



PRESIDENT'S MESSAGE

**Next Month's
Annual Membership Meeting**

NAMI San Diego's annual meeting will be Thursday, December 5, 2002 at the University Christian Church. As the by-laws direct, the Board of Director's for 2003 will be elected at that time and any other necessary business will be conducted.

AND

We will also have our potluck supper so please bring a large enough dish to share. Guests are welcome! Any questions call the Albright Center.

Thursday December 5, 2002

DINNER AT 6 P.M.

The Business Meeting
Will begin at 7PM and will be followed by our Speaker

NAMI San Diego
Proposed Board of Directors
Calendar Year 2003:

- David Charapp J.D.
- Deborah Conklin
- Allison Cook L.C.S.W.
- Paul Cumming
- Margaret England
- Karen Gurneck
- Beth Olin L.C.S.W.
- Karen Ross M.S.W.
- Sally Shepherd M.A.
- Judy Wasik M.A.

Leaving the board will be Mary Truman, Hugh Pates, Ph.D and Dixie Galapon, Ph.D. Thank you so much for your service.

(Continued on page 3)

Education & Advocacy Meeting

Thursday November 7th, 2002

**Social and New Visitors – 6:30 pm
Business and Advocacy – 7:00 pm
Program – 7:30 pm**

“Involuntary Treatment and Patient Rights”

With a focus on the California Welfare & Institutions Code § 5150, the knowledgeable and distinguished panel will explore the ins and outs and pros and cons of involuntary treatment and patients rights

- Jessica Pierson, University of San Diego Patient Advocacy Program
 - Jeff Elias, Supervising Attorney, Mental Health Unit, Public Defenders' Office
 - Beth Olin, Program Manager, Public Conservator

Bring your questions. This is the time to find out as much as you ever wanted to know about these subjects.

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 Ave San Diego, California **(see map on page 4)**

Reserve time next month for the December 5 Annual Meeting and Pot Luck. Different time !! 6 PM. Come prepared to vote and eat.

Special speaker will be Clark Smith, M.D., with new information about the interrelationship of the brain and the rest of the body.

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

October at-a-Glance

Bettie Reinhardt, Executive Director

Aptly Named

Some months go by so fast that "a glance" seems to be overstating things. October was here and gone in a blink. Maybe it was the activities we participated in. Or maybe it was the planning for many more activities.

Candidates' Social

We participated in NAMI National's grassroots "I Vote, I Count" education campaign consisting of candidate questionnaires and forums leading into Election Day 2002, followed by meetings with elected officials before the 2003 legislative sessions and extending into the 2004 election cycle. (Did you know that we were the only NAMI organization that is not a state-wide organization to receive an "I Vote, I Count" grant?) Before all is said and done, we will have followed up the "social" with visits to the offices of all the winners of the State Assembly and Senate races.

The hand-raising poll at the end of the "social" evening indicated that the new format – candidates for each race at a table with voters from that district so they could dialogue – was successful. Voters felt that the candidates heard their concerns and candidates felt they learned a lot about mental illness issues.

Campaign for Best Practices

Please keep those signature sheets coming in!

Law Enforcement and Mental Health Community Forum Planned

Law enforcement representatives from around the county will be available on Thursday, December 5, 10 a.m., Coronado Room, 3851 Rosecrans, to answer your questions. Save the date!

Family-to-Family Coordinator

Mary Lou Erwin has volunteered to coordinate the Family-to-Family program. She immediately scheduled a meeting with all of the leaders for October 30. Look for great news in the next newsletter.

2nd Annual Client Recognition Lunch

How great to see our own Kathy Lutes be recognized for her contributions and leadership in the Peer-to-Peer Program, Diana Waugh for her work in the In Our Own Voice program, and Sally Shepherd for her leadership in NAMI Outreach.

Helen Teisher Quilt

Ticket stubs and donations are coming in. It's a good thing because those nights are getting colder and December 7 – the night of the drawing – is getting closer!!

Mental Health Board (Attention: Date Change for November and December!!!!!!)

The November and December meetings will be combined on Wednesday, December 4, 6 p.m. – 8 p.m., Coronado Room, Health Services Complex, 3851 Rosecrans Street, San Diego. Location may change. Call 619 563-2709 to confirm.

Classes

Call the Albright Center, 619.543.1434, and put your name on the call list for a future version of one of the classes listed in the menu.

To register your opinion on any of these issues, call Bettie Reinhardt at 619.584.5564 or write to P.O. Box 710761, San Diego, 92171 or fax to 619.584-5569 or email at exudir@namisandiego.org or contact any of the people mentioned in the article.

Freedom Commission on Mental Health West Coast Hearing

President Bush's Freedom Commission on Mental Health is going to have a public session in Portland, Oregon on Tuesday, November 26th. If you are interested in addressing the Commission about specific issues, concerns, and/or suggestions, please contact Warren Karmol, Regional Director, Region V, ASAP. His e-mail address is wkarmol@NAMI.org.

NAMI does not have any funds, nor does the Commission, to cover expenses. However, if you are close or will be in the area, it is a great opportunity to "have input".

WISH LIST

We have volunteers to tend our landscaping, and now we have tools. Last month we thanked Kay Lanz who gave us a pair of clippers and a screwdriver. This month our thanks go to the Levens, Rachel, Kelly and Jerry for making our wishes come true with a garden hose and garden tools.

We still need an addition to our plantings. Our one and only tree did not green up this spring. It is clearly moribund and needs to be replaced. If you would like to make a donation that will grow and thrive each year along with our organization and will bear your name, a tree by our entrance is the answer.

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

The Alliance Advocate

NAMI San Diego, a nonprofit organization, provides education, support services, and advocacy to improve the quality of life of everyone affected by mental illness..

NAMI San Diego is an affiliate of
NAMI and NAMI California

Board of Directors:

President - Karen Gurneck
Vice-President - Judy Wasik
Treasurer - Carol Venable, Ph.D.
Secretary - Margaret England.

Directors at Large

David Charapp
Deborah Conklin
Paul Cumming
Dixie Galapon, Ph.D.
Carolina Gonzalez-Garcia
Hugh Pates, Ph.D.
Sally Shepherd
David Spierman
Mary Truman

Medical Advisory Board

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

Executive Director

Bettie Reinhardt
exudir@namisandiego.org

The Alliance Advocate is a monthly publication of NAMI San Diego,
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San Diego, CA 92116

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The Alliance Advocate Editors:

Bettie Reinhardt and Pete Truman

E-mail: namisd@sbcglobal.net

And trumana@worldnet.att.net

Fax: (619) 584-5569

Articles received by the 15th will be considered for publication in the following month's newsletter.

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

To register your opinion, call Bettie Reinhardt at 619 584-5564 or write to P.O. Box 710761, San Diego, 92171 or fax to (619)584-5569 or email at exudir@namisandiego.org or contact any of the people mentioned in the articles.

PRESIDENT'S MESSAGE

(Continued from page 1)

The proposed Board of Directors is selected by a nominating committee. The floor will be open to nominations at our general meeting. The board will consist of a majority of family members and consumers. At the board meeting after the annual meeting four officers will be elected by the board. The board is responsible for the oversight of the organization and meets 10 times a year.

Our medical advisory board continues to be helpful and active with the organization.

They are; Neal Swerdlow M.D., Ph.D. Alan Abrams M.D., J.D.
Kristin Cadenhead M.D. Gabrielle Cerda M.D. Dan Sewell M.D.



FOUNTAIN HOUSE, New York (www.fountainhouse.org)



In 1948, a handful of men and women with major mental illnesses started a quiet revolution – in their own lives, as well as in the entire field of mental health care. Their idea was to join together, rather than to retreat in isolation, and to support one another in finding work and adjusting to life beyond hospital walls. This was the beginning of Fountain House Clubhouse and WANA (**we are not alone**).

Open 365 days a year, Fountain House offers a wide range of housing, educational employment and social service programs that facilitate recovery and rehabilitation. For some Fountain House members, recovery means living and working independently. For other members, significant support may be needed for years.

Today, Fountain House owns five buildings on West 47th Street: the original building, the current Clubhouse, a Center for Education and Research, and two residences. In addition to four other residences around the City, Fountain House also owns High Point Farm, a 480-acre property (including a working farm) in northern New Jersey that is used as an extension of the Clubhouse concept, but in a rural setting.

Every Fountain House program and activity includes members functioning as equal partners with staff.

How did this happen: Fountain House Clubhouse was founded with the support of Elizabeth Schermerhorn and Hetty Richard, both of whom worked as volunteers in state mental hospitals during World War II. These two women were among the first people to recognize the enormous value and potential of WANA. Inspired by its mission, the two decided to locate a permanent building to house the group – the small brownstone on W. 47th!

While case management is certainly a part of Fountain House's activities, the principal purpose of the Clubhouse is that of a center for work, education and entertainment activities organized and administered with the help of the members.

A small fountain in the backyard – a symbol of hope and renewal – gave Fountain House its name.

HOPE AND RENEWAL



OUTREACH

We continue to find more and more opportunities to speak about mental illness in the community. Thanks to Diana Waugh and Eric Corey for sharing their stories with the media – their efforts resulted in press and TV coverage. Look for Eric’s interview with Carol Lebeau on Channel 10 on November 6th,

In an effort to maximize our ability to give out accurate information about mental illness, we are exploring ways to produce our own printed materials. Our first projects include a revised NAMI San Diego brochure, an updated version of “An Illness like any other”, and a series of double-sided fact sheets. Input from anyone with expertise in printer-compatible software like “Frontpage” would be very welcome!

We are also on the lookout for a 13-inch TV/VCR that we could use to play a continuous feed version of “In Our Own Voice”. Our current machine is really too big to transport easily.

After attending San Diego County’s first conference on Aging and Mental Illness, we were very pleased to be invited to participate in the creation of a new, county-wide, Consortium on Aging and Mental Illness”. Members of the consortium will include representatives from all agencies and care providers who deal with the elderly.

Brian Shepherd

Legislative Update

November, 2002

By Caroline Hamlin

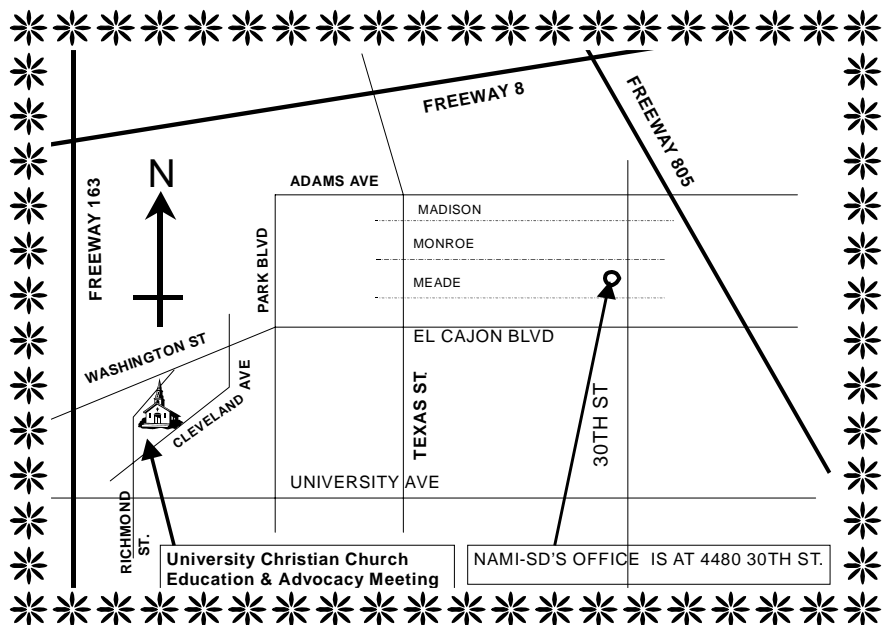
AB 1421

AB 1421, the Assisted Outpatient Demonstration Project, was signed by the Governor and is now law in California. But who will implement this law? The program would operate only in those counties who choose to provide the services and, of course, have the money to do so. The bill did not include funding for implementation. Here are some excerpts from the bill:

“In any county in which services are available as provided in Section 5348, a court may order a person who is the subject of a petition filed pursuant to this section to obtain assisted outpatient treatment if the court finds, by clear and convincing evidence, that the stated in the verified petitionare true and establish that all of the requisite criteria set forth in this section are met.”

The criteria for court ordered outpatient treatment includes not only that the person is dangerous or gravely disabled, but that the person has been offered treatment and refuses, or that the person has within the last 36 months required hospitalization at least twice or has been incarcerated, the person’s condition is substantially deteriorating, and that it is likely that the person will benefit from outpatient treat-

Don't forget to send in your NARSAD Artworks holiday card order.



Bill of Fare

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.

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.

Schizophrenia: Education for Families and Caregivers

6-week series taught by experienced clinicians using Dr. Chris Amenson's curriculum in lecture format. Presented in cooperation with County Mental Health Services. Eye-opening.

DAILY FARE

Albright Information & Referral Center

Peer support for individuals and their families 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 mental illnesses. Sustaining.

NAMI C.A.R.E.

Support groups for people living with mental illnesses (consumers), led by consumers. Recovery-oriented.

BRIEF REPASTS

In Our Own Voice: Living with Mental Illnesses

First hand, consumer led, interactive presentation to consumer, family, professional, and other groups. Compelling.

Speakers Bureau

Information tailored to the public need. Presentations to groups of all stripes, and the media, about mental illnesses and the opportunity for recovery. Stigma-busting.

Outreach

Traveling displays for fairs and conferences. Educational.

SEASONAL FARE

Strides for Mental Health: Celebrating Healthy Minds And Bodies

Fun Walk/Resource Fair kicking off "May is Mental Health Month" to educate the general public about mental illnesses and to celebrate the increased opportunities for improved mental health. Exhilarating.

Back by Popular Demand, a list of NAMI San Diego services . . .
If we were Nami, the restaurant on University, instead of NAMI San Diego, we would publish a menu stating what we have cooked up for our patrons.
Our menu would look like this:

TAKE OUT

Brochures and Fact Sheets

Small, easy-to-read booklets and fact sheets about each of the major mental illnesses as well as special topics such as Early Childhood Bipolar Disorder and HIV & Mental Illness. Entry level education.

Lending Library

Books, videos, audio tapes, journals about mental illnesses and 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.

"I'm Not Sick, I Don't Need Help"

A must-have book for many. Donation requested to cover our costs. Handy.

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.

Schedule of Meetings

NAMI SAN DIEGO

See Page 3 for NAMI-SD's address

NAMI-SD's Education and Advocacy meeting takes place the First Thursday of each month at University Christian Church, 3900 Cleveland Ave., San Diego
See page 1 for information about this month's program.

Evening NAMI-SD Support Group

Third Thursday, 6:45 p.m.
Note New site, 4480 30th Street

Morning NAMI-SD Support Group

Third Tuesday, 10:00 - 12:00 a.m.
Note New site, 4480 30th Street

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) 457-5057
(Entrance on Kline St.)

El Cajon (East County)

Second Wednesday, 6:30–8:00 p.m.
562 E. Main St., El Cajon,
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

La Mesa

Third Thursday, 6:30—8:00 pm
San Carlos Library, 7265 Jackson Drive
Contact Ruth Coleman, 619 469-5232

NAMI PATTON

c/o Patton State Hospital
3101 E. Highland Avenue
Patton, CA 92639
Fax:(714) 963-9961 Tel(909)425-7000
Third Sunday, 11:45 a.m. - 1:15 p.m.
Administrative Meeting Room Patton,
CA (909)425-7000

NAMI NORTH INLAND SAN DIEGO COUNTY

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

Second Tuesday each month,
7:00 pm. Education Meeting
Note the November Education meeting
is replaced by the Auction and Dinner
described below.

Bradley Center (Kinesis North)
474 W. Vermont Ave, Escondido
(760) 745-8381 or 1-800-523-5933

Tuesday November 12th ANNUAL DINNER & AUCTION Special Time ! Begins 5:30 pm.. Sharp !

Come join the fun as we auction off a
variety of items including Christmas
and various crafts, donated items, and
some very special homemade baked
goods, candy and preserves, plus
other "trinkets" and "treasures". The
proceeds go to making 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

Monday Share and Care Meeting

Every Monday Except the 2nd Monday
of each month. Starting at 6:30 p.m.
Palomar Pomerado Behavioral Health
Building, 1540 East Valley Parkway,
Escondido. **Call (760) 745-8381 for fur-**
ther information

Tuesday Share & Care Meeting

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

Wednesday Share and Care

Weekly Meeting, Wednesday morning
at 10:30 a.m.
Palomar Family Counseling Building,
120 West Hawthorne Street

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

For Thursday November 21st. Dr Kara Kornatr will discuss: "Opportunities for Mentally Ill College Students".

Dr Kornatr is a Psychologist and a Learning
Disabled Specialist at Cal State San Marcos

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.

TARA Borderline Personality Disorder Support Group

1st Tuesday monthly
Carlsbad Community Church
3175 Harding Street, Carlsbad CA 92008
760-729-2331

Schizophrenics in Transition-AMI

Board Meeting
3rd Wednesday at Noon
144 Copper Avenue, Vista 92083
760.941.2153

USEFUL TELEPHONE NUMBERS

When someone is in danger or for PERT Call 911

For help with a crisis/No-one in danger:

- ◆ Access & Crisis Line (800) 479-3339 or (619) 641 6890
- ◆ Heartbeat (Children) (619) 615-7676
- ◆ Medical Doctor (800) 640-1662 or (858) 565-8888
- ◆ Psychiatric Referral service (858) 656-8161
- ◆ Board and Care Availability Hot Line , (800 814-5002)

Consumer Corner

IN OUR OWN VOICE

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:

Kamala Castle
At 619 584-5568

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

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.

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

Employment Services

1202 Morena Blvd., Suite 201

San Diego, (619) 276-8071

Visions @ 5th 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.

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 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

Scholarship Funds

Call the Allbright Center for information about scholarship funds.

(619) 584-5564

Friends

144 Copper Ave. Vista

(760) 941-2153

Open Saturdays

1:00-4:00 p.m.

NAMI c.a.r.e Group

Consumer Support Group

Consumer -lead

All Consumers welcome

1st Tuesday of Month, 6pm—7pm.

NAMI San Diego Meeting room

4480 30th Street, San Diego

Peer-to-Peer

WOULD YOU

- ◆ Like to learn more about your mental illness?
- ◆ Benefit by being around others that know what it's like living with a mental illness?
- ◆ Be interested in developing a Relapse Prevention Plan?

If so, please join us for Peer-to-Peer, a nine-week structured course that will help you in your quest to live well with mental illness. You will learn about self-advocacy and, at the same time, create a special bond with others in the course.

To sign up, call the Albright Center, 619.543.1434.

Remember, seating is limited.

Was: National Depressive & Manic Depressive Association (DMDA) Support Groups Is: Depressive Bipolar Support Alliance (DBSA) Support Groups

Resources for those suffering from depression, bipolar disorder, or other mental illness.

DBSA El Cajon, Thursday nights, 5:30 – 7:30 pm

El Cajon Library, Community Room

201 E. Douglas Street, El Cajon

For more information, 619.393.3568

http://groups.yahoo.com/group/DMDA_El_Cajon/

DBSA La Jolla, Mondays night, 6:00 – 8:00 pm

VA Hospital, Room 2011 (2nd Floor)

For information, 888.274.3637 or 858.535.4793

[http://hometown.aol.com/lajolladmda/](http://hometown.aol.com/lajolladmda/myhomepage/profile.html)

[myhomepage/profile.html](http://hometown.aol.com/lajolladmda/myhomepage/profile.html)

DBSA

800.826.3632 or <http://www.ndmda.org>

DBSA Rancho Bernardo,

Tuesdays and Thursdays, 6:00 – 8:00 pm

Aurora Psychiatric Hospital

For more information, 858.487.3200

DBSA La Mesa, Tuesdays 6:00 – 7:00pm

Alvarado Parkway Institute (API)

For more information, 619.465.4411

Entry Door Remodel Project to Honor Family-to-Family Program

Recent Family-to-Family graduates Rachel and Jerry Levens have organized a much-needed project to remodel the main corner double-door entry at the new NAMI San Diego office on 30th Street. The current corner entrance is blocked off, unusable, and not ADA compliant. It also has NO signage or security. The estimated cost of the improvements is approximately \$5,000 and includes the following:

- Removal of existing/unusable doors;
- Installation of new ADA (Americans with Disabilities Act) compliant double doors with tinted glass, security protection, and appropriate signage;
- Exterior and interior re-framing and re-finishing of entryway;
- Plaque honoring all Family-to-Family Leaders and Classes; and
- Reception celebrating completion of project and donors.

Any donated funds remaining after completion of the new entry will be used for other customer-oriented physical improvements at the NAMI San Diego office or to purchase Family-to-Family resource materials for the lending library. All contributions are tax deductible.

The entrance will be named a "Gateway to Wellness" in honor of the Family-to-Family Program. So far, we have collected over 20% of the amount necessary to begin construction. We would like to thank the following people for their donations:

Martha & Lewis Altus-Buller	Mary & William Balin
Kathleen & Thomas Callan	Christine Carlin
Elizabeth & Don Holcomb	Mary Lou & Frank Erwin
Joyce & Michael Hatch	Ruth Coleman
Marjie & Arden Joramo	Jan & Dan Karsh
Rachel & Jerry Levens	Carol & Al Meier
Jean & Carlos Richardson	Sue Moss
Alice & George Pilgrim	Mary & Jack Miesner

Additional contributions from \$5.00 to \$500.00 are needed to help us reach our goal to renovate the entry area and honor the Family-to-Family program. If you would like to help Jerry & Rachel make this dream a reality, make your checks payable to: NAMI San Diego and mark it for "Entry Remodel Project". Mail to NAMI San Diego, P.O. Box 710761, San Diego, CA 92171-0761.

If you would like to help with "in kind" labor or material contributions, call the Levens family at 619.466.0070, e-mail them at Levens1@aol.com or leave a message to volunteer for the "Entry Remodel – A Gateway to Wellness" project at the NAMI San Diego office, 619.584.5564.

DIRECTOR'S REPORT

Adult and Older Adult Mental Health Services Updates

Budget cuts: Mark Refovich shared Walt Ekard's summary of mental health cuts for San Diego County – a result of the State budget signed on September 5, 2002:

- Cuts for Medical Early Periodic Screening Diagnosis and Treatment
- Reduction in Children's System of Care
- Reduction in Integrated Services for Homeless Adults Programs (AB2034)

The Quality Improvement Unit is revising the Mental Health Plan for implementation of Phase II Consolidation of Medi-Cal Specialty Mental Health Services based on recommendations made by the State in the FY 2001-2002 annual review. We look forward to the Annual Evaluation of the Quality Improvement Work Plan soon.

The first Youth Mental Health Resource Fair was held at Sea World on September 12. There were over 187 participants. It is slated to become an annual event!

Housing: The Mental Health Board Housing Committee and Tony Potter, the Housing and Transportation Coordinator, conducted a presentation for **San Diego NAMI's September Education meeting**. (Editor's note: THIS WAS A GREAT PRESENTATION!)

The First Annual San Diego County Supportive Housing Conference is being held October 25th at The Wyndham Emerald Plaza Hotel, downtown. Special Guest: Assemblyman Darrell Steinberg. Workshops will be held in the afternoon.

The Older Adult Mental Health Conference was held on October 8th.

San D/MAP will start up SOON!!! This is San Diego's version of the Texas Medication Algorithm Project (TMAP). The Schizophrenia Algorithm will be piloted in two of the five County-run clinics: North Central and Southeast.

County's 5150 Policy (involuntary admission) will be re-designed by a broad-based focus group representing the County, UCSD, PERT, client advocate programs, clients, families and others. The next meeting is scheduled for November 1. The target date for implementation is **June 2003**.

Standing Monthly Meetings (confirm at 619 563-2709)

Client meeting with Mark takes place on the 1st Friday of the month, 1:00 pm. - usually at the Rosecrans location (Harbor Room)

Mental Health Board Meetings
see "Month at a Glance" on page 2.

The Alliance Advocate

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NAMI San Diego

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NAMI San Diego

2003 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 – \$40.00 Check one: () New Member () Renewal
- _____ Professional Membership – \$75.00 (includes office display of NAMI brochures)
- _____ Consumer Membership – \$10.00 _____ Newsletter Subscription Only – \$15.00
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- _____ Bronze Donor – up to \$99.00 _____ Benefactor – \$500.00 – \$999.00
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Check relation to client:

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

_____ Please send me volunteer information and application.