

You Gotta Work It

By Katie Davis-Steward
Contributing Writer

I lived the hard way for many years dealing with my bipolar disorder. After I was diagnosed I used to fight it every step of the way for about seven years. I ignored all the rules of the game. After horrible doctors, dangerous meds, and the stigma associated with mental disorders, I almost gave up. Throughout the past three years I have slowly been heading to a remission. Getting there was anything but easy and is still quite taxing now.

When I was so angry at the world, angry at the disorder, and angry with myself, I decided to just try and forget I had bipolar disorder. I went off the deep end. I drank excessively, raged at everyone, had trouble leaving the house, and just did not want to exist anymore.

Through all that I tried so hard to get the proper help I needed though. Nothing was working. I went through numerous doctors, both therapists and psychiatrists. All the therapists ever did was feed me a bunch of nonsense that had nothing to do with my disorder. The psychiatrists were even worse. Some of their med cocktails were so volatile that I actually had severe side effects.

Suddenly it all changed one day though. I was sick of being "sick." I was going to do something about it. When we moved to San Diego I found a wonderful therapist and a psychiatrist I could trust. I may not be in a full remission yet but I am on my way there. I decided not to fight my disorder anymore. Instead I took the opportunity to work along with my bipolar disorder. I just do not feel I just "exist" anymore. I am beginning to feel like a whole person again.

There are other ways I have come to this point in my progression. I use meditation, I do not drink anymore, and I work with my doctors and tell them everything so we can proceed with my remission state.

"Remission," cont. at right...

NAMI San Diego cordially invites you
To Join the Community
In a Celebration of Recovery...

The Annual Banquet
Thursday, November 3, 2005

Tom Kam's Lighthouse
2150 Harbor Island Drive

Business Attire
Arrive 6:00 p.m. ¥ No host bar

RSVP: (619) 584-5564
Ask for Jim Starek

...Remission, cont. from left

I also use my small, but strong, support system now because I don't feel embarrassed anymore. I am not afraid to ask for help now. Before I thought I could handle it all on my own. I take better care of myself as well. There are no more late nights, spending money I do not have, or thinking everyone is my enemy. I have learned to enjoy the small, simple aspects of this world because my view of it is so different than those with no bipolar disorder. Appreciating that makes me happy as well.

Believe me, there are still the really bad days. I can be either extremely depressed or on a maniacal high, in one of my rapid cycles. Every day now I try so hard to balance my world and just accept that bipolar disorder is going to be part of my life forever. Once I came to terms with that, it made a world of difference. It is work everyday but I try to stay on top of it all. I do have a life and want to thrive in it. It all just takes time, effort, patience, but most all, not blaming myself for the condition I have. I was given bipolar disorder for a reason and it has definitely taught me, as I work with it, to be a stronger person.

NAMI's Workin'!

By Bettie Reinhardt
Executive Director

Busy, Busy, Busy

There are a lot of things happening all at the same time at the beginning of November. Since the lemons on my lemon tree always turn into lemonade, let me tell you why this convergence is a good thing. Well, first, I'll describe the multiple events: (1) NAMI San Diego's Annual Banquet, A Celebration of Recovery, at 6 pm on November 3rd; (2) Public Hearings on County Mental Health's Plan for Mental Health Services Act (MHSA) from 2 - 4 pm, also on November 3rd; and (3) a free training session on the new Medicare Prescription Drug Plan from 9:30 am to 12:30 pm on November 4th. Anyone who is responsible for meals can plainly see that you will want to go have dinner with your friends, instead of cooking, after sitting through two hours of hearings on Thursday afternoon. And you won't have to worry about dirty dinner dishes when you head off to the Medicare Part D training on Friday.

It's All About Recovery

My reasoning about the value of thinking about all of these things at the same time does go deeper. They all have to do with recovery. We will hear a good story or two about recovery at our dinner. Wendy will make us laugh in spite of ourselves, but we may also feel some tears as we "hear her with our heart" as my youngest grandson describes it. We passed Proposition 63 so that the MHSA could transform the system and be all about recovery. We want to be sure that our County's plan delivers on that promise. I am particularly sensitive to the importance of good services because my daughter is now living in another state, a state that has not passed a

Prop 63 and that does not have the services where and when she needs them. As I write, she is on "close watch" during her fifth hospitalization in less than three years. Will I have better luck communicating with her doctor this time? Maybe. That reminds me of the Principles of Family Consultation and Collaboration (S.T.R.I.D.E.) from Family-to-Family. In case

"Medicare Part D needs to support recovery...it is going to take a lot of work by consumers, families, and mental health professionals to make this new method of delivering medications play the role in recovery that it should..."

you haven't taken Family-to-Family or seen the document, I will share that S is for Support, T for Teamwork, R for Respect, I for Information, D for Development, and E for Empowerment. When you go to the MHSA public hearings on Thursday afternoon, I hope that you are looking for services that embody S.T.R.I.D.E.

Medicare Part D

Yes, Medicare Part D needs to support recovery also. It is going to take a lot of work by consumers, families, and mental health professionals to make this new method of delivering medications play the role in recovery that it should so we need to roll up our sleeves and ensure that that happens.

Welcome New Staff

Welcome to two new staff members: Natasha Yopez, a coordinator with the Pools/PARS program funded by the Ryan White Care Act through the local Office of Public Health, and Shannon Jaccard, the Volunteer Coordinator. If Shannon's name sounds familiar, it is because this piece was in our April 2005 newsletter: The

California Jaycee Foundation and the California Jaycees have selected 12 *Outstanding Young Californians* as the preliminary of the *Ten Outstanding Young Americans* program, presented by the United States Junior Chamber in Boston, MA this September. Shannon Jaccard is one of those 12 people. We know her as founder (and volunteer coordinator) of Compeer San Diego.

Help with Scholarships!

By Jamila DeCarli
Board Member

The NAMI San Diego Scholarship Fund was established to financially assist students with mental illness in their educational endeavors.

For some, this meant assistance toward earning their Associate's or Bachelor's degrees. Other applicants sought support for "getting their feet wet" by returning to an academic environment after several years, while coping with a mental illness. The areas of study and training have ranged from discipline to discipline: Photography, landscaping, business, psychology, counseling, human services, and real estate are some of the expressed interests of applicants along the years.

It was recently determined that NAMI San Diego is unable to contribute the financial resources it had traditionally dedicated to the fund, making the total for 2005-06 less than half of usual operating funds. Fortunately, scholarships were given out for the Fall 2005 semester, and everyone who completed an application was awarded a check. However, because of the change in financial support, it is projected that there will be no scholarship money available for Spring 2006. Until further funds can be allocated, the Board has approved that private donations may contribute specifically to the fund.

Any financial support is appreciated. For some students, it could mean a new book—for others, a new beginning.

The Advocate

NAMI San Diego, a non-profit organization, provides education, support services, and advocacy to improve the quality of life of everyone affected by mental illnesses.

NAMI San Diego is an affiliate of
NAMI and NAMI California

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

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

To register your opinion, call Bettie Reinhardt at 619 584-5564 or 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.

Sally's Update

NAMI San Diego Meets Gold Standard

By Sally Shepherd
NAMI San Diego Board President

When we are really "out there" in the community, we never know when fabulous opportunities to educate the public about mental illness will present themselves! On October 25th, I will be participating in a "Radio Media Tour" sponsored by Eli Lilly (although neither Lilly, nor any of their drugs, will be mentioned). The interviews (some live, some taped) will focus on depression, and a psychiatrist from Houston, Dr. Jain, and I will be answering questions about the illness (I believe a CD recording will be available). There are many opportunities waiting for us – to combat stigma, to save a life, to mend a family, to make treatment and medications available to all who need them.

Once again, it all comes down to how willing we are to overcome our reticence and ask people to become members of NAMI. There are still a few weeks to go before our Annual Banquet – anyone who recruits four new members will receive special acknowledgement at the dinner!

NAMI affiliates are expected to strive to achieve excellence in their programs and activities. They receive guidance and support from NAMI state and national offices. NAMI National produces an Affiliate Toolkit designed to assist affiliates in running their organizations. In reviewing the 2005 edition, I came across an "Affiliate Checklist for Excellence." The categories include organization, operation, and support, education and advocacy programs. There are 42 items on the list, and I can honestly say that NAMI San Diego meets every single one of the criteria. Of course, that doesn't mean that we can sit back and marvel at our achievements.

It just means that we have a really strong base on which to build. Who will explain Medicare Part D to a client? Who will participate in implementing the programs from the Mental Health Services Act? Who will help us find a way for parents of children with mental illness to find childcare so that they can attend parent

support group meetings? Who will work with us to implement Mental Health Education programs in our schools? Who will talk to seniors about the symptoms of depression? Who will bring cookies to our monthly meetings?

See you all at our wonderful dinner at Tom Ham's on Thursday, November 3rd!

Education Director's Update

By Jean Seltzer, R.N.

The Education Department has **TWO** Family-to-Family Education Programs beginning in 2006. If you haven't taken one of these classes you have missed a wonderful learning experience. The first class begins Saturday, January 21 and goes to April 15 from 9:00 a.m. to 11:30 a.m. at Pegasus East. The second class begins Feb 21 and goes to May 2 from 6:30 p.m. to 9:00 p.m. at St. David's Episcopal Church in Clairemont.

Family-to-Family is a **free** 12-week Education class for families of individuals with mental illness. Family-to-Family is taught by family members who have attended prior classes and volunteered to be trained to teach because they received so much from these classes. You attend with other family members who are dealing with the same issues that you face and together you learn how families unite against and live with their family members' disability.

The course curriculum focuses on Schizophrenia, Bipolar Disorder, Depression, Panic Disorder, and Obsessive-Compulsive disorder. We discuss the clinical treatment of these illnesses and teach the knowledge and skills that family members need to cope more effectively. You learn about the biology of the brain and the various medications your loved ones take. The course has workshops that focus on empathy-learning to understand what your loved one is actually experiencing,

Education, cont. on pg. 5...

NAMI San Diego Meeting Schedule

NAMI San Diego

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

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

Sibling and Adult Children's Group
Second Wednesday, 7:00 - 9:00 p.m.
Scripps-Mende Well Being Center
Adjacent to the UTC Mall
Call Michelle Cauble at (858) 756-3140

Clairemont NAMI Support Group
Second Monday, 7:00 - 8:30 p.m.
St. David's Episcopal Church (Library)
5050 Milton 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
First Monday, 6:00 - 8:00 p.m.
South County Family Resource Center
690 Oxford Street, Chula Vista
Call Luz Fernandez (East County clinic)
(619) 401-5500

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

La Mesa Group
2nd & 4th Tuesday, 6:30-8:00 pm
Lake Murray Evangelical Free Church
5777 Lake Murray Boulevard, La Mesa
1st Floor, Fellowship Hall
Peggy & Bob Chambers: (619) 464-0476

San Diego Group
3rd Monday, 6:00-7:30 pm
NAMI San Diego Office
4480 30th Street, San Diego
Now meeting once a month
Karen Malsack (858) 560-0030

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

Rancho Bernardo NAMI Support Group
Third Thursday, 7:00 - 8:30 p.m.
Community Presbyterian Church
(Upper Fireside Room)
17010 Pomerado Road, San Diego
(corner of Pomerado Road & Rancho
Bernardo Road)
Contact Jim at (858) 487-0519

NAMI Patton
c/o Patton State Hospital
3101 E. Highland Avenue
Patton, CA 92369
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
2nd 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
- Jardin Cesar Chavez

NAMI North Inland

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

Education Meeting
Second Tuesday at 7:00 pm.

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 and 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

Proposition 76:

How Will it Affect Us?

Proposition 76 is a complex bill which would amend the state Constitution in an effort to control spending. If the state should experience a budget shortfall, the Governor could declare an emergency which would allow him to call the legislature into session. If they have not addressed the problem within 45 days, the Governor can unilaterally reduce spending. These reductions could include entitlement programs funded out of the General Fund. Prop. 76 is a dramatic shift of power from the legislature to the Governor. NAMI-CA has taken a position opposing Proposition 76, feeling it could put MHSA funding in jeopardy.

Proposition 78 & 79

NAMI-California has taken a position to support Prop. 78 and to oppose Prop. 79. Proposition 78, called CalRx, is a drug prescription drug program which provides for state negotiated rebates. Those eligible are ones with incomes of 300% or less of the poverty level which translates to \$58,000. for a family of four and \$29,000 for an individual. Persons covered by Medicare would be eligible to participate for drugs not covered by Medicare.

In memory of Bernie Zuber, former

NAMI California Board Member, Delegate to the NAMI National Consumer Council, and member of the LPS Reform Task Force which resulted in a new vision for mental health treatment laws.

Bernie Zuber passed away quietly on October 14, 2005, after weeks of illness.

I find that there are many words to describe the life of Bernie Zuber and his advocacy for those consumers who suffer from mental illness as Bernie did. When Bernie would share his story he would begin with the words: "I Have Been to Hell and Back." I have found the following words to describe Bernie:

"I think the purpose of life is to be useful, to be responsible, to be honorable, to be compassionate. It is, after all, to matter: to count, to stand for something, to have made some difference that you lived at all."

--Leo C. Rosten

—By Chuck Sosebee

Personal Narrative

Bedtime Story: The Reptile, Dr. E., & Me

By Wendy McNeill
Media Coordinator

I went through a few psychiatrists before I got stuck in the HMO arranged marriage. This guy had a snappy office in Banker's Hill. The lobby was well appointed and dotted with slightly outdated issues of *Architectural Digest*. The perky receptionist made a marked contrast from the man who would be my doctor, who I unaffectionately nicknamed The Reptile.

The Reptile was one cold dude: wire-rimmed glasses, steel grey hair, and suits tailored to perfection. As a lithium novice, I once complained to him about the side effects of the drug, weight gain, sluggishness, and the dol-drums. He replied, "You know what will happen if you don't take the medication? You'll end up with no teeth living on somebody's lawn in a cardboard box. Take the lithium."

I'm sure he meant well, but I hate to say it, the sledgehammer style of persuasion never yielded great results with me.

So, when The Reptile died of cancer a couple of years later, I won't say that I did a victory dance on my front lawn, but I will say that on a certain level, I was stoked.

See, I had inherited his colleague, Dr. E.

Now, Dr. E. in many ways is the anti-psychiatrist. He is at heart an artist, fairly melancholic, who in general takes a dark view of the world. This is good because nothing surprises him; it's bad because he (mostly) expects the worst.

But I forgot to mention the most important thing. Dr. E., as they say, is "a hottie." Moreover, he has a cool accent, and the total image is that he is

suave in the extreme. Once he said to me (insert cool accent), "We have a lifetime relationship." With that kind of endorsement, I got better in short order.

Dr. E. is in fact a sharp tool, but sometimes even he doesn't make as frequent use of his whetstone as he should.

For example, in November, 2004, I was having big time symptoms: fatigue, lassitude, anger, and a general

sense of yuckiness. I went to see Dr. E. After he heard me out, he was quick to reply, "I know how you feel. I feel the same way after the election." He then launched into a diatribe on American politics, the American people, and the "quality" of our elected leader.

I didn't participate in this discussion. I mean, I didn't vote for Bush, but I just want to get better, buddy!

I went to my M.D.'s office where Bob, the excellent nurse practitioner, told me that my problems stemmed from a thyroid disorder of serious magnitude caused by taking lithium.

Well, nobody's perfect.

Education, cont. from pg. 3...

problem solving, and communication skills. There are guest speakers that talk about what they experience while living with mental illness and speakers that tell us about advocacy and fighting stigma.

I can't think of a better way to become educated about mental illness or a better way for you to become an advocate for your loved one. I highly recommend that you sign up for one of these classes by calling the Albright Center at 619-543-1434 or 1-800-523-5933.

"The Reptile was one cold dude."

Client/Consumer Resources

NAMI C.A.R.E. Support Groups

Consumer Support Groups
For more information call the
Albright I & R Center at
(619) 543-1434 or 1-800-523-5933

NAMI San Diego Office

4480 30th Street
San Diego, CA 92116
Every Thursday: 6:00 - 7:30 p.m.

Gifford Clinic (Cafeteria)

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

Sharp Mesa Vista Hospital

(Activity Room)
7850 Vista Hill Ave.
San Diego, CA 92123
Every Thursday: 12 Noon - 1:00 p.m.

Joslyn Sr. Center

210 Park Ave
Escondido, CA 92025
1st & 3rd Tuesdays: 4:00 - 5:30 p.m.

Another site for NAMI C.A.R.E.
(consumers advocating recovery through
empowerment) is now in place.

Peer support groups are an important re-
source for people who live with severe and
persistent mental illness in their daily lives.
Learning that others have been able to work
out some of the problems associated with
mental illness can inspire new hope in con-
sumers who attend a NAMI C.A.R.E. sup-
port group. Members of this group often
come away with positive ideas for improving
their situations. The facilitators (also con-
sumers) guide the group toward problem
solving through shared experiences.

Upcoming Dates:

Monday, October 31, 2005, 10am to 11am
Monday, November 14, 2005, 10am to 11am
Monday, November 28, 2005, 10am to 11am
Monday, December 12, 2005, 10am to 11am
Monday, December 26, 2005, cancelled due
to Christmas

Location: Mariposa Clubhouse
560 Greenbrier Drive
Oceanside, CA
(760) 439-6006

For more information about the new group,
call: NAMI North Coastal San Diego County
(760) 722-3754

For the complete list of NAMI C.A.R.E.
meetings, see page 6.

Patient Advocacy Program

5998 Alcalá Park, AW 304, San Diego, 92110
(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.

Bayview Clubhouse

330 Moss Street, Chula Vista, 91911
(619) 585-4646 • Fax: (619) 585-4625
Mon, Tue, Wed & Fri: 9:00 a.m. - 3:00 p.m.
Thursdays: 9:00 a.m. - 5:00 p.m.

Casa Del Sol Clubhouse

1157 30th Street, San Diego, 92154
(between Coronado Ave. & Del Sol Blvd.)
(619) 429-1937 • Fax: (619) 429-5205
Monday: 8:30 a.m. - 6:00 p.m.
Tue, Thurs & Fri: 8:30 a.m. - 4:30 p.m.
Wednesday: Noon - 8:00 p.m. (Bilingual)

Corner Clubhouse

2864 University Ave. (at Utah)
San Diego, 92104 (North Park, #7 Bus Line)
(619) 683-7423 • Fax: (619) 683-7428
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, Tue, Thurs & Fri: 8:00 a.m. - 4:00 p.m.
Wednesday: 8:00 a.m. - 6:30 p.m.

Eastwind Clubhouse

2359 Ulric Street, San Diego, 92111
(858) 268-4933 • Fax: (858) 268-0244
Monday - Friday: 8:30 a.m. - 5:00 p.m.

Escondido Clubhouse

474 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, Suite A, San Diego, 92101
(619) 238-2711 • Fax: (619) 238-1127
Monday - Friday: 8:00 a.m. - 4:00 p.m.
An SSI advocate is available

Friends In Hand Clubhouse

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

Mariposa Clubhouse

560 Greenbrier, Suite 102, Oceanside, 92054
(760) 439-6006 • Fax: (760) 721-8542
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.

The Meeting Place, Inc.

4034 Park Blvd., San Diego, 92103
(619) 294-9582 • Fax: (619) 294-9588
Monday - Friday: 8:00 am. - 4:00 p.m.
1st & 3rd Saturdays: 10:00 a.m. - 2:00 p.m.

Neighborhood House Association (NHA)

Friendship Clubhouse

286 Euclid Ave., #104, San Diego, 92114
(619) 266-2111 Ext. 105 • Fax: (619) 266-0496
Monday - Friday: 8:30 a.m. - 4:30 p.m.

Visions

226 Church Avenue, Chula Vista, 91910
(619) 420-8603 • Fax: (619) 420-0385
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 Park and Recreation Therapeutic Recreation Services

(619) 525-8247
Monday - Friday: 8:00 a.m. - 5:00 p.m.
Serves over 50,000 participants each year. The goal
of the program is to provide year round recreational
experiences for individuals with disabilities.

The Creative Arts Consortium

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

DBSA-Depression Bipolar Support Alliance

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



Membership

NAMI San Diego relies on its membership and your generous contribution to continue providing education and other services to people with mental illnesses, their families, and the community. To join NAMI San Diego, renew your membership, or make a contribution, complete the information below and enclose your check payable to: **NAMI San Diego**.

Name _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

____ Please mail my newsletter via post office

____ Please email my newsletter

____ Membership \$40.00
() New Member () Renewal

____ Professional Membership \$75.00

____ Organizational Membership \$100.00

____ **Please contact me about a Scholarship Membership**

____ Donation* _____

____ Please contact about volunteer opportunities

To pay by Credit Card:

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The Advocate

Vol. IX, Issue 11, November 2005



4480 30th Street
San Diego, CA 92116

Non-Profit
Organization
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Permit No. 2695

1st Thursday!!!

Annual Dinner!

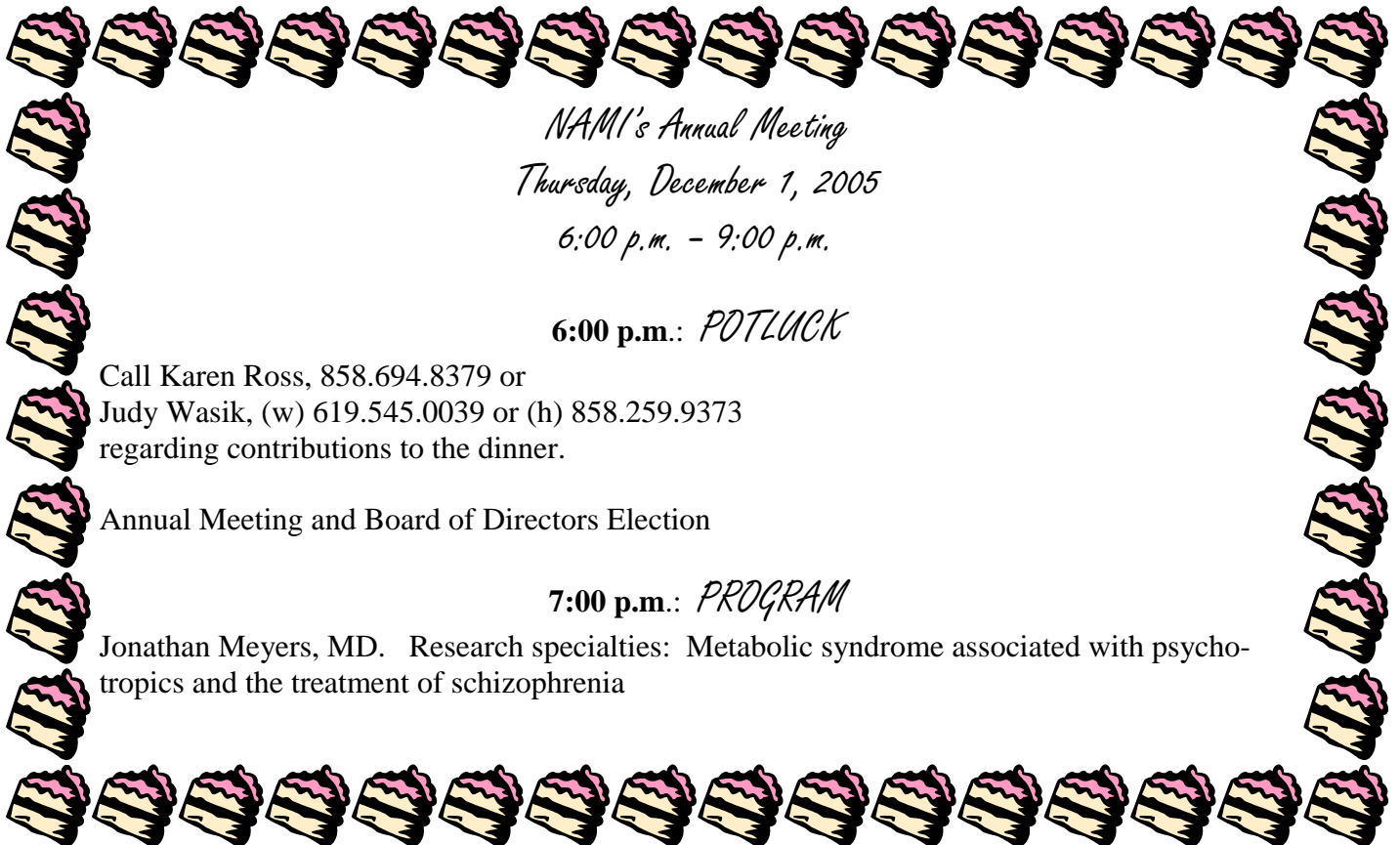
November 3, 2005

6:00 p.m.

Tom Ham's Lighthouse



Return Service Requested



NAMI's Annual Meeting

Thursday, December 1, 2005

6:00 p.m. - 9:00 p.m.

6:00 p.m.: POTLUCK

Call Karen Ross, 858.694.8379 or

Judy Wasik, (w) 619.545.0039 or (h) 858.259.9373

regarding contributions to the dinner.

Annual Meeting and Board of Directors Election

7:00 p.m.: PROGRAM

Jonathan Meyers, MD. Research specialties: Metabolic syndrome associated with psychotropics and the treatment of schizophrenia

Free, 3-Hour Training Sessions and Resource Fair!

Medicare Part D: Are you Ready?

Latest Information on the New Prescription Drug Benefit Effective January 2006

Expert Speaker Bryon MacDonald
The World Institute on Disability
Oakland, CA



Light refreshments, informational material, and raffle prizes!

SITE 1

Thursday, November 3rd
9:30 a.m. to 12:30 p.m.

Aurora Behavioral Health Care
11878 Avenue of Industry
San Diego, CA 92128
Located off I-15; Carmel Mountain Rd exit

SITE 2

Friday, November 4th
9:30 a.m. to 12:30 p.m.

War Memorial Building
3325 Zoo Park (near the SD Zoo)
San Diego, CA 92101
Public transportation on Bus Line #7

Who should come?

- Medicare Beneficiaries
- Medicare/Medi-Cal Beneficiaries
- Family Members & Caregivers
- Community organizations
- Social service agencies
- Long term care facilities
- Nursing Home Staff Members
- Advocates
- Providers
- And Many More

Seating is limited! To RSVP, contact Colleen Cook at the Consumer Center at colleenc@cchea.org or 619-471-2650.

Sponsored by:

*Consumer Center for Health Education and Advocacy * The City of San Diego Park & Rec. Department Senior Citizen Services * Southern Caregiver Resource Center * The Arc of San Diego * Elderhelp * NAMI in San Diego County * Aging & Independence Services * San Ysidro Health Center * CHIP * Senior Community Centers * AARP * Epilepsy Foundation * AmeriCare ADHC * Aurora Behavioral Health Care * Northcoast Home Health Products*

Funds provided by the Alliance Healthcare Foundation



County of San Diego, Health and Human Services Agency
Mental Health Services and the Mental Health Board
invites you to the



Public Hearings on the Community Services and Supports (CSS) Plan for Mental Health Services Act

DUPLICATE SESSIONS

Thursday, November 3, 2005

2:00 p.m. – 4:00 p.m.

Scottish Rite Masonic Center
Golden Eagle Auditorium
1895 Camino del Rio South
San Diego, CA

OR

Friday, November 4 2005

10:00 a.m. – 12:00 Noon

The Salvation Army
Escondido Center
1301 Las Villas Way
Escondido, CA

Please RSVP for the following special accommodations by
Tuesday, November 1, 2005

Language Interpretation
Transportation
Child Care

RSVP to Elizabeth Miles by calling (619) 584-5015 or by email to:
Elizabeth.miles@sdcounty.ca.gov

Background: The Mental Health Services Act (MHSA)/Proposition 63 passed by California voters on November 2, 2004, will bring approximately 40 million dollars to San Diego County, Health and Human Services Agency, Mental Health Services (SDMHS) to expand and develop innovative and integrated mental health services for children, youth, families, adults and older adults.

The purpose of the Public Hearing is to collect comments on the draft plan for the Community Services and Supports component of MHSA. For more information please visit www.sandiego.networkofcare.org/mh or call the Mental Health Services administration at (888) 977-6763.

Please Join Us and Make Your Voice Count
“Transforming Mental Health Together”

Scottish Rite Masonic Center

From Interstate 8

Exit Texas Street and go South. Turn West onto Camino del Rio South. Masonic Center is on the left hand side of the street about ½ mile.



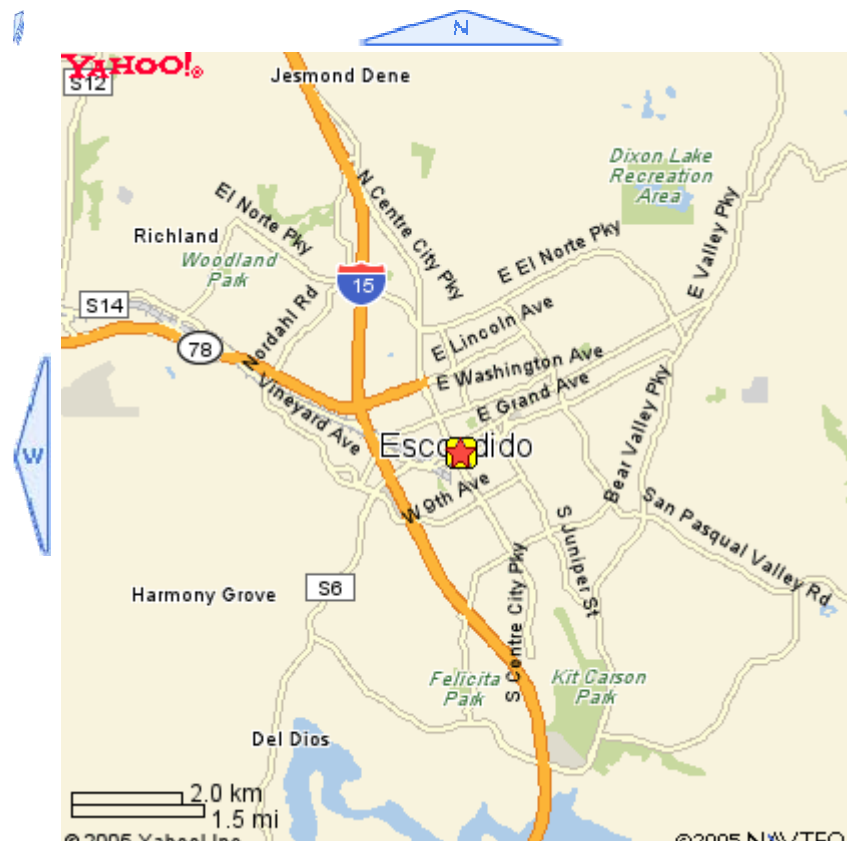
For Information on Public Transportation: Call 1-800-266-6883
Or visit:
[Http://www.sandiegotransit.com](http://www.sandiegotransit.com)

The Salvation Army

From Interstate 5

Take 78 East to 15 North.

Exit El Norte Parkway and go East (right). Immediately Before reaching the traffic light At Centre City Parkway, veer Right onto Las Villas Way. The Salvation Army is located approximately ¼ mile down on the right hand side of the Street.



Out of the DARKNESSSM

C O M M U N I T Y W A L K S

American Foundation for Suicide Prevention

Every 18 minutes in the U.S., someone dies by suicide.

This fall thousands of men and women will walk in over 40 communities across the United States, each contributing their voices to break the silence surrounding suicide.

Walk to save lives...

By walking in the American Foundation for Suicide Prevention's Out of the DARKNESS Community Walks, you will be joining forces with thousands of people nationwide to raise money for AFSP's vital research and prevention initiatives to prevent suicide and save lives, programs for survivors of suicide, and will increase national awareness about depression and suicide.

SAN DIEGO

Please join us in beautiful **BALBOA PARK** *Rain or Shine*

Sunday • October 30th, 2005



In addition to the 3-mile scenic walk...
enjoy musical entertainment and meet

Mariette Hartley

Actress/Author/Suicide Survivor
AFSP Nat'l Spokesperson



Our Emcee is **Bill Menish** (Anchor, NBC 7/39 News In The Morning)

We'll also have **Dr. Ken Druck** (Founder/Executive Director of *The Jenna Druck Foundation*)
and **Alfredo Aguirre**, LCSW (County of San Diego, Mental Health)

Several local mental healthcare organizations will also be there to provide helpful information

For more details and to register on-line, please visit the walk's official website at

www.outofthedarkness.org

Sponsored
in part by:





The 7th ANNUAL AMERICAN FOUNDATION FOR SUICIDE PREVENTION

SURVIVOR'S CONFERENCE:

*A Supportive and Educational Conference For Those
Who Have Lost Family or Friends to Suicide*

Sponsored by: Survivors of Suicide Loss

San Diego County

Date: November 19, 2005

Time: 8:00 – 12:00 noon

Location: Vista Grande Church

10881 Tierrasanta Blvd.

San Diego, CA 92124

(next to library)

This live satellite conference highlights the issues faced by the hundreds of thousands of wives, husbands, parents, siblings, friends and co-workers left behind by the more than 30,000 people in our country that die by suicide each year. San Diego has the highest rate of Suicide in unnatural death. This program is designed to help survivors of suicide, and the clinicians who care for them, understand the troubling and powerful grief, stigma, pain and guilt they experience. The first hour and a half of this conference will be linked by live satellite coverage to 68 centers throughout the United States and allow local participants to learn about the latest advances in suicide prevention research from an expert panel of mental health clinicians and survivors who have become prevention advocates.



**In association with:
Light for Life Yellow Ribbon Foundation**



Community Health Improvement Partners

Community Health Improvement Partners

THE 7TH ANNUAL AMERICAN FOUNDATION FOR SUICIDE PREVENTION, SURVIVOR'S CONFERENCE

A Supportive And Educational Conference For Those Who Have Lost Family Or Friends To Suicide NOVEMBER 19, 2005

- Time:** 8:00 am -12:00
Location: Vista Grande Church
10881 Tierrasanta Blvd.
San Diego, CA 92124
- 8:00 – 8:45** Conference Registration
Continental Breakfast
- 8:45 – 9:00** Welcoming Remarks
Paul Gagliardi, Board Member
Survivors of Suicide Loss
- 9:00 – 10:30** AFSP National Survivors of Suicide
Live Satellite Conference
National Program Broadcast
- Robert Gebbia**, AFSP Executive Director
- Mary Pat McMahon**, Survivor and Chair, AFSP Survivor Council
- 10:30 – 10:45** Break
- 10:45 - 12:00** San Diego Panel for Questions & Answers

Panel Members:

Survivors of loss who are from our community, are active in SOSL or suicide prevention and are willing to share their experiences to help others on their journey toward healing.

AFSP Panel Participants

Kathy Bruce lost her husband. Kathy and her children are featured in two films; “A Secret Best Not Kept” and “American Family – Grieving Suicide”. They are also active in Suicide Prevention Action Network (SPAN).

Doreen Cammarata lost her mother. Doreen is a licensed mental health counselor, author and mother to three young sons. She teaches a graduate level grief and bereavement course.

J. Raymond DePaulo, Jr. M.D. director of the Department of Psychiatry and Behavioral Sciences at Johns Hopkins University and is the founding director of the Depression and Related Affective Disorders Association.

Robert Gebbia: AFSP Executive Director since 1997.

Meera Grover lost her brother in 1998 when he was a medical student and she was a college senior. Meera is now an anesthesiology resident at UCLA where she is involved in the addiction-suicide prevention program.

Joanne Harpel lost her brother. She is AFSP's director of survivor initiatives. Joanne is responsible for Survivors of Suicide Day among other survivor programs.

John R. Jordan, Ph.D. is a psychologist and grief therapist who has worked with survivors of suicide loss for over 25 years. He is co-author of *After Suicide Loss: Coping with Your Grief*.

Mary Pat McMahon lost her son in 1991. Mary is an AFSP Board member and chair of AFSP's Survivor Council. She founded and facilitates a survivor support group.

Arthur and Jacqueline Miller lost their son in 2000. They have been married 35 years. Jackie is a Board Member of AFSP-Vermont.

Conference Registration

Name: _____
Address: _____
City: _____
Phone: _____
E-Mail: _____

Survivor Loss: Child Parent Spouse/Sig. Other
Sibling Extended Family Member Friend/Colleague

Mail your registration to: SOSL P.O. Box 4325
Las Mesa, CA 91944

To assure a seat:

Survivor Donation Registration \$10.00. Each additional Survivor family member \$5.00.

Total number of Survivors Attending: _____

I am unable to attend, please accept my donation of: \$ _____

Please make check payable to: Survivors of Suicide Loss