

What's in a Name?

By Wendy McNeill
Director at Large

When I think "consumer," what do I think?: Don't leave home without it. I mean, where would the great capitalist American machine be without the Great Consumer? So, I find it incredibly odd that people with mental illness have inherited this term to describe them. I think the first thing untutored people think is, "huh?"

As it turns out, there has been a huge and so far unsuccessful discussion about what the term should be to refer to "Us." I heartily encourage you to enter this dialogue so that the term consumer can be scrapped, and the community can find the nomenclature that fits.

Well, I have a few suggestions to get the ball rolling.

How about "patrons," like the users at a library? It's an equally incomprehensible term, but it has the ring of dignity.

Or, if you prefer the pc/technical route, how about "people with a neurotransmitter imbalance," or "PNI." But who is going to want to say that? No one.

Or, back to the notion of consumer, we could say, "recipient." This term is also "huh?," and bland, but it wouldn't offend anyone. It also wouldn't really describe anything meaningful.

Moreover, some people who don't like the term mental illness at all call this condition a "brain disorder." This euphemism is inaccurate because it could easily refer to someone with Alzheimer's or some other brain disorder which is not a "neurotransmitter imbalance."

cont. at right

NAMI San Diego's First Thursday Education & Advocacy Meeting May 3, 2007

"Conservatorship - The Who, How, What, When, and Why"

Presenters:

Mary Unterwenger, MFT
Herb Greenstein (parent of public conservatee) and Sharon Greenstein (conservatee)
Gloria Harris, PhD (private conservator)

Mary Unterwenger is a Mental Health Conservatorship Clinician (AKA Court Investigator). She is also a practicing Licensed Marriage, Family Therapist and Certified Trauma Specialist. She has conducted a Private Conservators Support Group for the past two years.

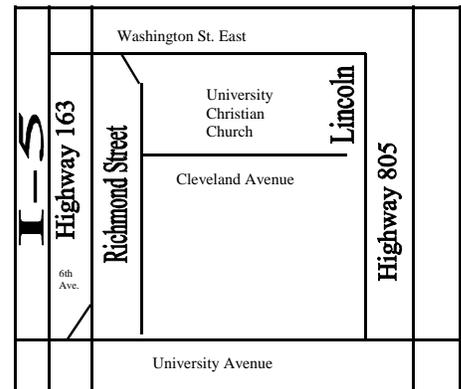
Ask the Expert:

Judy Davis, Director
Child, Youth and Family Services, Community Research Foundation

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

Schedule:

6:30 p.m.: Ask the Expert
7:00 p.m.: Announcements & Advocacy
7:15 p.m.: Program
8:30 p.m.: Refreshments & Social



cont. from left

Then there is "client." Now, if my doctor were a lawyer, that would fit for me, but the fact remains that he's a doctor.

Here's another thought. Why not call people with mental illness "people with mental illness?" I know it's too long. I know it's not sexy. But it's accurate. Furthermore, if people start embracing this verbiage, perhaps we can get away from descriptions like, "I'm bipolar," instead of "I have bipolar disorder."

I think the central problem in this whole discussion of terminology is the basic notion of stigma. At the end of the day, most people don't want to use the term "mental illness." However, if NAMI San Diego stands for advocacy of people with mental illness, their families, and the community as a whole, I believe we should embrace it, and stop this ridiculous notion of a shopping trip to Nordstrom's with your American Express card.

NAMI's Workin'

By Bettie Reinhardt
Executive Director

Wendy has written a piece that should really get you thinking about what is in a name. This is the companion to what she wrote. It is composed of background information that I think folks should have if we are going to meaningfully tackle what to call each other. If you start to drift off, just reread Wendy's article and then see if you can get through mine.

I went to graduate school in the 80s when we were just beginning to talk about healthcare, not specifically mental healthcare, consumers and providers. We felt pretty proud of ourselves. Our point was that we were moving out of the "doctors are gods" era and into a time when people who need medical treatment would be as knowledgeable about choosing a doctor and a treatment as Wendy is about choosing a store and a pair of shoes. A quick Google inquiry shows that there are still over 39 million references to healthcare consumers. Perhaps, however, we are now dealing with the unintended consequences of promoting that language.

Wikipedia, the free internet encyclopedia, says, "A **mental health consumer** is a person who is under treatment for a psychiatric illness or disorder. The term was coined in an attempt to empower those with mental health issues, usually considered a marginalized segment of society. The term suggests that those individuals have a choice in their treatment and that without them there could not exist mental health providers." Ah, there's another rub – if you really want to make a mental health professional unhappy, call him or her a "provider" at least twice in the same sentence. They much prefer being called psychologist or psychiatrist or even Jim or Mary.

The U.S. Center for Mental Health Services says, "The term "consumer" is used for the sake of brevity and should be understood to mean those people who are receiving or have received mental health services either voluntarily or involuntarily and in that context, "consumer" is intended to include those who refer to themselves as survivors, ex-patients, ex-inmates, clients, users or other similar terms. Mental health services includes those services, including vocational rehabilitation, employment services, housing services, social security and other services that are designed to be supportive of a person liv-

"As much as many people don't like the term consumer, we are doing better than we were 25 years ago."

ing their life to the fullest in the community of their choice.

As much as many people don't like the term consumer, we are doing better than we were 25 years ago. I looked through some of NAMI's history and was appalled to see that even we sometimes used the phrase "mental patient" at that point. Slightly more recent documents talk about past or present psychiatric patients. Well, that's good. I guess we expected people to take a few rounds of meds and move on as if their illnesses could be taken care of with antibiotics.

Some people living with mental illnesses like to be called clients. It is problematic to use that term when speaking to the general public because it implies an agency relationship. NAMI San Diego serves a lot of people but they are not all our clients. My

friends who have the job of ensuring that Medi-Cal and other public mental health beneficiaries have access to and receive appropriate services tell me that the term client should be reserved for people who receive their treatment in the public mental health system. Good luck with enforcing that one, ladies. It is a term especially favored on the west coast.

Regional preference is another wrinkle. The folks on the east coast – you know, that other coast – talk about direct and indirect consumers. People who have been diagnosed with mental illnesses are called direct consumers. Their families and close friends are indirect consumers.

People choose other terms that say a lot about how they experience their illnesses and the treatment of their illnesses. Survivor, for instance. The people that want to be called survivors are referring to surviving the mental health system whether or not they feel that they have illnesses that should have been treated.

See how different the language is depending on the illness? A cancer survivor is someone to be admired.

We all feel traumatized by mental illness at one time or another. That is a bond that we share. However, we also seem to share a rejection for using terms like victims or sufferers.

I hope you have noted by now that the terms consumer, client, patient, and survivor as they are defined here all leave out a large group of important people. They leave out the people who are living and struggling, and, yes, often suffering, with their mental illnesses without any help.

Wendy is right. We need new language and your ideas.

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.

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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 fax to (619)584-5569 or email at exudir@namisandiego.org or contact any of the people mentioned in the articles.

President's Page

*By Ralph Nelson, M.D.,
President, NAMI California*

NAMI California extends its sympathy to all the families who have lost loved ones in the terrible tragedy at the Virginia Technology Institute (VTI). NAMI California is a grass roots organization of families and individuals whose lives have been affected by serious mental illness. We understand the need for compassion and support in times of mourning following any tragedy and loss.

When senseless acts of violence occur in our society, it allows all of us time for reflection on the nature of mental illnesses—what they are and what they are not—with regard to symptoms, treatment and risks of violence. In

our experience, most people with a serious mental illness are more often the victims of violence rather than perpetrators. This is borne out by consistent research findings by the U.S. Surgeon General and National Institute of Mental Health (NIMH).

NIMH researchers found that the odds of violence are often governed by factors other than psychotic symptoms. For example, violence was associated with young individuals who have been victimized, physically or sexually; or have co-occurring substance abuse. News reports state that Cho Seung Hui had been frequently bullied by others for his foreign heritage, his shyness, his speech and English language difficulties.

Ultimately, no one may be able to understand the motivations and actions of someone who commits premeditated murder. More importantly, we must as a community continue to understand

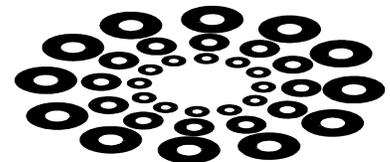
the needs of people who have been victims in the past and to ensure that those with serious mental illness receive proper care in a time when services for them are being eliminated all around us. This includes both voluntary and involuntary services and supports when they are needed, whether or not the mentally ill individual realizes that they are necessary. Many cases similar to this one have the common pattern of “no follow-up” care after hospitalization. We advocate for lives of quality

“In our experience, most people with a serious mental illness are more often the victims of violence rather than the perpetrators.”

and respect, without discrimination and stigma, and we advance education and support for families who bravely

continue their lives in the face of greatly misunderstood mental illnesses and brain diseases. It is our mission to ensure the Facts concerning the connection between mental illness and violence are fostered with accuracy with the American public. Ultimately the treatment and care for mentally ill individuals depends on it. This can be a matter of life and death.

If you would like to really learn the truth, we encourage you to read reports by the U.S. Surgeon General and the National Institute of Mental Health. Here are the internet addresses: <http://www.surgeongeneral.gov/library/mentalhealth> and <http://www.nimh.nih.gov/press/schizophreniaviolence.cfm>



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

Sibling and Adult Children's Group

Second Wednesday, 7:00 - 9:00 p.m.
Scripps-Mende Well Being Center
Adjacent to the UTC Mall
San Diego 92122
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 Street, San Diego 92110
Call Joan Williams at (858) 274-3716

La Jolla NAMI Support Group

First Tuesday, 7:15 - 9:00 p.m.
La Jolla Presbyterian Church (Room #9)
Enter on Eads Ave. - San Diego 92037
(858) 457-5057

NAMI Family Support Group

2nd & 4th Thursdays, 6:00 - 7:30 p.m.
Pegasus East
7841 El Cajon Blvd., #C
La Mesa, CA 91941
RSVP-Carol Davis at 858-220-3737.

Support groups for
families and caregivers of
children and adolescents

La Mesa Group

Notice: This meeting has been suspended until this fall.

2nd Tuesday, 6:30-8:00 pm
Call Peggy & Bob Chambers:
(619) 464-0476

Spouses of Persons with the Diagnosis of Bi-polar

Third Tuesday, 6:30 to 8:00 p.m.
Clairemont Lutheran Church
(Luther Hall, Room 2 on the 1st Floor)
4271 Clairemont Mesa Blvd.
San Diego 92117
(858) 273-7423

Spanish - South Bay

First Monday, 6:00 - 8:00 p.m.
South County Family Resource Center
690 Oxford Street, Chula Vista 91911
Call Luz Fernandez (East County Clinic)
(619) 401-5500

Spanish - Area de Clairemont - NAMI-SD Grupo de Apoyo

Clairemont NAMI Support Group
Tercer Martes (3rd Tuesday) 6:30-8:00 p.m.
St. David's Episcopal Church (biblioteca)
5050 Milton Street, San Diego 92110
(619) 543-1434 or (800) 523-5933

Spanish Family Support Group

Third Thursday, 6:00 - 8:00 p.m.
South Bay Guidance Center
835 3rd Avenue, Suite C
Chula Vista 91911
Call Gina Osuna: (619) 425-6879

NAMI Patton

Third Sunday, 1:00 - 3:00 p.m.
c/o Patton State Hospital
(Administration Annex - Room 148)
3102 E. Highland Avenue
Patton, CA 92369
Tel: (909) 425-7392 ☎ Fax: (909) 425-0160

NAMI-SIT

Schizophrenics in Transition

Board Meeting

Call for meeting time.
144 Copper Avenue, Vista 92083
(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.

Kinesis North

474 W. Vermont Ave, Escondido 92025
(760) 745-8381 or 1-800-523-5933

Monday Share & Care in Fallbrook

Mondays, 5:00 - 6:30 p.m.
Fallbrook Healthcare Foundation Building
Corner of Mission and Fig
Fallbrook 92028
Call for further information: (760) 745-8381

Tuesday Share & Care Meeting

1st, 3rd, 4th & 5th Tuesdays, 4:00 - 5:30 p.m.
Joslyn Senior Center
210 East Park Ave, Escondido 92025
(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.

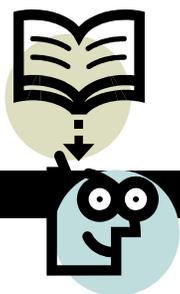
St. Michael's by the Sea Episcopal Church
2775 Carlsbad Blvd., Carlsbad 92008
(760) 722-3754 or (800) 523-5933

Education Meeting followed by

*NAMI Facilitated Share & Care
Support Group 8:30 - 10:00 p.m.*

TARA Borderline Personality Disorder Support Group

First Tuesday monthly at 6:30 - 9:00 p.m.
Carlsbad Community Church
3175 Harding Street, Carlsbad 92008
(760) 729-2331- Ask for Sandy



Education Corner

Updates and Thanks

By Gloria Deck
Education Director

Well it has been a very busy month. We have several exciting things on the go!

Peer-to-Peer/Persona a Persona Update:

Welcome to Devin Eshelman as our new Peer-to-Peer Coordinator. The first time I met Devin I was impressed with his passion, genuineness, vision, and desire to promote the Peer-to-Peer educational program, along with the Spanish version called Persona a Persona, within our community.

Devin, along with Donna Marie Bozman from North County, recently attended the Peer-to-Peer Train the Trainer weekend in St. Louis, Mo. San Diego County now has two additional qualified Trainers to train new Mentors in this program.

Peer-to-Peer (P2P), for those who may not be aware, is "a nine-week experiential education course on the topic of recovery for any person with serious mental illness interested in establishing and maintaining wellness". An additional week is called week zero, an orientation/get acquainted class where participants meet each other and the mentor teachers, enjoy refreshments, etc. all in a relaxed atmosphere. Classes are taught by teams of three trained "mentors" or peer-teachers.

Devin and I recently met and worked hard in setting up a schedule to provide P2P classes on a regular basis in San Diego. P2P classes will be conducted at set times throughout the year. This way, community members who are interested in attending a class series will know in advance when classes are held each year.

In 2007, we anticipate a P2P class series to commence in May (with a projected May 5th start date, running for 10 consecutive

Saturdays); a second class series to start in July and a third in October. Commencing 2008 and subsequent years, classes will start in January, April, July and October.

It is very exciting news that on April 13th 2007, NAMI National will complete the Spanish translation of P2P. As soon as the material is distributed, NAMI San Diego will conduct Persona a Persona classes for those individuals whose preferred language is Spanish.

Our projected start date for Persona a Persona classes is June 2007, with a second class series to start mid-September. Commencing 2008, classes will be conducted every February, May and September.

Family-to-Family Spanish/English Upcoming Teacher Trainings:

In June of this year, two Teacher Trainings will be conducted – one for Family-to-Family (English version) and one for Familia a Familia (Spanish version). This is a great opportunity to increase the numbers of teachers providing this invaluable educational program for family members and friends of individuals who experience serious mental illness.

We would especially like to say a huge thank you to Kathleen Guerrero, Batia Chernovetsky, Gina Osuna, and Katherine Staebler for recruiting 10 individuals committed to becoming Familia a Familia Teachers. THANK YOU so much for this recruitment time and effort! We currently have so few Spanish language teachers and this will have a tremendous impact on the number of Spanish class series San Diego County will provide in the next fiscal year. NAMI San Diego says a special thank you to Kathleen and Batia for conducting the Familia a Familia class currently running.

I'd also like to say a special thank you to Paul Love. Paul is a Family to Family Teacher who comes into the office on a regular basis (whenever I call for help!) and puts together all the Participant Manuals for each class series. This is a tremendous help to me. And congratulations to Paul Love and Jean Selzer who will be attending the Train the Trainer – Family to Family at the end of the month in St. Louis. What a team we have!

Community Partnering:

Thank you to St. David's Episcopal Church, Maria Sardinias BPSR Center, Southeast Mental Health Clinic and Pegasus East Recovery Center for Family to Family participant recruitment and providing space to conduct Family to Family classes to date in 2007. The collaboration and networking with other service providers has been great.

Respectfully,
Gloria Deck
Education Director, NAMI San Diego

Older Americans' Mental Health Week is May 21-27, 2007

- Mental illness is not a normal part of aging.
- Mental illnesses are real, common and treatable.
- The more people know, the more they can help themselves and others.
- Healthy adults continue to learn, enjoy life and contribute to society.

Public policy should promote mental health, not discriminate against older adults who have mental health problems.

Contact Shannon Jaccard at 619.584.5564 for more information about NAMI San Diego's Senior

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
2nd & 4th Thursdays: 6:00 - 7:30 p.m.

Gifford Clinic (Cafeteria)

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

Sharp Mesa Vista Hospital

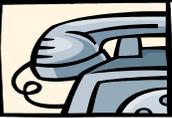
(Activity Room)
7850 Vista Hill Ave.
San Diego, CA 92123
Every Thursday: 11:15 a.m. - 12 Noon

St. Michael's By The Sea Episcopal Church (Parish Hall)

2775 Carlsbad Blvd.
Carlsbad, CA 92008
Call: (760) 722-3754
Third Thursday: 5:30 - 6:30 p.m.
(just prior to the General Meeting)

Mariposa Clubhouse

560 Greenbrier, Suite D
Oceanside, CA 92054
Call: (760) 722-3754
Every Thursday: 1:00 - 2:00 p.m.



Access & Crisis Line

1-800-479-3339
24 hours a day/7 days a week

Client Warm Line

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

Albright Information & Referral Center

1-800-523-5933, 1-619-543-1434
Volunteer resource specialists can pro-
vide information and support to callers
and visitors, including consumers,
family members and professionals.

Client/Consumer Resources

Patient Advocacy Program

5998 Alcalá Park, AW 304, San Diego 92110
(619) 260-7660 or 1-800-479-2233
Fax: (619) 260-7680
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 ☎ Fax: (619) 471-2782
Monday - Friday: 9:00 a.m. - 5:00 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
Monday - Friday: 8:00 a.m. - 4:00 p.m.
Evenings/Weekends - Call for Schedule

Casa Del Sol Clubhouse

1157 30th Street, San Diego 92154
(between Coronado Ave. & Beyer 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., San Diego 92104
(North Park at Utah Street)
(619) 683-7423 ☎ Fax: (619) 683-7428
Monday - Friday: 8:00 a.m. - 4:00 p.m.

East Corner Clubhouse

1060 Estes Street, El Cajon 92020
(619) 440-5133 Ext. 109 ☎ 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 W. Vermont Ave., Ste. 105, Escondido 92025
(760) 737-7125 ☎ Fax: (760) 737-6129
Monday - Friday: 8:00 a.m. - 4:30 p.m.
1st Saturday of month: 10:00 a.m. - 2:00 p.m.

Friend-to-Friend

1009 "G" Street, Ste. 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 (must be a member)

Friends In Hand Clubhouse

144 Copper Ave., Vista 92083 (302 Bus Route)
(760) 631-2206
Saturday: 11:00 a.m. - 4:00 p.m.

Mariposa Clubhouse

560 Greenbrier, Ste. B, Oceanside 92054
(760) 439-2785 ☎ Fax: (760) 439-6902
Monday - Friday: 8:00 a.m. - 4:30 p.m.

The API Discovery Clubhouse

5550 University Ave., San Diego 92105
Membership Information: (619) 667-6176
Saturday & Sunday: Noon - 4:00 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.

The Oasis Clubhouse

3635 Ruffin Road, Ste. 101, San Diego 92123
(858) 300-0470 ☎ Fax: (858) 300-0471
Monday - Friday: 10:00 a.m. - 7:00 p.m.
Serving Transitional Age Youth (16-25)

Neighborhood House Association (NHA)

Friendship Clubhouse
286 Euclid Ave., #104, San Diego 92114
(619) 266-2111 Ext. 106 ☎ Fax: (619) 266-0496
Monday - Friday: 8:30 a.m. - 5:30 p.m.

Visions

226 Church Avenue, Chula Vista 91910
(619) 420-8603 ☎ Fax: (619) 420-0385
Mon - Fri: Noon - 7 p.m.; Sat & Sun: Noon - 5 p.m.

The Access Center of San Diego

1295 University Ave., Ste. 10, San Diego 92103
(619) 293-3500 ☎ Fax: (619) 293-3508
Monday - Friday: 9:00 a.m. - 5:00 p.m.

Employment Services

1202 Morena Blvd., Ste. 201, San Diego 92110
(619) 276-8071 ☎ Fax: (619) 276-3542
Monday - Friday: 8:00 a.m. - 4:30 p.m.
(Must be receiving services from a county funded
mental health program and approved by Depart-
ment of Rehabilitation)

Job Options

3465 Camino del Rio South, Ste. 300
San Diego 92108
(619) 688-1784 (Valorie) ☎ Fax: (619) 688-9884
Mon - Thurs: 8 a.m. - 5 p.m.; Fri: 8 a.m. - 4 p.m.

San Diego Park and Recreation

Therapeutic Recreation Services

3325 Zoo Drive, San Diego 92101
(619) 525-8247 ☎ Fax: (619) 299-9304
Monday - Friday: 8:00 a.m. - 5:00 p.m.
Provides year round recreational experiences for
individuals with disabilities.

The Creative Arts Consortium

P. O. Box 3053, San Diego 92163
(619) 282-4627 or (858) 481-7069

Compeer San Diego

(858) 361-3632
Offering support, information, and friendship!
website: www.compeersandiego.org
e-mail: info@compeersandiego.org

DBSA-Depression Bipolar Support Alliance

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



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: _____ E-mail address: _____

Address: _____ Home Phone: _____

City/State/Zip: _____ Work Phone: _____

Cell Phone: _____

____ 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

Annual Supporting Donors

- Platinum—\$1,000 or more
- Gold—\$500-\$999 or more
- Silver—\$100-\$499
- Bronze—up thru \$99

To pay by Credit Card:

print name as it appears on card

_____ / _____

card number expiration date

____ Visa ____ MasterCard \$ _____

amount

signature

Please Mail To:

NAMI San Diego
 4480 30th Street
 San Diego, CA 92116

Or Fax To:

619.584.5568

All gifts are tax deductible as provided by law. NAMI is a not-for-profit 501(c)(3) organization.

Planned Giving!

Would you like to make a gift to NAMI and also have it work for you?

NAMI has a new volunteer, **Mike McNeill**, a chartered financial consultant with Prudential Financial. Mike can advise you about **Planned Giving** so that your gift is a win-win.

Please contact Mike at (858) 272-7997 or email at mike.mcneill@prudential.com.

The Advocate

Vol. XI, Issue 5, May 2007



4480 30th Street
San Diego, CA 92116

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Organization
U. S. Postage
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1st Thursday!!!

*"Conservatorship - The Who,
How, What, When, and Why"*

May, 3 2007, 6:30 p.m.

See page 1 for info

Return Service Requested

Important Note:

*The June Education and Advocacy Meeting Will NOT
be held at the usual site. Please see June
Newsletter or www.namisaniego.org or call our
Albright Information & Referral Center,
800.523.5933, for the New Location.*

NAMI WALKS FOR THE MIND OF AMERICA

Say Cheese!



Thanks to UBH/U.S. Behavioral Health, California for their sponsorship and these photos of NAMIWalks San Diego County, April 21, 2007. Do you have pictures to share? Please send them to us for future newsletters. Send your pictures to: ritanavarro@namisd.org

Save the Date



**The Honorable Stephen V. Manley
Superior Court of California, County of Santa Clara**

The Mental Health Court Model

May 3, 2007

**3:30 p.m. – 4:15 p.m.
1600 Pacific Highway
San Diego, CA 92101
Room 302/303**

**A joint presentation of the
County of San Diego Mental Health Board
and
Health Services Advisory Board**

(Immediately preceding the May 2007 Mental Health Board Regular Meeting)

Directions

Take 8 East.
Exit Severin/Fuerte
Cross over the freeway.
Turn right on frontage road
Murray Drive
Go 0.4 miles.
Turn left on Water
Go 0.1 miles
Turn right on Mildan
Go 0.1 miles
Park entrance on the right

Look for the large
white and blue
NAMI banner!



Nami San Diego
4480 30th Street
San Diego, CA 92116
www.namisandiego.org

Back by popular Demand
NAMI ANNUAL PICNIC
All Welcome!

SATURDAY JUNE 9TH
11.30 a.m.—2.30 p.m.

Harry Griffin Regional Park
La Mesa

HAMBURGERS, HOT DOGS
AND BEVERAGES
PROVIDED
PLEASE BRING A DISH TO SHARE

GAMES, RAFFLES, WALK RECOGNITION

TO REGISTER PLEASE CALL
JIM STAREK — 619-584-5564 (ext.115)

BY MONDAY JUNE 4TH

Contributions towards the lunch
much appreciated

Learning Together

A free event in Spanish on mental health

June 23 • 8:30 a.m. to 1:00 p.m.

Town and Country Resort & Convention Center
500 Hotel Circle North, San Diego



Come to enjoy a day of discussion,
informational resources, music, food, and more.

To participate, register before the day of the event.

Register by contacting:

Dahlia Fuentes at 619.563.2723 or dfuentes@ucsd.edu

...because we all need mental wellness

- Sponsors:** • University of California, San Diego, Division of Geriatric Psychiatry •
• County of San Diego Mental Health Services • Community Research Foundation •
• Family Health Centers of San Diego •





Aprendamos juntos

Un evento *gratuito*
sobre la salud mental

23 de junio • 8:30 a.m. a 1:00 p.m.
Town and Country Resort & Convention Center
500 Hotel Circle North, San Diego



Venga a compartir un día de charlas,
recursos de información, música, comida, y más.

Para participar debe registrarse antes del día del evento.

Para registrarse comuníquese con:
Dahlia Fuentes, 619.563.2723 o dfuentes@ucsd.edu

...porque todos queremos paz mental

Patrocinadores: • University of California, San Diego, Division of Geriatric Psychiatry •
• County of San Diego Mental Health Services • Community Research Foundation •
• Family Health Centers of San Diego •

