05-5966.mer.resp.pdf

“[NAMIWalks for the Mind of America raised] over \$110,000!!!”



NAMI San Diego Meeting Schedule

NAMI San Diego

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

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-Mende Well Being Center
Adjacent to the UTC Mall
Call Michelle Cauble at (858) 756-3140

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 Tuesday, 6:30-8:00 pm
Lake Murray Evangelical Free Church
5777 Lake Murray Boulevard, La Mesa
1st Floor, Fellowship Hall
Now meeting once a month
Peggy & Bob Chambers: (619) 464-0476

San Diego Group
3rd Monday, 6:00-7:30 pm
NAMI San Diego Office
4480 30th Street, San Diego
Now meeting once a month
Karen Malsack (858) 560-0030

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

Copper Hill Living & Learning Center has one opening for either a couple with mental illness or a single person. Please call Charlene Moore 760-926-0424, or Jane Fyer 858-481-7069 for information on how to apply for residence.

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
Mondays, 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 - 8:30 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
NAMI Facilitated Support Group*

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

"Fair Housing: It's Not an Option... It's the Law" is the theme of this year's Fair Housing Month, which marks the 38th anniversary of the signing of the Fair Housing Act. Every April, HUD celebrates the advances made in furthering this landmark civil rights law with celebrations, educational forums, and outreach activities in regions throughout the United States. As part of this effort, we would like to highlight several reports published by the Office of Policy Development and Research that focus on fair housing. The following reports are available from the HUD USER Clearinghouse:

o In FY 2005, HUD released the results of an examination of housing discrimination faced by people with disabilities, titled *Discrimination Against Persons with Disabilities: Barriers at Every Step*. Go to <http://www.huduser.org/publications/hsgspec/dds.html> for copies of both reports.

These are the last in a series of reports specified by Congress to use paired testing to measure the level of the United States. The three previous reports showed the level of discrimination experienced by African Americans, Hispanics, Asians, and Native Americans when they inquired about a unit advertised for sale or rent. This series of studies is commonly referred to as the *Housing Discrimination Study 2000* and can be found at <http://www.huduser.org/publications/hsgfin/hds.html>.

o Released in February 2006, *Do We Know More Now? Trends in Public Knowledge, Support and Use of Fair Housing Law* (<http://www.huduser.org/publications/hsgfin/FairHsngSurvey.html>) reports the results of a HUD-sponsored sequel to a survey completed in 2001, titled *How Much Do We Know?* (<http://www.huduser.org/publications/fairhsg/hmwk.html>).

Copies of these reports are available as free downloads or in print for a nominal fee by calling 800-245-2691.

Legislative Update

Take Action On Important Bills

By Janet Daugherty

This month, this article is devoted to summarizing important legislation as promised.

Specter-Harkin Amendment to boost health research and services funding passed in the US Senate. This additional \$7 billion in budget authority is added to the FY 2007 Labor-Health and Human Services (HHS)-Education Appropriations bill that comes before Congress this summer.

This bill includes budgets for the National Institute of Mental Health (NIMH) and the Substance Abuse and Mental Health Services Administration (SAMHSA). The passage of this amendment restored cuts proposed for both NIMH and SAMHSA for FY 2007.

Laura's Law Permanent Extension

(CA AB2357)

Sponsors: Assemblywoman Karnette, Assemblyman Yee

Description: Extends the sunset of AB1421, the Assisted Outpatient Treatment (AOT) Demonstration Project to January 1, 2013.

Latest Update: AB2357 passed the state Judiciary Committee on April 19th and goes next to the Appropriations Committee

Supporters: California Treatment Advocacy Coalition

Reasons to support:

- Vote for treatment
- Vote for clarity over psychosis
- Vote for stabilization rather than incarceration
- Vote to enable California to help those who are so ill that they don't recognize the need for treatment.

For more information, contact Caroline Hamlin at dah-crh@cox.net or CTAC at:

www.psychlaws.org/stateactivity/California

- *Vote for treatment*
- *Vote for clarity over psychosis*
- *Vote for stabilization rather than incarceration*

Campaign for Universal Health Care

(includes Mental Health Care) (CA SB840)
Sponsor: Sheila Kuehl
Action by: Ongoing
Supporters: Healthcare for All/CA, League of Women Voters of California

Reasons to Support:

- Sets up one health insurance risk pool for every CA resident
- Pays for high quality care with comprehensive benefits
- Allows patients, NOT plan or government to choose doctors
- Patient health comes first, NOT paperwork
- Affordable for individuals, families, and businesses
- Public oversight to cut fraud and abuse
- Ensures readiness of public health programs for emergencies

For more information or to join HCA/CA online, call Sylvia Hampton at 858-578-8852 or go to web site: <http://www.healthcareforall.org/index.html>

Client/Consumer Resources

NAMI C.A.R.E. Support Groups

Consumer Support Groups
For more information call the
Albright I & R Center at
(619) 543-1434 or 1-800-523-5933

NAMI San Diego Office

4480 30th Street
San Diego, CA 92116
Every Other Thursday: 6:00 - 7:30 p.m.
April 27, May 11, May 25

Gifford Clinic (Cafeteria)

140 Arbor Dr.
San Diego, CA 92103
1st & 3rd Wednesdays: 2:00 - 3:30 p.m.

Sharp Mesa Vista Hospital

(Activity Room)
7850 Vista Hill Ave.
San Diego, CA 92123
*2nd, 4th & 5th Thursdays:
11:00 a.m. - 12 Noon*

Joslyn Sr. Center

210 Park Ave
Escondido, CA 92025
1st & 3rd Tuesdays: 4:00 - 5:30 p.m.

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
(302 Bus Route)
(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 am. - 4:00 p.m.
1st & 3rd Saturdays: 10:00 a.m. - 2:00 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

226 Church Avenue, 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

There are meetings in different regions of the county. Call for meeting information:
1-800-826-3632
or go to the DBSA website at: www.dbsalliance.org

"Side By Side: A Journey With Depression - A Funny Look at Serious Survival"

Brian Wetzel's one-man show
Directed by Lizann Bassham

Brian Wetzel was a professional stand-up comedian whose career and personal life were absorbed by his struggle with clinical depression. Bringing his sense of humor and experiences together, Brian takes his audience on a unique journey of laughter, painful truth, and finally, hope. By walking side by side with the affliction, he finds a way to keep surviving, keep learning, and keep living.

For more info about Brian Wetzel or "Side By Side: A Journey With Depression," call 707-829-1872 or go to www.frontporchspirit.com

Brian Wetzel's show comes to San Diego on May 22, 2006.



Membership

NAMI San Diego relies on its membership and your generous contribution to continue providing education and other services to people with mental illnesses, their families, and the community. 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**.

Name _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

____ Please mail my newsletter via post office

____ Please email my newsletter

____ Membership \$40.00
() New Member () Renewal

____ Professional Membership \$75.00

____ Organizational Membership \$100.00

____ **Please contact me about a Scholarship Membership**

____ Donation* _____

____ Please contact about volunteer opportunities

To pay by Credit Card:

_____ print name as it appears on card

_____ card number

____/____ expiration date

____ Visa ____ MasterCard

\$_____ amount

_____ signature

The Advocate

Vol. X, Issue 5, May 2006



4480 30th Street
San Diego, CA 92116

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

1st Thursday!!!

Equal Housing!

May 4, 2006

6:30 p.m.

See page 1 for info!



Return Service Requested

Enroll! Family to Family Class

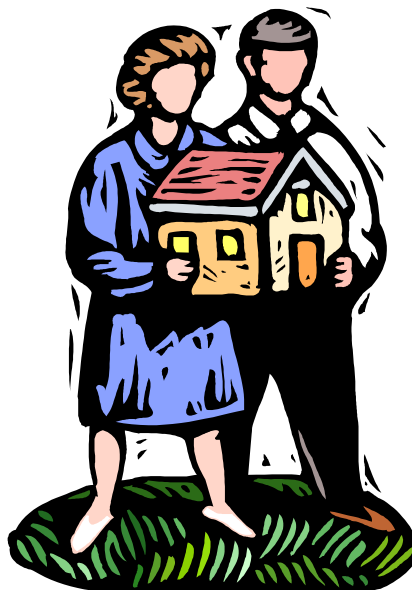
Family-to-Family is a 12-week course for the families of persons with serious and persistent brain disorders. This course is also offered in Spanish.

TUESDAYS, June 6, 2006 to Aug 29, 2006 (skipping July 4)
6-8:30 P.M. in the cafeteria
Aurora Behavioral Health
11878 Avenue of Industry
Poway, CA 92128

WEDNESDAYS, August 30-Nov 29, 2006 (skipping Sept 27, Nov 15)
6:30-9:00 P.M.

Spanish Only

HEALTH SERVICES COMPLEX-
ROSECRANS, Coronado Room



3851 ROSECRANS ST.
SAN DIEGO, CA 92110-3115

WEDNESDAYS, Sept 6,-Nov 22,
2006
6:30 -9:00 P.M.
Pegasus East
7841 El Cajon Blvd,
La Mesa, CA 91941

*"When my son became ill, I thought
our lives were over.
NAMI's Family-to-Family course
gave us our lives back."*

—Kathy McKernan

Greater San Diego Area NAMIWALK 2006 Sponsors



Bristol-Myers Squibb

Eli Lilly



U.S.
Behavioral
Health
Plan,
California

Janssen Pharmaceutica



California Association of
Marriage and Family Therapists



Bayview Behavioral Health Campus
Paradise Valley Hospital

Adventist Health

UNIVERSITY COMMUNITY
MEDICAL CENTER

**Cornerstone Mortgage
Hoosier Plastic
Classic Landscape, Inc.
Community Research Foundation**

DBSA SAN DIEGO PRESENTS:

Atara Abramsky, PhD and Marie Dumas, PsyD

Director of the Call Center/Crisis Line for API/UCMC and Director of the API Intake Department

Dr. Atara Abramsky and Dr. Marie Dumas have both been post-doctoral interns since 2001 at the Alvarado Parkway Institute (API) and University Community Medical Center (UCMC) located in East County. The offerings of this collaborating institute and center to the community will be described. Their programs include dealing with emotional and behavioral problems caused by depression and stress as well as alcohol and drug abuse treatment for both adults and adolescents. Criteria for admission, outpatient versus inpatient services, and how to schedule an appointment for an initial assessment will be covered, as well.

Topic:

Discussion of Alvarado Parkway Institute Behavioral Health Systems and University Community Medical Center's variety of psychiatric services to the community

GARREN AUDITORIUM – UCSD CAMPUS

BASIC SCIENCE BUILDING

6:00PM – 7:30PM

MONDAY, May 1, 2006

FREE PARKING AT THE V.A. PARKING LOT

(SHORT WALK OVER THE BRIDGE)

FOLLOW THE SIGNS ABOUT 1 BLOCK

SUPPORT GROUP AT V.A. HOSPITAL (OPTIONAL) RM. 2011

UNDERSTANDING SOCIAL SECURITY & SSI BENEFITS

Saturday, June 3, 2006
9:00 a.m. – 12:00 Noon

SSI, SSDI, SSA, SGA...The alphabet soup of Social Security...
What does it all mean?

Attend an in-depth seminar to gain an understanding of the Social Security system. Find out, step-by-step, how to get and keep your SSI benefits without jeopardizing other income sources.

YOU WILL LEARN:

- Eligibility for benefits
- How to calculate benefits
- The link between state & federal benefits
- Understanding rules & regulations
- The Work Incentive Program
- Maintaining benefits while working
- PASS Plan for Achieving Self-Support

SPEAKER PROFILE:

Get it straight from someone who knows!
Peter Prather works for the Social Security Administration.
His presentation will cover
the application and approval process, and
various work incentive programs available.

The seminar will be held at:

The Arc of San Diego – North Shores
9575 Aero Drive
San Diego, CA 92023

Yes! Please register me/us for the:

_____ Understanding Social Security & SSI
Benefits
June 3, 2006
Number Attending _____

Enclosed is my check/money order for
\$ _____
\$8 per person*/\$10 per family per seminar

*Please note that seminars are free of charge for
people
with disabilities.

Make checks payable to the Special Needs Trust
Foundation

WALK AWAY WITH:

An Information packet that will guide you through the
maze of Social Security and give you an understanding
of where you fit in.

REFRESHMENTS

The SNTF thanks
Peter Prather for
speaking free of
charge. Fee covers
costs related to
seminar.

INFORMATION:

SNTF
(619) 338-4477

REGISTRATION FORM DUE ONE WEEK PRIOR TO SEMINAR

Name _____

Address _____

City _____

State, Zip _____

Day-Time Phone _____

Please mail registration form and payment to:

Special Needs Trust Foundation
9575 Aero Drive
San Diego, CA 92123-1803

The "SPECIAL NEEDS TRUST FOUNDATION" (SNTF):

is a joint effort of The Access Center, The
Arc of San Diego, Community Options,
Developmental Services Continuum, Home of
Guiding Hands, **NAMI San Diego**, Sharp
Healthcare Foundation, St. Madeleine Sophie's
Center, United Cerebral Palsy Assoc. Of San
Diego, UNYEWAY, and the Vista Hill
Foundation.

SPECIAL NEEDS TRUST SEMINAR

Saturday, June 10, 2006
9:30 a.m. – 11:30 Noon

THE CURRENT DILEMMA:

Parents with a child who has a disability often find themselves in a dilemma when planning for the future of this child.

The Special Needs Trust was established to assist families in this predicament. This discretionary trust allows parents to supplement the child's monthly income from SSI with restricted funds with no adverse effects.

This seminar will inform families of their options for estate planning.

WHAT YOU'LL LEARN:

- Planning for the future
- Court vs. non-court procedures
- Advantages of the Special Trust and an individual trust
- Options regarding trustee, including the Special Needs Trust Foundation

SPEAKER PROFILE:

Nancy Spector – Attorney,
Certified Specialist in Estate Planning, Trust and
Probate Law

The seminar will be held at:

The Arc of San Diego – North Shores
9575 Aero Drive
San Diego, CA 92023

Yes! Please register me/us for the:

_____ Special Needs Trust Seminar
June 10, 2006
Number Attending _____

Enclosed is my check/money order for
\$ _____
\$8 per person*/\$10 per family per seminar

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REFRESHMENTS

INFORMATION:

SNTF
(619) 338-4477

The SNTF thanks
Nancy Spector for
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REGISTRATION FORM DUE ONE WEEK PRIOR TO SEMINAR

Name _____

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Diego, UNYEWAY, and the Vista Hill
Foundation.

“Side by Side: A Journey With Depression”

~ a funny look at serious survival

A Front Porch Spirit Production Starring Brian Wetzel.
Produced and Directed by Lizann Bassham

May 22, 2006

War Memorial Building
3325 Zoo Drive
San Diego, CA 92101
11:00 a.m.—1:00 p.m.

May 23, 2006

Vista Library
700 Eucalyptus Avenue
Vista, Ca 92084
5:00 p.m.—7:00 p.m.

May 25, 2006

Health Services Complex
3851 Rosecrans Street
Coronado Room
San Diego, CA 92110
6:30 p.m.—9:30 p.m.

Sponsored by: Bayview/PVH Behavioral Health; City of San Diego Parks and Recreation Department; Community Health Improvement Partners; Consumer Center for Health, Education and Advocacy; County of San Diego Mental Health Services; Creative Arts Consortium; Mental Health Association; NAMI San Diego; and UCSD School of Medicine, Division of Geriatric Psychiatry.



michellescheurell@yahoo.com

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A feature event of
May is Mental Health Month 2006
“Transcending the Past—Transforming the
Future”

Light Refreshments Will be Served

