

A Big Night Out with NAMI San Diego

By Patrick Cremeens, staff member

NAMI San Diego hit another high point on October 7, 2004. That evening was the annual fundraising dinner, celebrating the inroads our organization has been making into the diverse cultures of San Diego. The location was Tom Ham's Light-house on Harbor Island, and the attendees were volunteers, consumers, family members, event sponsors, Board members, staff and other supporters of our mission. The social hour and entertainment began at 6:00 pm, followed by a very nice dinner and a program of presentations and speakers. A silent auction was facilitated through the gifts of many generous donors.

The entire event went over the top, thanks to the following sponsors: Adventist Health/Paradise Valley Hospital; David Charapp, JD; Dr. Alan Abrams & Family; Scripps Mercy Behavioral Health; Sharp Healthcare/Grossmont; and Sharp Healthcare/Mesa Vista. In addition, Board President Karen Gurneck reminded us that there were many individuals involved in the success of the evening, and that a big "Thanks and job well done" goes to Mary Wilson and Tony Alkire, Board members who co-chaired this event.

We staff members were very impressed (and pleased to be able to sit back and relax!). It was interesting for us to hear more about past and future outreach, education and support activities, and to see recipients receiving special awards. The "family" feeling that NAMI San Diego fosters was present throughout the evening, which seems to be an underlying theme at all of our events, large or small. If you were there that night, you know what a fine job everyone did. If you weren't there, why not promise yourself that you will join us at next year's dinner?

NAMI's First Thursday Advocacy Meeting, November 4, 2004:

Andrea & Linda: Friends Bringing Strength & Love

Andrea was not, as first believed, sexually abused, dying of AIDS, or addicted to drugs. In fact, she was living with something even more elusive: five years ago at the age of twenty-eight, Andrea, learned the truth: she was suffering from a debilitating mental illness; **Paranoid Schizophrenia**.

Linda married and the mother of four adult children had no concept of mental illness. She was living in her own sheltered, quiet serene world.....until she met Andrea.

Come hear the touching story of faith, hope and love. Andrea will share how she learned to triumph over her mental illness. Linda will share how her endurance, patience, faith and courage were tested in ways she could never have imagined. It is a story that demonstrates the healing power of love and connection between two very different women, whose lives converged.

***New Program Schedule*:**

6:30 p.m.: *Business and Advocacy*

7:00 p.m.: *Program*

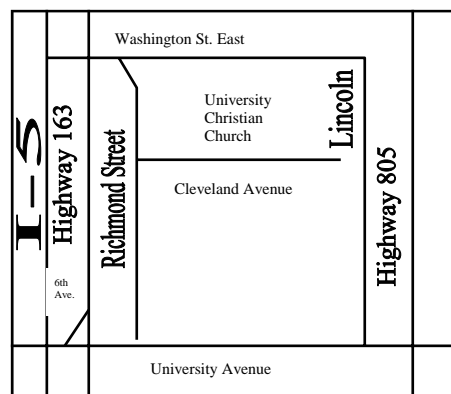
7:45 p.m.: *Ask the Doctor*

8:00 p.m.: *Social*

Refreshments Courtesy of Sharp Mesa Vista



Find Hope & Connection!



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

NAMI San Diego Meeting Schedule

NAMI San Diego

4480 30th Street
San Diego, CA 92116
(619) 584-5564

Evening NAMI-SD Support Group
Originally meeting on Third Thursday,
at 6:45 p.m. will be rescheduled.

NAMI C.A.R.E. Support Group
Consumer Support Group
Thursdays, 6:00 - 7:30 p.m.
NAMI San Diego Meeting Room
NAMI-SD Office, 4480 30th Street

Morning NAMI-SD Support Group
Third Tuesday, 10:00 a.m. - 12:00 p.m.
NAMI-SD Office, 4480 30th Street

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

La Jolla NAMI Support Group
First Tuesday, 7:15 - 9:00 p.m.
La Jolla Presbyterian Church
Enter on Eads Avenue, Room #9
(858) 457-5057

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

See insert for new meetings for
families and caregivers of
children and
adolescents!!!!!!!!!!!!!!

La Mesa
Second Wednesday, 6:30 - 8:00 pm
San Carlos Library
7265 Jackson Drive
Contact Karen Robinson, (619) 698-4711
E-mail: krsd@cox.net

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

NAMI-SIT Schizophrenics in Transition

Board Meeting
1st Wednesday at Noon
144 Copper Avenue, Vista 92083
(760) 941-2153 or
(858) 481-7069

NAMI-SIT includes the following :

- Copper Hill Living & Learning Center
- Creative Arts Consortium
- Friends
- Advocacy Works
- MIXTECA Garden

NAMI North Inland

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

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

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

Weekly Share & Care in Fallbrook
Wednesdays, 5:00 - 6:30 p.m.
Fallbrook Healthcare Foundation
Corner of Mission and Fig
Call for address (760) 745-8381

NAMI North Coastal

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

Education Meeting
Third Thursday, 7:00 p.m.

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

Education Meeting followed by
1. Share & Care,
2. Share & Care/Living with Spouses
at 8:30 p.m.

Share & Care
Fourth Tuesday - 5:00 - 6:30 p.m..
North Coastal Mental Health Clinic
1701 Mission Avenue, Oceanside
(760) 967-4475 or (760) 722-3754

Share and Care
Second Thursday at 12:30 - 2:00 p.m.
Tri-City Medical Center, Behavioral Health
Unit, 4002 West Vista Way, Oceanside
(760) 639-1433

Share and Care
Second Thursday at 6:00 - 7:00 p.m.
Tri-City Medical Center, Behavioral Health
Unit, 4002 West Vista Way, Oceanside
(760) 940-7396

**TARA Borderline Personality Disorder
Support Group**
First Tuesday monthly at 6:30 - 9:00 p.m.
Carlsbad Community Church
3175 Harding Street, Carlsbad CA 92008
(760) 729-2331

Legislative Update

By Caroline Hamlin

Mental Health Services in Schools' Threat Resolved

Mental health services for emotionally disturbed children in 42 school districts in San Diego County were threatened recently because of a dispute over funding. In 1984 the state passed AB 3632, later amended as AB 2726, which mandated shared responsibilities between school districts and the counties for special education services, including mental health services. The San Diego County Department of Mental Health has been providing these state mandated services for twenty years, but last summer the county threatened to withdraw the county services because the state owes the county 29 million dollars for services rendered in the past four years. In a lawsuit brought by San Diego County last July, a superior court judge in Sacramento ruled that the state violated the Constitution by requiring San Diego County to provide services without reimbursement funding from the state. Although the total cost of the program is 17.5 million, after federal and Medical disbursements, the state cost is approximately 6.4 million. At the August 17 Board of Supervisors' meeting, the Board listened to numerous educators and parents, as well as the County Superintendent of Schools, protest that they have neither the expertise nor the money to take over the program and keep these essential services going if the county pulled out. The Board agreed to postpone terminating county services to the school districts to November 30 with the assurance from the county superintendent that 4.5 million dollars from the County Department of

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your community Resources

NAMI C.A.R.E. Group

Consumer Support Group
NAMI San Diego Meeting Room
4480 30th Street, San Diego, 92116
Thursdays: 6:00 - 7:30 p.m.

Client Warm Line

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

Patient Advocacy Program

5998 Alcalá Park, AW 304
San Diego, 92110-2492
(619) 260-7660 or 1-800-479-2233
Monday - Friday: 8:00 a.m. - 5:00 p.m.

The Consumer Center for Health Education and Advocacy

1475 Sixth Ave., 4th Floor, San Diego, 92101
Toll Free: 1-877-734-3258
Mon, Wed, Thurs & Fri: 9:00 a.m. - 5:00 p.m.
Tuesday: 8:00 a.m. - 6:00 p.m.
If you need help getting mental health services or if you have a complaint or grievance, call or write us. We are ready to help you.

Casa Del Sol Clubhouse

1157 30th Street, San Diego, 92154
(between Coronado Ave. & Del Sol Blvd.)
(619) 429-1937
M - F, Call for hours. - Bilingual

Corner Clubhouse

2864 University Ave. (at Utah)
San Diego, 92104 (North Park, #7 Bus Line)
(619) 683-7423
Monday - Friday: 8:00 a.m. - 4:00 p.m.

East Corner Clubhouse

1060 Estes Street (off Chase Avenue)
El Cajon, 92020
(619) 440-5133
Fax: (619) 440-8522
Mon, Tues, Thurs & Fri: 8:00 a.m. - 4:00 p.m.
Wednesday: 8:00 a.m. - 6:30 p.m.

Escondido Clubhouse

474 West Vermont Ave., Suite 105
Escondido, CA 92025
(760) 737-7125
Fax: (760) 741-6645
Monday - Friday: 8:00 a.m. - 4:30 p.m.

Friend to Friend

1009 "G" Street, San Diego, 92101
(619) 238-2711
Monday - Friday: 8:00 a.m. - 4:00 p.m.
An SSI advocate is available

Friends In Hands (Clubhouse)

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

Mariposa Clubhouse

560 Greenbrier, Suite. 102, Oceanside, 92054
(760) 439-6006
Monday - Thursday: 8:00 a.m. - 4:00 p.m.
Friday: 8:00 a.m. - 1:00 p.m.
Saturday: 10:00 a.m. - 2:00 p.m.

Neighborhood House Association (NHA) Friendship Clubhouse

286 Euclid Ave. San Diego, CA 92114
(619) 263-6269 Ext. 106
Monday - Friday: 8:30 a.m. - 5:30 p.m.

The Bayview Clubhouse

330 Moss Street, Chula Vista, CA 91911
(619) 585-4646

The Meeting Place, Inc.

4034 Park Blvd., San Diego, 92103
(619) 294-9582
Monday - Friday: 8:00 am. - 4:00 p.m.

Visions @ 5th and H

499 "H" Street, Chula Vista, 91910
(619) 420-8603
Mon, Thurs, Fri & Sat: Noon - 7:00 p.m.
Sunday: Noon - 5:00 p.m.

The Access Center of San Diego

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

Employment Services

1202 Morena Blvd., Suite 201, San Diego, 92110
(619) 276-8071
Monday - Friday: 8:00 a.m. - 4:30 p.m.

Job Options

3465 Camino del Rio South, San Diego, 92108
(619) 688-1784 (Valorie)
Monday - Thursday: 8:00 a.m. - 5:00 p.m.
Friday: 8:00 a.m. - 4:00 p.m.

San Diego 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

The Creative Arts Consortium

P. O. Box 3053
San Diego, CA 92163-3053
Director - July Rose
(619) 282-4627 or (619) 563-2708

DBSA

Depressive Bipolar Support Alliance
La Jolla/El Cajon group meetings
Call Agnes (619) 338-6024

The Advocate

Vol. VIII, Issue 10, November 2004



4480 30th Street
San Diego, CA 92116

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

1st Thursday!!!

*Learn, Connect,
Meet New Folks!
November 4, 2004
6:30 p.m.*



Return Service Requested

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Education would go to reimburse the county. In October the dispute was finally settled with the school districts agreeing to cover the 6.4 million projected cost of the program.

Mental Health Bills Passed

The Mental Illness Offender and Crime Reduction Act (S1194) is on its way to the White House for the President's signature. This important bill authorizes grants to states and local communities for jail diversion programs, treatment programs for incarcerated offenders with mental illness, community programs, and cross-training of mental health, law enforcement,

and corrections.

The Youth Suicide Legislation, S 2175, is another vital piece of legislation passed by Congress. The bill recognizes the growing problem of suicide among young people in our country and provides funding for programs to address the problem. The bill authorizes grants to state and local governments and non-profit organizations to develop and implement statewide youth suicide early intervention strategies, as well as funds to educate parents and to expand training for on-campus programs.

WE NEED YOUR VOTE FOR PROPOSITION 63!

The Access & Crisis Line

1-800-479-3339

The Warm Line

Consumer to Consumer Talk Line
1-800-930-WARM (9276)

The Warm-Line is now in operation 7 days a week, between the hours of 5:00 p.m. and 11:00 p.m.

Warm-Line operators are fellow mental health consumers who have received training in Peer Counseling. The goal of the Warm-Line is to provide empathetic active listening and information on available community resources.

The Warm-Line looks forward to hearing from you.



NAMI Membership

Add your voice to ours

Let's work together to improve the quality of life for everyone affected by mental illnesses in San Diego.

Membership Application - - Each membership is for twelve months starting the month we receive your payment.

Name _____

Please indicate below how many voices are represented by the membership. If no indication is made NAMI San Diego will assume that this membership represents two voices. Number of voices _____.

Address _____

City/State/Zip _____

Phone _____ E-mail _____

Prefer newsletter by mail _____, to read newsletter on the web site _____.

_____ Check (please make payable to NAMI San Diego) _____ Cash

_____ Regular Member \$40.00

_____ Professional \$75.00

_____ Local Member \$20.00

_____ Newsletter Only \$15.00

_____ Open Door Member \$_____ any amount under \$40.00

_____ Donation* _____

_____ Please contact me/us with information about volunteering.

*Unless you instruct us otherwise, the first \$40.00 of a donation will be treated as payment for a membership if you are not already a member of NAMI San Diego. This will also apply if your current membership needs to be renewed.

Check relationship to a consumer

- _____ Parent of Adult
- _____ Parent of Child (under 18)
- _____ Sibling
- _____ Spouse
- _____ Professional
- _____ Other
- _____ Self
- _____ None

Annual Meeting

Pursuant to our bylaws, below is a list of our proposed slate of Board directors to be elected at the general membership meeting on December 2, 2004. After last year's change in bylaws, we established that candidates for only half of the Board positions would stand for election each year. This year, Paul Cumming, Karen Gurneck, Dr. Gloria Harris, and Wendy McNeill are finishing their terms and have expressed interest in continuing their service. Ms. Dahlia Fuentes will stand as a new member.

Other interested persons for the Board should make that known at our Education and Advocacy meeting on November 4, 2004.

Please be prepared to have endorsements by a minimum of 5 members. Yes, we do have openings and would love your participation and input in developing our affiliate!

Board of Directors Members

Anthony "Tony" Alkire
Tony is a continuing Board member, co-chair of our 2004 annual dinner, general contractor, and member of our building committee.

Paul Cumming
Paul is a current member running for re-election and is serving as our interim treasurer. He is a community activist and member

of the San Diego County Mental Health Board.

Dahlia Fuentes, MPH, MSW
Dahlia is on our Latino Task Force and employed by UCSD in the division of Geriatric Psychiatry. She has a strong interest in developing the cultural misunderstandings that "play a part in the stigma and perception of mental illnesses."

Karen Gurneck
Karen is our past president of three years, member of the Psychiatric Society, Medical Society, PERT, Inc. board of directors, and on the Psych & Law Society board. She is currently on the scholarship and outreach committees.

Board of Directors, continued

Gloria Harris, Ph.D.

Dr. Harris is a practicing psychologist, current member who is running for re-election, and past member of the San Diego County Mental Health Board.

Wendy McNeill

Wendy is a current member running for re-election, newsletter editor, and continues to contribute on various committees with her artistic abilities.

Karen Ross, MSW

Karen is continuing in her Board position and is currently a social worker employed by Sharp Mesa Vista Hospital. She has been chair of the program committee for our Education and Advocacy meetings and an active fundraiser for our various events.

Sally Shepherd, RN, MA

Sally is a continuing Board member, has been the president elect for the past year, and chairs the outreach committee which she originated. She is on various community boards and is an older adult advocate.

Judy Wasik, MA

Judy is continuing in her Board position, is past chair of our walk "Strides for Mental Health", and is a Family-to-Family teacher. She is employed with the U. S. Navy and continues to provide a wealth of knowledge in program development and strategic planning.

Mary Wilson

Mary is a continuing board member, employed by the Grossmont Union High School District as the operations coordinator with the East County Career Center. She co-chaired the 2004 annual dinner and is a member of the outreach committee.

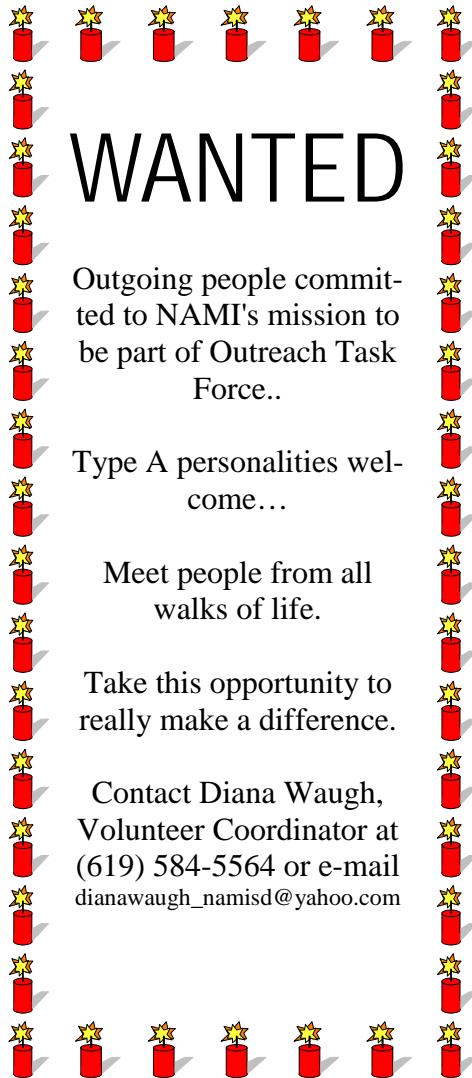
Leaving our Board this year are Dr. Alan Abrams and David Charapp, Esq. We already miss them!

New support groups for families and caregivers of children and adolescents:

La Mesa Group
2nd & 4th Tuesdays, 6:30—8 pm
5777 Lake Murray Boulevard

San Diego Group
1st & 3rd Wednesdays, 7:00—8:30 pm
NAMI San Diego Office
4480 30th Street

Please drop in!!



WANTED

Outgoing people committed to NAMI's mission to be part of Outreach Task Force..

Type A personalities welcome...

Meet people from all walks of life.

Take this opportunity to really make a difference.

Contact Diana Waugh, Volunteer Coordinator at (619) 584-5564 or e-mail dianawaugh_namisd@yahoo.com

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

Class and Training Dates

- **Family-to-Family Classes**
 - 1/11—3/29/05
 - 1/15—4/02/05
 - 2/15—5/03/05
 - 3/3—5/26/05
- **Schizophrenia Education**
 - 1/26—3/9/05
- **Family-to-Family Leader Training**
 - 4/1—4/3/05 (North County)

Unless otherwise specified, classes and trainings are in San Diego.

Call our Albright Center at 619.543.1434 to register or learn more.



After five fun-filled years of NAMI San Diego Walks in Ocean Beach and Balboa Park, NAMI San Diego is joining with the other NAMI affiliates in San Diego County to put on a NAMI WALK in Balboa Park on Saturday, April 16, 2005.

This will be even more fun so please join us for the introductory Volunteer Meeting on Wednesday, November 17, 2004, at 7 pm, Windmill Banquet & Catering Facility, 890 Palomar Road, Carlsbad.

Call our Albright Center to join a carpool. For more information, call Walk Chair Kathy McKernan, 760.728.1191 x 302.