

The Alliance Advocate

NAMI San Diego--San Diego's Voice on Mental Illness
Formerly San Diego Alliance for the Mentally Ill

November 2000

Volume IV, Issue 11

What is the Relationship between Schizophrenia and Substance Abuse?

We asked Alan I. Green, M.D., Center Director of the Commonwealth Research Center and Associate Professor of Psychiatry at Harvard Medical School.

About 50% of people with schizophrenia also have a history of substance abuse or dependence, including alcoholism -- a rate three times higher than average. This common combination of problems is sometimes called dual diagnosis. Alcohol, marijuana, and cocaine (in that order) are the substances most commonly involved. Schizophrenic patients who abuse substances are more likely to relapse into psychosis, require hospitalization, neglect antipsychotic medications and other treatments, commit acts of violence, and kill themselves

Why do people with schizophrenia have such a high rate of substance abuse?

They may be trying to override the neurological side effects of antipsychotic drugs, which can make coordinated movements difficult. They may also be attempting to medicate themselves for their symptoms, especially the so-called negative symptoms, which include a lack of motivation and an inability to experience pleasure. There is some evidence that because of inadequate functioning in certain brain circuits, schizophrenic patients suffer from what may be called a reward deficiency syndrome. These circuits sometimes called the brain reward system, are responsible for the ability to get pleasure out of everyday life. The system uses the neurotransmitter dopamine, and its malfunctioning is apparently the cause of at least some schizophrenic symptoms, both positive (chiefly hallucinations and delusions) and negative. Alcohol, marijuana, and cocaine may facilitate dopamine transmission in these circuits, producing a short-lived sense of well-being. The price is a long-term deterioration in functioning and a generally poor outcome.

To cope with the problem of dual diagnosis, many

(Continued on page 4)

Education & Advocacy Meeting

Thursday, November 2, 2000
6:30 - 8:30 p.m.

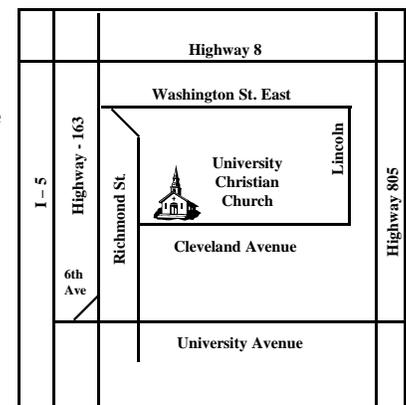
Speaker: Chuck Sosebee
NAMI San Diego, Coordinator of Consumer Outreach & Education
Topic: Living with Schizophrenia and Other Mental Illnesses

A presentation on how people with schizophrenia and other serious mental illnesses cope with the realities of their disorder while recovering and reclaiming productive lives with meaning and dignity.

The doors open at 6:30 p.m. with everyone sharing information and welcoming newcomers. At 7:00 p.m. there is a half-hour information session on NAMI San Diego activities, mental health services and related news. The featured program is from 7:30 to 8:30 p.m.

The monthly meeting is open to anyone interested in learning about mental illness. The meetings are held on the first Thursday of the month at the University Christian Church, Friendship Hall, 3900 Cleveland Avenue San Diego, California (see map)

Additional AMI meetings in the San Diego County area are listed on Page 5.



September & October-at-a-Glance

Bettie Reinhardt, Executive Director

Challenges and Opportunities for the 21st Century

NAMI California delivered a better-than-ever annual conference, September 8 and 9, at the San Francisco Airport Marriott. The meeting for affiliate leaders that was held prior to the full conference, on September 7, accounts – in my view – for the A+ marks.

Local presidents and other leaders were given a full financial report for our state organization. NAMI CA Executive Director, Grace McAndrews, reported that the income and expenses have grown from a few thousand in 1985 to over \$1,000,000 in 2000. Randall Hagar, NAMI CA Legislative Chair, presented an overview of the year's mental health bills and California's mental health budget. The NAMI CA Board has been hard at work on strategic planning. From that has come this vision statement: *NAMI California is the leading organization of individuals working with mutual respect to provide help, hope, and health for those affected by serious mental illness.* The Board will give priority to continued work on the strategic plan.

After a welcome by San Mateo County officials and Dr. Stephen Mayberg, Director, California Department of Mental Health, attendees were treated to the now-expected high quality plenary and workshop presentations.

Dr. Pablo Stewart spoke on assessing the needs of the entire patient. Dr. William Prey's topic was 'neurodynamics in women' and Dr. Stephen Potkin presented recent advances and future directions in the biology and treatment of schizophrenia.

On Saturday, Mary Moller spoke about the effects of trauma and abuse on recovery from psychosis. Dr. Suzanne Vogel-Scibilia kept everyone chuckling as she reflected on her own recovery. Dr. Peter Whybrow's topic was 'understanding emotion and disorders of mood.'

Audio tapes of Dr. Plotkin's, Dr. Prey's, Dr. Vogel-Scibilia's, and Mary Moller's presentations as well as Chuck and Kamela's workshop on Living with Schizophrenia & Other Mental Illnesses are available in the Albright Center library.

Once again, client and family member consumers had the opportunity to hear cutting edge information from knowledgeable mental health professionals who spoke to us as the team members we are.

Mental Health Activities Throughout the Year

Our newsletter has carried stories about the NAMI (national) conference held in June and the NAMI California conference held this year in September. These are annual events, we can count on their being available to us. Don't forget that there are other regular, annual opportunities throughout the year: Meeting of the Minds, a resource fair/conference, in October; Celebrate Mental Health!, events that include employers and the general public, in May; the San Diego County Psychiatric Hospital Auxiliary May and October luncheons; and The Mental

Health Recognition Dinner, in June. A new event is joining the schedule this year – a consumer conference in May.

Also, NAMI San Diego joins with other members of the Special Needs Trust Foundation to present information on Social Security and SSI and on special needs trusts every spring and fall. This winter brings a workshop on the new advance directives and a full day training in advocacy.

There is no excuse! One of these will fit into your calendar!

NAMI Open House, 2000

NAMI San Diego's Open House during Mental Illness Awareness Week has become another annual event you can look forward to. This year's fete celebrated the Albright Information & Referral Center's 15th anniversary.

Board Approves Bylaws Amendments

The Board approved the amendments suggested by the bylaws committee. The proposed amendments will be presented at the November general meeting and voted on at the December annual meeting. In other September action, the Board designated \$6500 to the Endowment fund, approved a budget for the Fun Walk/Resource Fair portion of Celebrate Mental Health!, agreed to sponsor a full day advocacy workshop in February, and authorized the Executive Director to pursue a purchase agreement with the County of San Diego to manage vendor payments for the Young Adult Supported Housing Program.

Board Approves Director Slate for Presentation to Membership

In October, the Board approved a nominating slate for presentation at the November general meeting. Further nominations may be made from the floor preceding the election at the December annual meeting. The Board also reviewed the independent auditor's report, worked to facilitate committee activities, and approved funds for a Family-to-Family teacher training.

Living with Schizophrenia and Other Mental Illnesses

Call Chuck Sosebee at (619) 275-7165 to schedule a presentation to your group.

Family to Family and Family and Caregiver Education on Schizophrenia Series

(Continued from page 2)

September & October At-a-Glance

Continued on page 4

The Alliance Advocate

NAMI San Diego is a nonprofit organization that provides self-help advocacy, education, services, and support for consumers, families, and friends of people with severe mental illnesses and is dedicated to eradication of those mental illnesses and to improvement of quality of life of those affected by these diseases.

NAMI San Diego is an affiliate of NAMI and NAMI California

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Executive Director

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Submission of articles must be received by the 15th of the month for consideration for publication in the following month's newsletter.

The opinions expressed in the newsletter do not necessarily reflect those of NAMI San Diego.

A Message From NAMI San Diego's President

Housing--Where can I live?

Our son recently moved back to San Diego so we've been looking at housing options for him. The high cost of housing in San Diego County makes finding a place really hard for everyone. When we add the extra concerns of someone with a serious mental illness it is almost impossible. The Albright Center has some information about housing. Often we need to find a place right away and can't spend the time, energy, or money on the search for a place.

Some of the questions we've had and that other consumers and families have shared with me are:

- Is it a safe place?
- Can I afford this?
- Could/should my family help out with paying for this?
- Do I qualify for HUD? How does it work? How do I apply? How long is the wait?
- Should I live with my parents, other family members, alone or with room-mates?
- Can I manage independently or do I need assistance or just someone to work with me and keep me informed?
- How can I find the right balance between freedom and safety?
- Is a board and care appropriate for me?
- Do I want a place that is furnished or use my own furniture?
- How will the different options effect any benefits I receive?
- How can I get my laundry done?
- Do I want the hassle of preparing meals or should I eat away from home?
- Should I disclose my illness to the manager or owners?
- Will the neighbors tolerate my "different" behaviors?
- Is the PERT active in the area?
- What kind of support would be close by?
- What kind of transportation is there and how far is it?
- Is there parking for my car? How about visitors?
- How close or far away from family do I want to be?
- Are there interesting activities near by?
- What kind of rules does the place have? Will I have a problem with any of them?
- Could I afford to buy a place?
- Would I want to be tied down to my own place long term?
- Am I stable enough to take on the responsibility?

Where a person lives is very personal and I think has a lot to do with one's ability to move on to a more satisfying life. It makes me very sad when I think about the lack of affordable housing options for people in our county. Let's all keep our eyes and ears open and if you find or know about a good place please let the folks at the Albright Center know.

Marjorie Joramo

President

Continued from page 1)

What is the Relationship between Schizophrenia and Substance Abuse?

Individual and group programs for the treatment of schizophrenia have been modified to include methods used in drug abuse treatment. But there is now also some evidence that a change in medications may help. The newer "atypical" antipsychotic drug clozapine seems to lower the rate of substance abuse; preliminary data that require confirmation suggest that this effect includes alcohol, cannabis, and cocaine use. As noted above, alcohol and other substances may offer relief from persistent negative symptoms or from the side effects of antipsychotic medications, especially their uncomfortable effects on body movements. Clozapine has little effect on body movements, and it apparently relieves some negative symptoms more effectively than older drugs do. But it may also have a more direct effect on substance abuse. It acts on many kinds of brain receptors, including those for the neurotransmitters norepinephrine and serotonin as well as dopamine. These complex actions may move brain reward circuits closer to normal functioning and thus reduce the presumed reward deficits that lead to substance abuse. Further study is needed to clarify this point and to determine whether other novel antipsychotic medications (such as risperidone, olanzapine and quetiapine) have similar effects.

If further studies confirm that clozapine or other new antipsychotic drugs are able to limit dual-diagnosis substance abuse, the overall outlook for patients with schizophrenia may dramatically improve. This could be especially important in the early stages of the illness. There is evidence that the outcome of schizophrenia is improved if psychotic symptoms (especially hallucinations and delusions) are treated and controlled as early as possible. But when substance abuse continues, patients are more likely to relapse into a psychotic state, and long-term deterioration may be more likely. Thus

Call the Albright Center to register for either of these courses. We need at least 20 people on the list to begin another Family to Family series and at least 30 people signed up to begin another Schizophrenia series.

Web Page

Don't forget to visit our web page www.namisandiego.org. You can click links to visit NAMI and NAMI California's pages.

To register your opinion on any of these issues, call Bettie Reinhardt at 294-9941 or write to P.O. Box 710761, San Diego, 92171 or fax to (619)543-1498 or email at exudir@namisandiego.org or contact any of the people mentioned in the article.

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The Book That Pays For Itself

Available at the Education & Advocacy meetings or reserve a book by calling Jan Karsh (619) 286-4142

the use of novel antipsychotic drug at an early stage offers special promise of improved long-run prospects for those with schizophrenia. This is now an active area of research.

(Source: The Harvard Mental Health Letter, Vol. 17, Number 4, October 2000)

Family-to-Family Education

The NAMI Family-to-Family Education Program is a 12-week course for families of individuals with severe brain disorders. The course is taught by trained family members. All course materials are furnished at no cost to the participants.

The Family-to-Family course topics include:

- Learning about feelings, learning about facts.
- Schizophrenia, major depression and mania.
- Subtypes of depression and bipolar disorder, panic disorder, and OCD.
- The biology of the brain/new research.
- Problem solving workshop.
- Medication review.
- Empathy workshop – what it's like to have a brain disorder.
- Communication skills workshop
- Self-care and relative groups.
- Rehabilitation, services available.
- Advocacy: fighting stigma.

The next class begins in January. Reserve your spot by signing up now. Call the Albright Center at (800) 523-5933 or (619) 543-1434.

**The first TEACHER TRAINING
to be held in San Diego County is
scheduled for
January 12 – January 14
at Mission San Luis Rey.**

The Teacher Training Weekend is too intense to be called fun and it is also too richly rewarding to just be called fun. The best part, however, is that it prepares the trainee to teach the Family-to-Family course and there is little else in life more mind-expanding and rewarding than teaching this course. The slots are limited so call Bettie Reinhardt at (619) 294-9941 for more information as soon as possible. Oh, by the way, lodging, meals, and training materials are free to the trainees.

Legislative Update

by Caroline Hamlin

Candidates Meeting:

On October 5, NAMI San Diego hosted a state candidates forum on mental health issues. Seven candidates participated in a lively discussion moderated by the League of Women Voters. Questions from the audience focused on :

- The criminalization of the mentally ill
- Homelessness
- Lack of adequate funding
- Involuntary outpatient treatment

Children's Health Act of 2000 HR4365:

HR4365 has passed both the Senate and the House and has gone to the President who is expected to sign it. This long and complicated bill has 36 legislative titles among which are a few of particular interest to NAMI.

It re-authorizes The Substance Abuse and Mental Health Services Administration programs (SAMHSA), authorizing programs on jail diversion, emergency mental health services (including mobile crisis teams), and suicide prevention and mental illness screening for at-risk children.

NAMI is especially pleased HR4365 contains new federal standards for the use of restraints and seclusion that we have long supported.

County Program for Mentally Ill Young Adults:

(This is a corrected version of an article printed under the same title in the September 2000 Advocate)

The county has received \$400,000 (not 1 million) in state aid to assist 30 young adults transitioning from foster care and children's mental health systems. The county will match funds over the next three years. Services which will be provided case management, employment assistance, housing, education, and mental health services. The hope is that the program will be a successful model that can be expanded in the future.

NARSAD Artworks

*Remember to send your order for holiday cards,
gifts and note cards.*

The catalog and order form were included in your September newsletter or call NAMI San Diego for an order form and catalog.

Your purchase of **NARSAD Artworks** products helps improve the lives of persons with brain disorders through local programs and research.

Letter to the Editor

NAMI San Diego received several complaints regarding comments by Councilwoman Christine Kehoe that were published in an article in the *San Diego Union Tribune* on September 20, 2000 regarding the San Diego Padres' announcement that work on the downtown ballpark will stop.

"I don't know if Larry's having a breakdown or what," said Councilwoman Christine Kehoe. "We are nowhere near OK'ing or agreeing to a work shutdown."

Councilwoman Kehoe's response to NAMI San Diego:

Dear ~~members of NAMI~~:

I want to clarify my statements regarding Mr. Larry Lucchino as reported in the *San Diego Union Tribune*.

Let me assure you that in no way did I mean to disparage, slight, or offend those who work in the area of mental health or receive mental health services. My intention was simply to highlight that some kind of lapse or miscommunication had taken place between the councilmembers and the Padres. I now see that it was not the best choice of words to describe the situation, and for that I apologize to you for any offense it could have engendered.

I have a high regard for the field of mental health and am aware of the long road it's taken to overcome the stigma associated with mental illness. I sincerely regret any problem this may have caused you and your organization.

Respectfully,

CHRISTINE KEHOE
Councilmember, City of San Diego

Summary of Changes to NAMI San Diego Bylaws

NAMI San Diego Board of Directors approved changes to the bylaws at the September 19, 2000 board meeting. The changes summarized below will be presented to the general membership for approval at the December 7, 2000 membership meeting.

General: Changed name from San Diego Alliance for the Mentally Ill to NAMI San Diego.

Confirmed that officers are elected by the Board of Directors.

Article II Added services (Provide self-help support Purpose groups, education, *services* . . .)
1.

Article VII Removed specificity about meetings.

Article VII Removed complex redundant wording

Article X Removed January 1 as the effective date that the new board is installed..

Added: New officers and directors terms shall begin and out-going officers and directors shall end at the annual meeting.

Article XV Strengthen committee structure.

Changed Fundraising Committee to Development Committee.
Duties will include development of funds and people (staff, volunteers, members and board).

Added Governance/Policy Committee to review bylaws annually and write or revise policies.

Remove requirement for committee chairs to be board members.

Made committees accountable in writing to the Board and require committee action to be approved by the board.

Copies of the revised bylaws will be available at the general membership meeting on November 2, 2000 and the NAMI San Diego office for review.

Nominations to NAMI San Diego 2001 Board of Directors

At the October 18, 2000 meeting of the Board of Directors, the following slate of nominees was approved to be placed in nomination at the meeting of the general membership (Education & Advocacy) meeting on November 2, 2000. The election will be held at the general membership meeting on December 7, 2000:

Paul Cummings - BS in business Administration & Accounting. 2000 Board member.

Paul DeMartini - Family Member. Business owner. Vice President since 1997.

Steven Davis, M.D. - Psychiatrist employed with State of California Department of Corrections. Board member since 1999.

Margaret England, Rev. - Family member. Deacon, St. David's Episcopal Church, San Diego. NAMI California FaithNet board member.

Karen Gurneck - BA in Sociology. Retired court investigator with Superior Court for LPS conservatorships. Board member since 1999.

Patti Jakobcic, LCSW - Family Member. 2000 Secretary. Division Manager MHS, UPAC.

Marjorie Joramo - BS, MLS. Family Member. 2000 president and former treasurer since 1997.

Ellie Kashi - MA in Psychology, BA in History. Formerly employed at Halsyon Crisis House and currently with San Diego County Case Management.

Hugh Pates, Ph.D. - Retired psychologists and SDPA board member. 2000 board member.

Dorothy Shelton, Esq. - Family member and practicing attorney. 2000 board member.

Mary Truman - Family member.

Carol Venable, Ph.D., CPA - Family Member. Currently employed at SDSU School of Accounting. 2000 Treasurer and board member since 1999.

Judy Wasik - Family member. MA in Psychology. Currently employed at NAS North Island as Systems Specialist. 2000 board member.

Stephanie Watson, MS in Rehabilitation Counseling, CRC (Certified Rehabilitation Counselor). Currently employed as Case Management Clinician for the County of San Diego.

Research Study CARE (Cognitive Assessment and Risk Evaluation)

The primary goal of the CARE program is to identify and assess adolescents and young adults who are experiencing changes in their thought, behavior or emotions that might put them at risk for developing psychosis. Early identification and intervention may help to delay or prevent the onset of a serious mental illness such as schizophrenia.

The early signs of schizophrenia may include many non-specific symptoms such as social isolation, loss of enjoyment of pleasure, and depression. Some people at risk for schizophrenia may experience changes in their perception of the world, hear voices, or develop a preoccupation with new or unusual beliefs. Because it is not always clear what these changes in behavior mean, it is of primary importance to the CARE program that we avoid stigmatizing or labeling the individual. With regular, careful assessment it will be possible to intervene early to help prevent the sometimes-devastating effects of a first psychotic episode.

What is Psychosis?

Psychosis is a group of symptoms that affect thoughts, behavior, and emotions. A psychotic episode is like being out of touch with reality. It can be very disruptive to a person's relationships, school, or work. It occurs in 3 out of every 100 people, most commonly in adolescents and young adults. Psychosis can be part of an illness like schizophrenia or manic-depression but may also be associated with other medical disorders or drug abuse. Early diagnosis and treatment of psychosis leads to better outcome and long term functioning.

Intake Criteria:

Participants must be between the ages of 14 and 30 years and have not previously been treated for a psychotic illness.

Low Grade Symptoms Group:

Changes in behavior, thoughts or emotions, such as:

- Hearing voices or seeing visions
- A change in perception of objects (things looking or sounding different) or misinterpretation of events (feeling slightly suspicious about others at times)
- Developing a preoccupation with new, unusual beliefs, or ideas about mind control
- Behavior that is odd or eccentric

Other Non-specific Symptoms:

- Loss of energy or motivation,
- Deterioration in school or work functioning
- Social withdrawal
- Isolation
- Reduced concentration, attention
- Depressed mood
- Sleep disturbances
- Anxiety or irritability
- Confused thinking

Family History Group

Individual who have a close family member with schizophrenia (parent or sibling)

AND

A recent deterioration in the ability to cope with life events and stressors (expressed as poor concentration, decrease motivation, withdrawal from family and friends, depression or anxiety).

FREE SERVICES

Services provided by CARE are free of charge.

Assessment: UCSD physicians who are expert in the study of psychotic disorders that affect adolescents and young adults staff the CARE program. All participants in the CARE program will receive a complete diagnostic evaluation and treatment recommendations.

Research: The CARE program is supported by a research grant from the National Institutes of Health. The primary goal of the research is to identify risk factors for the later development of schizophrenia. All participants will be evaluated on a monthly basis using clinical assessments, as well as non-invasive cognitive and physiological measures.

Education: The CARE program provides an educational program with an emphasis on both individuals and families.

Case Management: Social Services are available to all participants in the program to assess needs and to help with access to community resources.

Treatment: Psychological and medical treatment to target symptoms and enhance coping strategies are available to anyone in the CARE program who does not have a treating psychiatrist. Ultimately, we hope these treatments will not delay the onset of psychosis, but also prevents its development.

How to contact us:

(Continued on page 8)

Spaghetti Luncheon
Friday, November 10, 11:30 - 1:30
El Cajon Community Center
195 E. Douglas Avenue, El Cajon

Donation: \$10 per ticket

Door Prize: 19" color TV, free entry for door prize with each ticket donation (you do not need to be present to win)

Raffle Prizes: 7 for \$5; 30 for \$20

- Half-day spa package, Bellissima
- Certificate, La Provence Holiday
- Basket & tickets to East County Performing Arts Center
- Plus more . . .

(must be present to win raffle prizes)

*Proceeds benefit Volunteers of America
Elderly & Disabled Services--Mental
Health Programs*

*For tickets or information, call NAMI
San Diego at (619) 294-9941 or call
Denise Shannon at VOA
(619) 463-9275, ext. 234*

(Continued from page 7)

Research Study

Kristin Cadenhead, M.D., Department of Psychiatry, UCSD, is the Director and Principle Investigator of the CARE program. Dr. Cadenhead, or one of her associates, will be available to review potential intakes to the program on weekdays between 8:30 a.m. and 5:00 p.m. All calls will be returned within 24 hours on weekdays and 72 hours on weekends.

CARE

**140 Arbor Drive, 4th Floor
San Diego CA 92103**

Phone: (619) 725-3516

Fax: (619) 260-8437

Email: careprogram@hotmail.com

Happy Birthday, Albright Center

NAMI San Diego's Albright Information & Referral Center turned 15 this fall. Many of its founders were on hand at an Open House Friday, October 6, to lead the celebration.



Tim Hird, Chairman of the 1985 Information & Referral Center Task Force; other Task Force members Thelma Hayes, Jane Hird, and Jeannette Kiel; Vista Hill CEO Gregory Zinser; Helen Teisher, founding member of San Diego Alliance for the Mentally Ill and California Alliance for the Mentally Ill; Paul DeMartini, long-time Board member; and consumer activist *par excellence* James Albright were the featured speakers.

Tim Hird set the theme for the evening as he spoke to the great need for such a center and the vision and creative force of the late Robert Moore, M.D., Vista Hill Foundation. Dr. Moore galvanized Vista Hill into making an initial contribution of \$20,000 and then enticing other funders by matching their donations up to another \$5,000. Vista Hill also provided administrative support and acted as contractor (with County Mental Health Services for federal demonstration block grant money) for the first year.

Helen Teisher paid tribute to Elizabeth Hersch, the first Albright Center director, who developed procedures and activities for the Center that Helen shared with other NAMI affiliates all over the country. Helen refuses to swear to it but she thinks San Diego may have been the first affiliate to provide such an I&R center.

Special thanks go to Paul DeMartini for constructing the serving table, to Emy Alhambra, Caroline Hamlin, Judy Wasik, and Helen Bergen for the arrangements, and to the wonderful members who brought great food.

Visit NAMI San Diego Offices

1094 Cudahy Place, Suite 120, San Diego, CA 92110

Directions to the office and the Albright Information and Referral Center:

- 1 Going north on I-5 toward I-8, take the Morena Boulevard exit from the east bound I-8 ramp.
- 2 Going west on I-8 toward I-5, take the Morena Boulevard exit just before the I-5 exit.
- 3 Stay in the left lane of Morena Boulevard, which becomes West Morena Boulevard.
- 4 Turn left on Buenos Avenue. The three-story building called the Morena Office Center 1094 will immediately be on your left.
- 5 Going south on I-5 toward I-8, exit at Tecolote Road/Sea World. Go left on Tecolote Road and right on Morena Boulevard and right again at the first traffic light (Buenos Avenue). Cross West Morena Boulevard and the office building will immediately be on your left.

Schedule of Meetings

NAMI SAN DIEGO

University Christian Church
3900 Cleveland Ave., San Diego
Call (619) 543-1434 or 1-800-523-5933

First Thursday, November 2
6:45 p. m. - 8:30 p.m.

Speaker: Chuck Sosebee
NAMI San Diego, Coordinator,
Consumer Outreach & Education
Topic: Living with Schizophrenia
and Other Mental Illnesses

Third Thursday, 6:45 p.m.
Sharing and Caring

Morning Sharing and Caring:

Third Tuesday, 10:00 - 12:00 a.m.
Albright I & R Center, 1094 Cudahy
Place, Suite 120, Morena Office Center
(West Morena & Buenos Ave.)
(619) 294-9941 or (619) 543-1434

Sharp Mesa Vista Hospital Sharing and Caring

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

Sibling and Adult Children's Group

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

Clairemont Area Sharing and Caring

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

La Jolla Sharing & Caring

First Tuesday, 7:15 - 9:00 p.m.
La Jolla Presbyterian Church Lounge
7715 Draper Avenue, (858) 459-4905
(Entrance on Kline St.)

El Cajon (East County)

Second & Fourth Wednesday
6:30–8:00 p.m., 562 E. Main St., El
Cajon,
Call Donna Hawkins: (619) 401-5500
or Forough, Douraghi: (619) 401-5440

South Bay—Spanish

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

Filipino Family Support Group

UPAC,

1031 25th St., Broadway & 25th
For information on date and time
call (619) 235-4282

Alpine Special Treatment Center Sharing & Caring

For information on date/time/location
call (619) 445-2644, ext. 20

El Centro Sharing and Caring

Contact Dr. Ng's office for
date/time/location (760) 352-8171

NAMI NORTH INLAND **SAN DIEGO COUNTY**

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

Third Tuesday, 7:00 p.m.
Education Meeting
Bradley Center (Kinesis North)
474 W. Vermont Ave, Escondido
(760) 745-8381 or 1-800-523-5933

Third Tuesday, November 21
5:30 p.m. Dinner
7:00 Auction and Raffle

Auction proceeds go to make the Holiday
more meaningful for the special people we
are dedicated to helping.

Share & Care

First, Second, Fourth & Fifth Tuesday
4:00 - 5:30 p.m.
210 Park (Senior Center), Escondido
Call (760)745-8381

NAMI NORTH COASTAL **SAN DIEGO COUNTY**

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

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

Third Wednesday, 7:00 p.m.
Education Meeting followed by
Share & Care at 8:40 p.m.

Wednesday, November 15, 7:00 p.m.
Speaker: Nancy Specter, Attorney
Certified Specialist in Estate
Planning, Trust & Probate Law

Topic: Special Needs Trusts
Share & Care
Fourth Tuesday - 5:00-6:30 p.m..
North Coastal Mental Health Center
1701 Mission Avenue #A, Oceanside

(760)967-4475 or (760)722-3754

Share and Care

Second Thursday at 6:00 - 7:00 p.m.
Tri-City Medical Center, Mental Health
Unit, 4002 West Vista Way
Oceanside (760)940-5700

Pastoral Share & Care

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

PATTON AMI

c/o Patton State Hospital
3102 E. Highland Avenue
Patton, CA 92369
Fax: (714) 963-9961

Third Sunday, 11:45 a.m. - 1:15 p.m.
Administrative Meeting Room
3102 East Highland Avenue
Patton, CA (909)425-7392

NATIONAL DEPRESSIVE & **MANIC DEPRESSIVE** **ASSOCIATION**

Call (800) 826-3632
for meeting places and times.

Depressive and Manic **Depressive**

Support Group

Every Monday at the
VA Hospital La Jolla,
Room 2011 – 6:00 – 8:00 p.m.
(858) 535-4783
Toll Free: 1-800-274-3637

2001 MEMBERSHIP **RENEWAL**

Once again it is time to renew
your membership to NAMI San
Diego. Membership year is
based on the calendar year.
Membership dues received
during the period October 2000
through September 2001 will be
credited for the 2001 year.
Complete the 2001 Membership
application on page 12 and mail
to NAMI San Diego.

Client Corner

SCHOLARSHIP FUNDS AVAILABLE

Mental health clients may apply to NAMI San Diego for scholarship funds for course-related expenses such as tuition, fees, books, and supplies.

To apply, call the Albright Center at (619) 543-1434 and request an application.



Applications up to \$500.00 will be considered.

The scholarships are made possible by a donation made fifteen years ago and are limited to the income from the scholarship fund.

Living with Schizophrenia And Other Mental Illnesses

A recovery-education program presented by trained consumer presenters/facilitators to other consumers, families, friends and professionals.

It is for anyone who needs to know how people with schizophrenia and other serious mental illnesses cope with the realities of their disorder while recovering and reclaiming productive lives with meaning and dignity.

If you are interested in training as a presenter or attending a presentation, please call:



Chuck Sosebee
Coordinator of
Consumer Outreach & Education
(619) 275-7165

Email: EducNamiSD@cs.com

The Consumer Center for Health Education and Advocacy

If you need help getting mental health care services, please call or write us. We are ready to help you.
1475 Sixth Ave., 4th Floor
San Diego CA 92101
1-877-734-3258 Toll Free

The Meeting Place, Inc.

4034 Park Blvd., San Diego
(619) 294-9582
Open Tuesday - Saturday
10:00 a.m. - 4:00 p.m.

Corner Clubhouse

2852 University (at Utah)
San Diego (North Park) #7 Bus Line
(619) 683-7423
Open Monday - Friday
8:00 a.m. - 4:00 p.m.

Friend to Friend

1009 "G" Street
San Diego
(619) 238-2711
Open Monday - Friday
12:00 - 6:00 p.m.

Mariposa Clubhouse

560 Greenbrier, Suite .102, Oceanside
(760)439-6006
Open Monday - Friday
8:00 a.m. - 4:00 p.m.
Open Saturday & Sunday
for special events.

Friends

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

East Corner Clubhouse

562 East Main St., El Cajon
(between Mollison and Avocado)
(619)401-6902
Fax: (619)401-1751
Open Monday & Friday
8:00 a.m. - 4:00 p.m.
Tuesday & Thursday
8:00 a.m. - 12:00 noon
Wednesday - 8:00 a.m. - 6:00 p.m.
Saturday - 10:00 a.m. - 2:00 p.m.

Visions @ 5th and H

499 "H" Street, Chula Vista

(619) 420-8603
Open Mon., Wed., Fri., Sat. & Sun.
Noon - 7:00 p.m.

Employment Services

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

The Access Center of San Diego

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

The Creative Arts Consortium

P. O. Box 3053
San Diego, CA 92163-3053
Admin—Call Jane (858) 481-7069
Art—Call Michelle (619) 260-1288
Literature—Call Jim (619) 299-1753

Job Options

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

San Diego Parks and Recreation Disabled Services Program:

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

Patient Advocacy Program

5384 Linda Vista Road, Suite 304
(619) 543-9998 or 1-800-479-2233
Mon. - Fri.
8:00 a.m. - 5:00 p.m.

The Access & Crisis Line

1-800-479-3339

24-hours a day 7 days a week

- Professional counselors
- Multi-lingual capability
- Spanish speaking counselors

Volunteer of the Year

Paul DeMartini

Board Vice-President Paul DeMartini was named NAMI San Diego's Volunteer of the Year at the Mental Health Recognition Dinner on June 2, 2000. As the program stated, Paul is also "Legislative Chair, active on other committees, and a dedicated advocate for the best possible services and conditions for people with serious mental illnesses. He has maintained strong advocacy for over a decade and has provided a special and needed level of leadership."

The Alliance Advocate (TAA) interviewed Paul for this report:

TAA – When did you become involved with NAMI?

Paul – Actively, 12 or 13 years ago.

TAA – What activity was that?

Paul – Primarily the sibling group (Sibling and Adult Children Support Group)

TAA – You are on the Board of directors. How long have you been on the Board?

Paul – Since the early 90s, before the move from the Olive Street address.

TAA – What specific Board responsibilities have you had?

Paul – Legislative chair. I've always had a strong interest in legislation. Vice-president the last several years. Scholarship committee, I really enjoy doing that.

TAA – I know that you've taken on many other jobs. . .

Paul – Yes, especially Share and Care meetings and Education and Advocacy meetings.

TAA – All right, why? Why are you always so available and why do you work so hard in NAMI?

Paul – It's a life-long commitment when you're involved first-hand and you see the need to make a difference. Over the years, I've seen a greater and greater need for advocacy. My biggest evolution is seeing the value of education and how it helps people with what is going on in their lives and how it helps others understand. Mental illness is a life changing situation. Most people don't see the complexities and see the importance or want to see it.

My biggest revelation is that mental illness is an illness. I've only realized that in the last ten years. The first tendency is to think that the person should just take charge of his life. I was involved with NAMI awhile before I was able to step back and see the illness – to see mental illness as something inflicted on the person rather than something that the person inflicts on others. NAMI supplies a lot of positive energy and is a great leader. We've gained a lot of ground although it feels as if we're only gaining small steps.

**DON'T WAIT
TALK TO SOMEONE WHO
UNDERSTANDS**

**CALL ALBRIGHT CENTER
619.543.1434 or 800.523.5933**

People Die From Broken Promises

Each year, thousands of people die from mental illness. But with good treatments and services, most of these deaths could have been avoided. Getting treatment for mental illness is hard. Politicians make a lot of promises but people with mental illness need action . . . Good treatments and community services.

NAMI, the nation's voice on mental illness, is asking you to register to vote and to demand action, not promises.

People die from broken promises.

 **NAMI San Diego**
San Diego's Voice on Mental Illness
For information call 1-800-950-6264
www.nami.org
www.namicalifornia.org
www.namisacramento.org
www.namisandiego.org

The Alliance Advocate

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RETURN SERVICE REQUESTED

Inside This Issue:

*What is the Relationship between
Schizophrenia and Substance Abuse?*

September & October at-a-Glance

Legislative Update



2001 MEMBERSHIP APPLICATION

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

Name: _____

Street: _____ Home Phone # _____

City, State, Zip: _____ Work Phone # _____

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

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

- _____ Regular Membership – \$35.00 Check one: () New Member () Renewal
- _____ Professional Membership – \$75.00 (includes office display of NAMI brochures)
- _____ Consumer Membership – \$10.00 _____ Newsletter Subscription Only – \$15.00

ANNUAL SUSTAINING DONORS

- _____ Bronze Donor – up to \$99.00 _____ Benefactor – \$500.00 – \$999.00
- _____ Silver Donor – \$100.00 – \$249.00 _____ Patron – \$10,000.00 +
- _____ Gold Donor – \$500.00 – \$999.00 _____ I prefer my contribution to be anonymous

Check relation to client:

- _____ Parent of Adult
- _____ Parent of child (under 18)
- _____ Sibling
- _____ Spouse
- _____ Professional
- _____ Other _____

_____ Please send me volunteer information and application.