

# The Alliance Advocate

NAMI San Diego--San Diego's Voice on Mental Illness

Formerly San Diego Alliance for the Mentally Ill

November 2001

Volume V, Issue 11

## Next Month's Annual Membership Meeting

NAMI San Diego's Annual Meeting will be Thursday, December 5, 2001, at the University Christian Church. As the by-laws direct, the Board of Directors for 2002 will be elected at that time and any other necessary business will be conducted.

### AND

Members will enjoy a potluck supper with just a touch of the coming holidays. Please bring a large enough dish to share. Guests are very welcome! Call the Albright Center with any questions.

Thursday  
December 5, 2001  
**Dinner at 6 p.m.**  
Followed by Business Meeting  
and Speaker

### **NAMI San Diego Proposed Board of Directors Calendar Year 2002:**

Deborah Conklin  
Paul D. Cumming  
Margaret England  
Karen Gurneck  
Marjorie Joramo  
Hugh Pates, Ph.D.  
Dorothy Shelton, Esq.  
Mary Truman  
Carol Venable, CPA, Ph.D.  
Judy Wasik, M.A.  
Stephanie Watson, M.S.  
David Spierman  
Carolina Gonzalez-Garcia, LCSW  
Gracia Osuna  
Dixie Galapon, PhD

## Education & Advocacy Meeting

**6:30—8:30 p.m.**

**Our Speaker is Dr. Dan Kripke**

**Dr. Kripke is currently a full Professor in the Department of Psychiatry at the University of California, San Diego. He is world-renowned in the areas of sleep and circadian rhythms, and the use of bright light for treatment of non-seasonal depression. Well funded by grant awards, Dr. Kripke maintains a state-of-the-art sleep/isolation facility in the School of Medicine at the University of California, San Diego. Dr Kripke, will describe:**

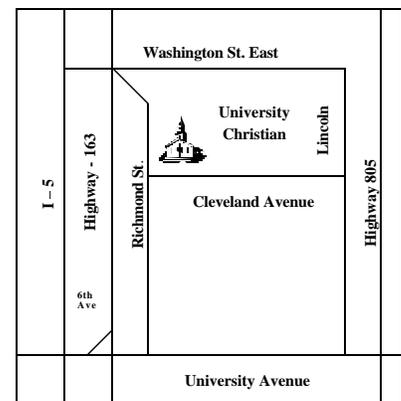
## Thursday November 1st, 2001

The schedule for the upcoming months' meetings:

**December:** Assistant Police Chief Bill Mahue, San Diego Police Department's liaison to the mental health community, plus NAMI-SD's Annual Meeting and a Pot Luck Dinner.

**January:** NAMI-SD's own "Living with Schizophrenia and other Mental Illnesses" program will start off the year!

**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 University Christian Church, Friendship Hall, 3900 Cleveland Avenue San Diego, California (see map)**



**Additional NAMI meetings in the San Diego County area are listed on Page 5**

**MONTH-AT-A-GLANCE** is taking a hiatus this month to make room for the following summary of NAMI services. If we were Nami, the restaurant on University, instead of NAMI San Diego, we might publish our MENU of Services as follows: **Bettie**

## **BILL OF FARE**

### **DAILY FARE**

Albright Information & Referral Center  
Peer support for families and clients via toll-free telephone line and walk-in visits, information about mental illness and treatment services, and referrals. Crucial.

Support Groups  
Monthly meetings at various locations and times for the families and friends of people with

### **BRIEF REPASTS**

Living with Schizophrenia & Other Mental Illnesses  
First-hand, consumer led, interactive presentation to consumer, family, professional, and other groups. Compelling.

Employers Education Project  
Panel presentation for employer/business groups, 'whys' and 'how-tos' of employing people with mental illnesses. About time.

Special Population Education  
For HIV and mental health workers because of significant correlation, to improve workers' knowledge and communication skills.  
Efficacious.

Speakers Bureau  
Information tailored to the public need.

### **MAIN COURSES**

Family-to-Family  
12-week series taught by trained family members for family members in small interactive groups, illness and treatment information as well as how-to workshops. Life-saving.

Schizophrenia: Education for Families and Caregivers  
6-week series taught by experienced clinicians using Dr. Chris Amenson's curriculum in lecture

### **FINANCIAL DESSERTS**

Project Payee  
Representative payee services for people with serious mental illnesses who need payee services but do not need case management. Reduces relapse

CARE Representative Payee  
Representative payee services for people that are HIV+ and need a payee for mental health reasons. Health Improving.

Other Representative Payee Services  
Connections program. Aging & Independence Services.

Emergency Financial/Housing Assistance  
Funds for people who are HIV+ (majority have mental health problems) and need emergency assistance. Prevents Homelessness.

Partial Assistance Rent Subsidy  
Temporary, shallow rent subsidy for people with AIDS. Facilitates Permanent Housing.

### **SEASONAL FARE**

Mental Illness Awareness Week  
Open house at Albright Center during October to recognize individuals or organizations that have led the way toward awareness and change. Fun.

Celebrate Mental Health!  
Fun Walk/Resource Fair during Mental Health Month to educate the general public about mental illnesses and the opportunity for improved mental health.

## Message From NAMI San Diego's President

It seems my life is a constant search for balance. Over the past few weeks I've been way over on the depressed end of my own continuum.

While attempting to pull myself back toward a better balance I itemized the issues that have been bothering me. Listed below from, global to individual, are some of my concerns:

- ? The instability of the world.
- ? The inequity of the division of the earth's wealth.
- ? The horrendousness of September 11th.
- ? The decadence of American Society.
- ? The entitlement attitude of many people.
- ? Loved ones making decisions that decrease their future quality of life.
- ? Loved ones who suffer from major mental illnesses and, therefore, face a much harder task than mine.
- ? Loved ones who do not share or respect my values.
- ? The quality of relationships with some of the people I love the most.

I've concluded most of my issues are completely outside my control. My next question is: What can I do to improve my own situation? As a Christian it is natural for me to turn to my faith for direction.

I've decided to spend less time watching news and with people whose behavior troubles me. I will spend more time praying (turning items over to God), studying the Bible, at worship, enjoying nature, and with people who care about and for me.

A specific practical thing I plan is to look for evidence of the gifts of the Holy Spirit in people with whom I interact. Some of these gifts are love, joy, peace, patience, kindness, goodness, faithfulness, and self-control. (These are from Gal. 5:22-23--other lists can be found in Rom. 12:6-8, I Cor. 12:8-10, and Eph. 4:11-13.)

I'd be interested to hear how you are dealing with these trying times.

Marjie Joramo

### A Home of Our Own: An Update

Moving day will be on or around March 1, 2002. The current tenants are expected to remain on site through February. The building committee has determined that any needed upgrading or reconfiguring can be done after the move-in date. If you haven't driven by yet, the address is 4476 - 4480 30<sup>th</sup> Street, midway between Adams Avenue

### TAKE OUT

#### Brochures

Small, easy-to-read booklets about each of the major mental illnesses. Entry level education.

#### Lending Library

Books, videos, audio tapes, journals about mental illnesses, coping, and treatment. Necessary education.

#### The Alliance Advocate

Monthly newsletter mailed to members, subscribers, and others on request. Organizational, local and national mental health news. A must read.

### DISHES UNDER CONSTRUCTION

#### Peer-to-Peer

9-week course taught by trained consumers for other consumers in small interactive groups, illness and treatment information as well as how-to workshops. Life-giving.

#### NAMI CARE

Monthly meetings at various locations and times for people with mental illnesses led by people with mental illnesses. Empowering.

Visions 10-week series taught by trained family members of children and adolescents with severe emotional disturbances or brain disorders for other family members or caregivers in small interactive groups, illness and treatment information as well as how-to workshops. Vital.

## 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**

### Board of Directors:

President - Marjorie Joramo  
Vice-President - Karen Gurneck  
Treasurer - Carol Venable, Ph.D.  
Secretary - Dorothy Shelton, Esq.

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Paul DeMartini  
Margaret England  
Hugh Pates, Ph.D.  
Mary Truman  
Judy Wasik, M.S.  
Stephanie Watson, M.S., C.R.C.

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exudir@namisandiego.org

### Education & Development Director

Sylvia Padilla

### Consumer Education & Outreach Coordinator

Chuck Sosebee

**The Alliance Advocate is a monthly publication of NAMI San Diego, 1094 Cudahy Place, Suite 120 San Diego, CA 92110-3932**

**Mailing Address:**

**P.O. Box 710761**

**San Diego, CA 92171-0761**

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**800 523-5933**

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**(619)543-1498**

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**Bettie Reinhardt and Pete Truman**

**E-mail: sdami@adnc.com**

**Fax: (619)294-9598**

## Legislative Update, September 2001

by Caroline Hamlin

### Passage of AB 1424,

The Assembly passed it, the Senate passed it, and the Governor signed it! AB 1424 is now the law. It will make involuntary commitment procedures more deliberate and just. The following is a quote from the bill:

"...the historical course of the person's mental disorder, as determined by available relevant information about the course of the person's mental disorder shall be considered when it has a direct bearing on the determination of whether the person is a danger to others, or to himself or herself, or is gravely disabled as a result of a mental disorder. The historical course shall include, but is not limited to, evidence presented by persons who have provided, or are providing mental health or related support services to the patient, the patient's medical records as presented to the court, including psychiatric records or evidence voluntarily presented by family members, the patient, or any other person designated by the patient."

"...Persons with mental illness are best served in a system of care that supports and acknowledges the role of the family, including parents, children, spouses, significant others, and the consumer-identified natural resource systems."

### HR 2716, the Homeless Veterans Assistance Act of 2001

This act, which would expand and enhance services for veterans with severe and persistent mental illnesses, was approved by the House Veterans' Affairs Committee on October 10.

It comes out of recognition that severe mental illness and co-occurring substance abuse problems contribute significantly to homelessness among veterans. Approximately 43% of homeless veterans have a diagnosis of severe mental illness and 69% have a substance abuse problem.

Here are a few of the key provisions of the bill:

????Requires the Department of Veterans Affairs to have mental health capability whenever it delivers primary care.

????Establishes as a major goal the elimination of chronic homelessness among veterans within ten years.

????Authorizes 2,000 additional HUD Section 8 low-income rental housing vouchers over four years for homeless veterans in need of permanent housing, giving priority to veterans who are enrolled in VA health care and are mentally ill or have a substance abuse disorder.

????Creates a VA-Department of Labor demonstration project to provide information, including referral and counselling services, to incarcerated veterans and veterans in long-term institutional confinement to assist their reintegration into the community.

Senator Barbara Boxer  
600 B St. San Diego, CA 92101  
Ph: (619) 239 - 5719  
e-mail: senator@boxer.senate.gov

Senator Diane Feinstein  
750 B St. San Diego, CA 92101  
Ph: (619) 231 - 9712  
e-mail: senator@feinstein.senate.

## Schedule of Meetings

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

**First Thursday, Nov 1**  
**6:30 - 8:30**

**Speaker: Dr Dan Kripke.**  
**Topic: Research on Bright Light**  
**Therapy to Alleviate Depression**

### **Evening NAMI Support Group**

Third Thursday, 6:45 p.m.  
University Christian Church, Room 104  
3900 Cleveland Ave., San Diego

### **Morning NAMI Support Group**

Third Tuesday, 10:00 - 12:00 a.m.  
University Christian Church, Chapel  
3900 Cleveland Ave., San Diego

### **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 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 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

**NAMI NORTH INLAND**  
**SAN DIEGO COUNTY**  
**P. O. Box 300386**  
**Escondido, CA 92030-0386**  
**(760) 745-8381**

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

**November 13th, At Kinesis**  
**Beginning at 5:30pm -Sharp!!!**  
**NAMI North Inland will hold their**  
**Annual Dinner and AUCTION**

**Join the fun as a variety of items are**  
**auctioned, including Trinkets,**  
**Treasures, Craft Items and some**  
**very special home made Baked**  
**Goods, Candy and Preserves.**  
**Proceeds will be used to make the**  
**HOLIDAYS more meaningful for**  
**those we are dedicated to help**

**If you have something to donate, or**  
**for further information please call**  
**(760) 745-8381**

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### **Share & Care**

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

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### **Alpine Special Treatment Center**

#### **NAMI Support Group**

Last Wednesday - 6:00 - 7:30 p.m.  
Community Room  
(619) 445-2644, ext. 20 or  
800-427-5817 (voice mail)

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### **El Centro Sharing and Caring**

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

**NAMI PATTON**  
**c/o Patton State Hospital**  
**3101 E. Highland Avenue**  
**Patton, CA 92639**  
**Fax: (714) 963-9961**

Third Sunday, 11:45 a.m. - 1:15 p.m.  
Administrative Meeting Room  
3101 East Highland Avenue  
Patton, CA (909)425-7000

**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.**  
**Third Wednesday, Nov. 21, 7:00 p.m.**  
**Speaker: Dr. Leslie Lenert**  
**Dr. Lenert is a doctor of internal**  
**medicine, and an Associate**  
**Professor at UCSD. Dr Lenert had a**  
**fellowship atn Stamford University in**  
**the field of Clinical Pharmacology.**

**Topic: "Family Members Best Proxy**  
**in Decision Making"**

### **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

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### **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.

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

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

**San Diego-La Jolla Chapter**  
**Sponsored by**  
**Dr. John Kelsoe, UCSD**

## 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



### 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  
TTY/TDD (619) 275-7164  
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 Monday - Saturday  
10:00 am. - 4:00 p.m. Monday to Friday  
11:00 am - 3:00 p.m. on Saturday

### 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 - Saturday  
10:00 a.m. - 6:00 p.m.  
A peer advocate is available  
Thursday, Friday (morning) and  
Saturday

### Mariposa Clubhouse

560 Greenbrier, Suite .102, Oceanside  
(760)439-6006  
Open Monday - Friday  
8:00 a.m. - 4:00 p.m.  
Open Saturday & Sunday  
10:00 a.m. - 2:00 p.m Brunch

### 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 :

Mon., Tue, Thur, Fri.: 8:00 a.m. - 2:00 p.m.

Wednesday 8:00 a.m. - 6:30 p.m.

Saturday - 10:00 a.m. - 2:00 p.m.

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

499 "H" Street, Chula Vista  
(619) 420-8603  
Open Mon., Wed., Fri., Sat.  
Noon - 7:00 p.m.  
Sun. -- Noon - 5:00 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) 589-2434  
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

## Disease Management

From Drug Benefit Trends®

Behavioral Health Matters: The Next 10 Years in Behavioral Health Service Delivery

Jay M. Pomerantz, MD

[Drug Benefit Trends 13(8):5bh-12bh, 2001. © 2001 Cliggott Publishing Co.,

Division of SCP/Cliggott Communications, Inc.]

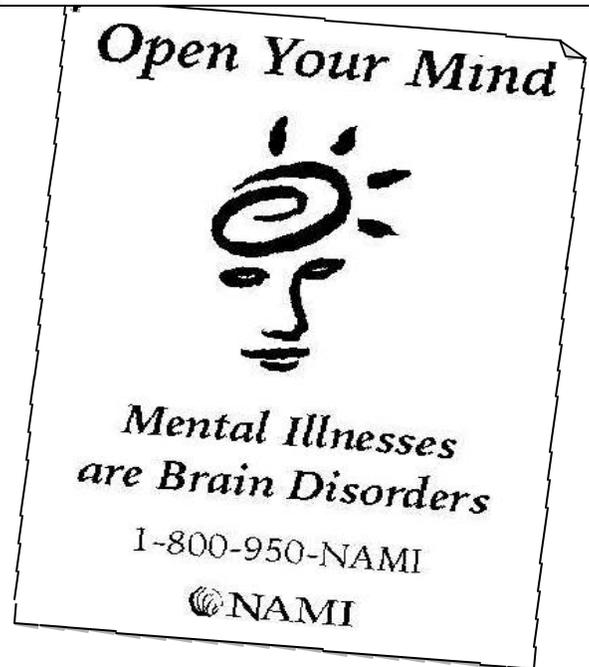
Part 1 of this article, which appeared in the September edition of *The Alliance Advocate*, focused on the past decade of behavioral health care. Managed care set the agenda, and its implementation dramatically changed the field. The author states that the next 10 years will be different. Managed care will not go away, but other ideas will prevail. Disease management (DM) is likely to be the dominant force for the next 10 years.

When DM arrives, managed care as we know it will change. Large behavioral health management companies will eventually be helpful to the behavioral health field by dramatically shifting the focus in the next decade. That prediction is based on the behavioral management companies' own self-interest. Now that only a handful of companies control the field and supply cost-containment for approximately 150 million covered lives, there is no way to grow within the behavioral health care arena.

DM introduces value received into the cost equation. That shift would move the companies and their networks of providers into a better alliance with patients than currently exists. Clinical outcomes for patients, such as lower depression scores on standard tests, higher percentages of patients who stay on maintenance medication, or decreased use of medical disability days, are relatively easily measured and could be reviewed at the time of contract negotiation. It would no longer be just a bid based on cost that would secure the behavioral benefit contract. The downward pressure on behavioral health expenditures may lessen as patient benefit becomes demonstrable.

DM will, of course, not only characterize the behavioral health area but dominate the rest of medicine. Accountability, uniformity, best practices, evidence-based care, and clinical guidelines are not just new words in medicine but harbingers of change. Already there are many examples of DM programs: diabetes, asthma, gastroesophageal reflux disease, and congestive heart failure, to name a few. It will not be long before the high prevalence of comorbid psychiatric disturbance (eg, 14% concurrent major depression in persons with diabetes) will be discovered in these disease-specific populations. Furthermore, because costs will continue to be a major issue, the fact that patients with behavioral health comorbidity are high-cost patients will result in intensive case findings and vigorous treatment initiatives. Insurers will discover the link between proper behavioral treatment

A study of adults receiving care for HIV shows that almost half of the nation's adult HIV patients suffered from symptoms of mental disorders. The RAND-led HIV Cost and Services Utilization Study appeared in the August 15 *Archives of General Psychiatry*.



## FUND RAISING COMMITTEE

The newly formed Fun(d) raising committee would like to introduce themselves: Co-chairs Deborah Conklin and Mary Truman, and members: Carol Venable, Stephanie Watkins, Marjorie Joramo and Hugh Pates, with guidance provided by Bettie R.



The committee is focused on planning the 3rd annual Fun Walk fundraiser/resource fair to take place late spring/early summer 2002.

Want to Help ?  
Call Mary at (858) 274-9806 or Deborah at (858) 454-4564.

## **Torch Bearer for Those Struggling with Mental Illness**

The Reverend Susan Gregg-Schroeder was among those introduced at an October 4th press conference in Balboa Park as a regional torchbearer for the 2002 Olympics. You may have heard of Susan. She has been Minister of Pastoral Care at San Diego First United Methodist Church for 13 years and is known as a member of the faith community that acknowledges her mental illness, major depression. She credits nurse Jean Wright-Elson, with whom she worked at the church, with providing much of the support she needed to "come out" and with being a role model. Jean will pass the torch to Susan next January because they have been named an "inspirational pair."

Susan's first book, "In the Shadow of God's Wings: Grace in the Midst of Depression," was published in 1997. Later the publisher issued a "Group Study Guide" to be used in educating congregations about mental illness. Susan says, "It is just as important to address the spiritual aspects of mental illness, as well as understanding medications and the importance of counseling and other support."

Susan and Jean have continued to speak out on mental illness in faith communities in a variety of ways. Susan says, "As I began to let go of the negative messages about myself and as I experienced forgiveness of myself and others, I gradually began to trust again. Jean became my 'surrogate mother' and a member of our family. She not only models love and acceptance, but she has taught me how to grow older with vitality, fun, and enthusiasm."

And so next January, Jean will pass the Olympic torch to Susan and Susan will pass it on to others. Again, quoting Susan, "People from all countries, political and religious ideologies will hopefully set aside their differences for a moment in time as the Olympic Flame is lit. The Olympic spirit goes far beyond tolerance of others. It is a celebration of our diversity and the unique light that shines within each person that connects us together as one people. Each of us can choose to carry the flame to let the light of compassion and love overcome the darkness of grief and fear. I have chosen to use my life to shine light on those struggling with mental illness. As Jean and I carry the Olympic torch, we will be doing our small part to move us all toward

## **Support Group for Spouses of People with Mental Illnesses**

The first spouse support group will be the first Thursday in November. The group is exclusively for spouses of individuals with mental illnesses. For more information, contact Marie at (760) 434 - 6884.

Thursday, November 1, 2001

6:30 p.m. to 8:30 p.m.

St. Michael's Episcopal Church  
Carlsbad

## **Two Grants Received**

The Employees SHARE Program of the City of San Diego has provided NAMI San Diego with \$2,000 for the Living with Schizophrenia & Other Mental Illnesses program.

San Diego Catholic Worker has provided NAMI San Diego with \$4,000 to establish the NAMI CARE program, support for consumers by consumers.

Thank you to two caring organizations and the wonderful people that comprise them

NAMI San Diego Is Not Selling  
ENTERTAINMENT Books This Year

## **Always wear a Silver Ribbon™**

To show you care about someone with a brain disorder!  
To help break down the barriers to treatment and support!  
To help eliminate the stigma against those who suffer!  
To show you believe there is HOPE through education and research!

Contact the NAMI San Diego office to buy your silver ribbon

## Open House Food Donors



Thanks to all who brought delicious food. It was great (but no we are not going to mention Patrick by name)

## Volunteers Needed. Make a Difference.



**Wanted:**  
**Individuals who want to  
make a difference.**  
**Training provided.**

**Call NAMI San Diego at  
(800) 523-5933**

### ALBRIGHT INFORMATION & REFERRAL CENTER

1094 Cudahy Place, Suite 120 San Diego, CA 92110-3932

Do you need information about mental illness?

Talk to someone who understands, Call the Albright I & R Center  
(619)543-1434 or 1-800-523-5933

We have a library of books and tapes available for you.

Attend NAMI San Diego meetings listed in this issue "Schedule of Meetings" and

### 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 I-5 exit.
- 4 Stay in the left lane of Morena Boulevard, which becomes West Morena Boulevard.
- 5 Turn left on Buenos Avenue. The three-story building called the Morena Office Center 1094 will immediately be on your left.
- 6 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

### Family-to-Family Schedule

January 9 – March 27, 2002

VA families at VA hospital

March 4 – May 20, 2002

Site to be announced

April 1 or 8 – June 24 or July 1,

2002 Health Services at

### I Am Not Sick, I Don't Need Help!!

This immensely popular and even more immensely useful little book is available by loan from the Albright Center or yours to keep for a contribution to NAMI San Diego of \$15.00

**NAMI-SD** is in the process of creating an **OUTREACH TEAM** comprised of volunteer consumers, family members, and community professionals. This team will assist the **NAMI-SD** office personnel with public relations and publicity in the office, as well as with annual and special community events.

If you have any questions or comments or would like to be part of the team, please call Sally Shepherd at **(619) 659-9160** or Diana Waugh at **(619) 466-2665**. We are excited about this project and look forward to working with you.

# The Alliance Advocate

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1094 Cudahy Place, Suite 120  
San Diego, CA 92110-3932

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## RETURN SERVICE

### *Inside This Issue:*

*NAMI San Diego's Menu*

*A Home of Our Own*

*Legislative Update*

*Calendar of Events & Meetings*

*Behavioral Health Service Prediction*



## NAMI San Diego

### 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  
\_\_\_\_ Open Door Membership \$3.00 (consumer, consumer family & friends in financial need)

#### ANNUAL SUSTAINING DONORS

- \_\_\_\_ Bronze Donor – up to \$99.00 \_\_\_\_\_ Benefactor – \$500.00 – \$999.00  
\_\_\_\_ Silver Donor – \$100.00–\$249.00 \_\_\_\_\_ Patron – \$1,000 +  
\_\_\_\_ Gold Donor – \$250.00–\$499.00 \_\_\_\_\_ I prefer my contribution to be anonymous

#### Check relation to client:

- \_\_\_\_ Parent of Adult  
\_\_\_\_ Parent of child (under 18)  
\_\_\_\_ Sibling  
\_\_\_\_ Spouse  
\_\_\_\_ Professional  
\_\_\_\_ Other \_\_\_\_\_  
\_\_\_\_ Self

\_\_\_\_ Please send me volunteer