

*NAMI's Inspiration Award
for Recovery Research.
Dilip Jeste, M.D.*

The following is Dr. Dilip Jeste's acceptance speech at the Recovery In Action Inspiration Awards Dinner.

I want to thank NAMI for this Inspiration Award. I have the highest regard for the services and advocacy that NAMI provides and I believe we have a productive partnership as we work on behalf of people with mental illnesses. NAMI has not only encouraged appropriate participation in the work of the NIMH-funded Advanced Center for Interventions and Services Research at UCSD but consumers and family members are helping us identify and develop future research projects.

In the brief time I have to visit with you tonight I want to highlight some of the key findings that our recent research has shown about people with mental illness and older adults, in general. In doing so I believe you will find that I am the bearer of good news.

I do believe in recovery for people with mental illness but I think we need to use the word with some explanation. As all of us know, at this time there is no cure for mental illnesses. So we need to make sure that recovery does not become a substitute word for cure. When I refer to recovery I use the term, sustained remission, because I think it is a better description of the fact that recovery is a continuum, not an end point. Or to put it another way, a person with mental illness can have multiple periods of recovery or remission in their lifetime.

Successful aging and mental wellness are possible even among people with physical and mental illnesses. When you ask people to define successful aging the definitions can differ but the criteria for successful aging generally are agreed

Dr. Dilip Jeste's speech, cont. pg 3...

**NAMI San Diego's
First Thursday Advocacy Meeting
November 2, 2006**

Clubhouses: How They Work & How They Change Lives

Presenter: Mark Glickman

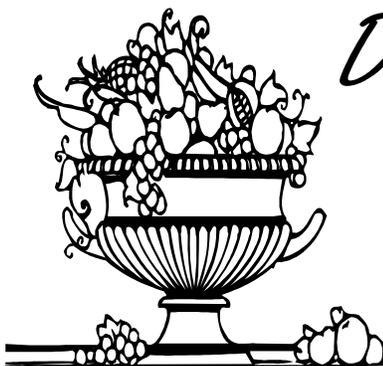
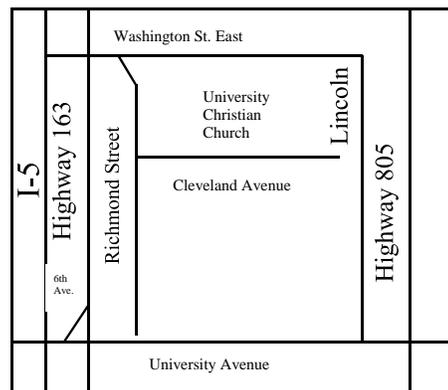
After experiencing two psychiatric hospitalizations, Mark Glickman was referred to Fountain House in New York City. Eventually he was employed on their staff, ran training groups, and gave presentations about the program throughout the U.S. and abroad. He has made a documentary about Fountain House which has been seen around the world, and he is the co-author of a book, Fountain House: Portraits of Lives Reclaimed from Mental Illness published by Hazelton Press.

**Ask the Doctor: Krauz Ganadijan, M.D.
Chief Resident at the Gifford Clinic**

**University Christian
Church Friendship Hall
3900 Cleveland Ave**

Schedule:

- 6:30 p.m.: Ask the Doctor**
- 7:00 p.m.: Announcements & Advocacy**
- 7:10 p.m.: Program**
- 8:30 p.m.: Refreshments & Social**



December Potluck

Thursday, December 7, 2006 at 6:00 p.m.
Same Location—Bring a Dish to Share.
Call Gay Ames at (619) 226-8505 or email r.ames@cox.net or call Judy Wasik at (858) 259-9373 or email jwwasik@sbcglobal.net.

An Evening of Fun Awaits You!

NAMI's Workin'

By Bettie Reinhardt
Executive Director

Sometimes people from other organizations or NAMI organizations from other parts of the country, congratulate me on NAMI San Diego's successes. I don't just say "thank you", I correct their perception that I achieved the particular success.

Mine is the principal, or perhaps just most enduring, public face of our organization but there are many people that work very hard and don't ask for any lime-light that really make things happen. Let me focus on a case in point – Becky Osterberg.

"Becky brought her professionalism as well as her need to 'give back' to NAMI San Diego..."

Becky brought her professionalism as well as her need to "give back" to NAMI San Diego just two short years ago. She has significantly increased the positive perception of NAMI in that brief time. She began by joining the Outreach Committee and moved to being our first Outreach Coordinator. Early in that position, I asked her to represent us on a Mental Health Month event planning committee. If you attended the "Out of the Shadows" movie at the Handlery Hotel in May, 2005 you experienced what she pulled off. Who knew she had those skills?! Not I. I thought she would just sit on yet one more committee. Fortunately, she knew she had those skills and applied them. I not only learned something about her skills I learned that she is a lot more interested in doing than in talking about doing.

Building on the work of the Outreach Committee, Becky increased the number of speaker venues. That's a good thing – except that she found herself relying on just a few speakers to do more and more work. Not to be foiled, she developed a Speakers' Manual and a Speakers' Training. I have teamed up with Becky to speak on a number of occasions and have learned a lot from her (although she still has to do a little throat clearing to bring me back to my outline).

If you were at the 2006 NAMIWalk, you know that the resource fair ran smoothly. Again, Becky. Most recently, she managed the lion's share of our Recovery in Action Dinner & Silent Auction. I hope you were there! If you were, you saw a beautiful ballroom filled with 260 people and you heard a great program composed of Inspiration Award winners presentations and acceptance speeches. We tried to keep track of

Becky's time as she worked on the dinner – at least 130 hours. Now she is developing a record of everything we did and a template and timeline for next year's dinner. That's glossing it over. Let me tell

you some of the details.

Becky stayed in close touch with the hotel from the moment we agreed to hold the dinner there. She made sure that they knew what we needed and that we knew what to expect from the hotel. She took in stride Marriott's headquarter's decision to renovate the ballroom area and to lay quite dramatic carpet. She carefully picked the color of the table cloths (did you notice that they weren't really white) and the napkins. She worked with the printers to ensure that the cardstock and ink for the event programs didn't clash with the linens. I would never have thought of that. She and Julie interviewed every award winner so we could be sure that their stories were accurately and compellingly told. Of course, in her spare time, she made sure that the rest of us were doing what we were supposed to. In the interest of time and ink, I am leaving out two-thirds of the work she did but I hope you get the picture.

Becky is turning over the Speakers' Bureau to Julie Benn, a communications pro – literally. As with everything else that Becky has done for NAMI, she has built a structure that Julie can step into and keep us on our forward path.

Thank you, Becky, for making NAMI San Diego look good!

What we dream of for our county....

The San Mateo County (CA) Superior Court has opened Pathways – a new mental health court for the county. The court is a collaboration between the San Mateo mental health community, Probation Department, Sheriff's office, District Attorney's office and Private Defender Program. Program participants must be residents of San Mateo County. The court has at its disposal three full time probation officers. (www.insidebayarea.com, October 14, 2006)

Effort Underway to Move Mental Health Parity Bill

In a seldom-used parliamentary move, the lead sponsors of legislation requiring equitable coverage of mental illness treatment filed a "discharge petition" demanding expedited action on the bill. The sponsors of the bill – Representatives Jim Ramstad (R-MN) and Patrick Kennedy (D-RI) – are now working to secure the required 218 signatures on their petition in order to force the bill before the full House. If they are able to achieve 218 signatures before the end of the year (and final adjournment), then a vote on the bill would have to occur.



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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exudir@namisandiego.org

The NAMI San Diego Advocate is a monthly publication of

NAMI San Diego
4480 30th Street
San Diego, CA 92116

Phone: (619) 543-1434 (Albright Center)
(619) 584-5564 (administration)
800 523-5933 (peer support)
Fax: (619) 584-5569

E-mail: namisd@sbcglobal.net
Web Site: www.namisandiego.org

The NAMI San Diego Advocate:

Editor: Wendy McNeill
Staff: Patrick Cremeens
James Starek

E-mail: wendymcneill@sbcglobal.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 fax to (619)584-5569 or email at exudir@namisandiego.org or contact any of the people mentioned in the articles.

Recovery in Action Dinner

NAMI Hosts Its Annual Dinner Event in Style

By Julie Benn
Communications Specialist

With some 260 people in attendance and a net of about \$7500 raised, NAMI San Diego held their Inspiration Awards dinner and silent auction on September 29, 2006 at the Mission Valley Marriott. The theme was "Recovery in Action" and honored five individuals and two clubhouses as integral leaders in this arena.

"Recovery from the disease of mental illness is a very real likelihood, when the disease is properly treated," said Bettie Reinhardt, Executive Director, NAMI San Diego. "But that fact is not widely understood by the public. We created the Inspiration Awards to raise public awareness of recovery by recognizing the best practices in recovery support among individuals and organizations in San Diego."

The six Recovery categories and their winners include the following:

- **Leader:** Karenlee Robinson, Chief Executive Officer Sharp Mesa Vista Hospital
- **Advocate:** Mary Lou Erwin
- **Facilitator:** Kevin Wilson, Scripps Mercy AVision consumer volunteer/work program
- **Recovery Program:** The Meeting Place and Bayview Clubhouse (dual winners)
- **Researcher:** Dilip Jeste, M.D., Chief, Division of Geriatric Psychiatry UCSD Medical Center
- **Education:** Deborah Malcarne, Psychosocial Rehabilitation Coordinator of Adult Mental Health Services, County of San Diego

Each recipient gave an acceptance speech at the dinner. Those speeches will be printed in *The Advocate* in future issues.

Dr. Dilip Jeste's speech, cont...

upon. These criteria include: self-satisfaction with your life, despite illness and disability, low levels of depression and stress, a high level of resilience, optimism, paid work, and social activities.



Mike and Gwen Coronado holding the coveted silent auction basket she proudly won.

Our research is changing many of the myths about successful aging but it is a slow process as we refute old myths.

As I look to the future I see positive potential for aging successfully and improved well-being for individuals with severe mental illnesses. But to allow everyone to live the most successful life they are capable of we need a great deal more research done about recovery from mental illness and successful aging. We need to get people to understand the potential for recovery and to do that we have to put a human face on recovery from mental illness. And, of course, we need to improve our health care system.

All of us want to contribute to the society we live in. Our challenge is to give people the tools they need to do so. Thank you.

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 Street
Call Joan Williams at (858) 274-3716

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

NAMI Family Support Group

2nd & 4th Thursdays, 6:00 - 7:30 p.m.
Pegasus East, 7841 El Cajon Blvd., #C
La Mesa, CA 91941
Call Carol Davis at (619) 641-6860

Support groups for
families and caregivers of
children and adolescents

La Mesa Group

2nd 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

Spouses of Persons with the Diagnosis of Bi-polar

Second Wednesday, 6:30 p.m.
Clairemont Lutheran Church
Luther Hall Rm. 13/14 on the 2nd Floor
4271 Clairemont Mesa Blvd., San Diego
(858) 273-7423

Spanish - South Bay

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

Spanish - Area de Clairemont -

NAMI-SD Grupo de Apoyo
Clairemont NAMI Support Group
Tercer Martes (3rd Tuesday) 6:30-8:00 p.m.
St. David's Episcopal Church (biblioteca)
5050 Milton Street, San Diego, CA 92110
(619) 543-1434 or (800) 523-5933

Spanish Family Support Group

Third Thursday, 6:00 - 8:00 p.m.
South Bay Guidance Center
835 3rd Avenue, Suite C
Chula Vista, CA 91911
Call Gina Osuna: (619) 425-6879

NAMI Patton

Third Sunday, 11:45 a.m. - 1:15 p.m.
c/o Patton State Hospital
(Administrative Meeting Room)
3101 E. Highland Avenue
Patton, CA 92369
Tel: (909) 425-7000 Fax: (714) 963-9961

NAMI-SIT

Schizophrenics in Transition

Board Meeting

Call for meeting time
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 (Room 4)
210 East Park Ave, Escondido
(760) 745-8381

Monday Share & Care in Fallbrook

Mondays, 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 - 8:30 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

NAMI Facilitated Support Group
8:30 - 10:00 p.m.

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- Ask for Sandy

Legislative Update

By Jan Daugherty
GRAC Communications

“The Governmental Relations and Advocacy Committee (GRAC) of NAMI in San Diego County speaks with one voice to raise awareness of and create solutions for the mental health needs of the community.”

Pay attention to Proposition 1C on the California November ballot. Hannah Cohen, the United Way consultant, said that it [Proposition 1C] amounts to 2.85B for housing. Liz Kruidenier, Vice Chair of GRAC and active member of the League of Women Voters says, “We can use some of that [money] to build another crisis center for North County, as well as supportive housing and housing in general for MH clients everywhere in San Diego County.”

Great news in that Laura’s Law Permanent Extension (CA AB2357) passed easily in the CA Senate, and Governor Schwarzenegger signed it. Thanks to all who worked so hard for this passage, especially Caroline Hamlin.

Not so great news in that the CA Senate did pass the Campaign for Universal Health Care (includes Mental Health Care) (CA SB840), but Governor Schwarzenegger refused to sign it, stating that it would cost too much money. State Senator Sheila Kuehl issued this statement after the Governor’s veto of the bill she authored: “This measure would have insured every Californian with comprehensive healthcare benefits, guarantee the right of patients to choose their own doctors, reduce the cost of prescription drugs, and control healthcare costs.

“The reasoning behind the Governor’s opposition to universal health care is truly inaccurate, which is no surprise considering he has refused to meet to discuss the issue. If the Governor took a thoughtful look at SB 840 he would see that delivery of health care would remain exactly as it now is, public or private. The main difference is that under SB 840 every Californian would have been able to choose their own doctors and hospitals and there would have been no unreimbursed care.” For Senator Kuehl’s complete statement, refer to: <http://www.healthcareforall.org/kuehl.html>.

To join GRAC or to receive our legislative alerts, please email me at jan-daugh@cox.net.

Planned Giving

NAMI Announces Planned Giving Program

By Wendy McNeill
Board Member & Newsletter Editor

My brother Mike was born a businessman. He started working at Law Dogs, a local hot dog stand, at the age of thirteen. At fourteen, he was managing the store, selling as many Judge, Jury, and Plaintiff dogs as he could to raise money to buy a car at sixteen, a Volkswagen Rabbit.

Mike has been pursuing his career in business ever since. He earned a degree in Finance from SDSU in December 1990, joined Prudential Financial in May, 1991, and has been building his financial services practice ever since. Mike is a Chartered Financial Consultant and has maintained his office in Pacific Beach for the last ten years. He is active in the community as a Board Member of Discover PB, the community Business Improvement District. He lives in South Mission Beach with his wife Mindy, and their six week-old daughter Maegan.

Mike’s interest in NAMI was piqued a few years ago when I first got involved as the newsletter editor. Mike began reading the newsletter and following the growth of the non-profit. Over time, he has attended many of the NAMI-sponsored events and has become acquainted with the staff and volunteers of the organization.

In April, Mike joined the Friends of South Park NAMI Walks team and single handedly raised over \$2,000. It was during this event that Mike noticed that he could provide a fundraising opportunity for NAMI through a Planned Giving Program.

Planned Giving enables individuals and families to give to NAMI in a variety of ways besides writing a check or donating time for a worthy cause they

wish to support. Gifts of appreciated mutual funds, stocks, life insurance, annuities, or property can help generate invaluable sources of funding for NAMI, and provide current and future tax benefits to the donor.

The San Diego NAMI Board has embraced the concept of planned giving. Mike

“Mike noticed that he could provide a fundraising opportunity for NAMI through a Planned Giving Program.”

has offered his expertise to NAMI members, family, and friends to discuss questions they may have about planned giving, or just need some free advice.

We at NAMI welcome him as another resource to continue our goal of helping those in need. Feel free to contact Mike anytime. He can be reached at (619) 272-7997 or by email at mike.mcneill@prudential.com.



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
2nd & 4th Thursdays: 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: 11:15 a.m. - 12 Noon

Tri City Outpatient Program

510 West Vista Way
Vista, CA 92083
Call: (760) 722-3754
Every Wednesday: 2:00 - 3:00 p.m.

North Coastal Mental Health Clinic

1701 Mission Ave.
Oceanside, CA 92054
Call: (760) 722-3754
Every Friday: 2:00 - 3:00 p.m.

Patient Advocacy Program

5998 Alcalá Park, AW 304, San Diego, 92110
(619) 260-7660 or 1-800-479-2233
Fax: (619) 260-7680
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
Monday - Friday: 9:00 a.m. - 5:00 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
Monday - Friday: 8:00 a.m. - 4:00 p.m.
Once a month Saturday outing - Call for
information.

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 Ext. 109 ☎ 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) 450-0710
Monday - Friday: 8:00 a.m. - 4:00 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.

Neighborhood House Association (NHA) Friendship Clubhouse

286 Euclid Ave., #102, San Diego, 92114
(619) 266-2111 Ext. 106 ☎ 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
Monday - Friday: Noon - 7:00 p.m.
Saturday & 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, Suite 300
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

Access & Crisis Line

1-800-479-3339
24 hours a day/7 days a week



Client Warm Line

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

Albright Information & Referral Center

1-800-523-5933, 1-619-543-1434
Volunteer resource specialists can provide
information and support to callers and visi-
tors, including consumers, family members
and professionals.

The Advocate

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San Diego, CA 92116

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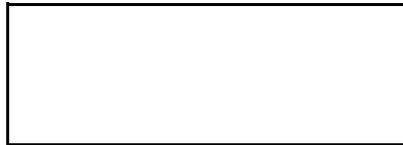
1st Thursday!!!

How Clubhouses Help!

November 2, 2006

6:30 p.m.

See page 1 for info!



Return Service Requested

Got a Green Thumb?



Volunteers are an amazing asset to the NAMI San Diego family! I would like to send a special thank you to all who have been a volunteer in one way or another over the years. Your work has been invaluable and has helped form what NAMI is today!

We are always looking for more volunteers to assist with filing, outreach, referral lines, and lately we have a special need for a gardener! If you have a green thumb and would like to share your expertise with us, please contact me at shannonjaccard@namisd.org or 619-584-1111.

Election Time

Pursuant to the NAMI San Diego Bylaws, below is a list of the Board-approved proposed slate of Board Directors to be elected at the general membership meeting on December 7, 2006. The Bylaws specify that Board members should be on staggered terms. That is, half of the current 12 positions are continuing through December, 2007. Note that “any member present at a meeting of the members at which directors are to be elected may nominate one or more persons.”

The slate below includes six people to fill two-year terms that end December, 2008.

Please take a moment to review the brief bios of the proposed slate.



Paul D. Cumming is the current Board Treasurer. He has served on the Board since January 2002. He has been a consumer representative on the San Diego County Mental Health Board and now does Client Outreach & Training for Trilogy Integrated Resources.



Jamila DeCarli began volunteering with NAMI San Diego as a member of the Scholarship Committee. She is now chair of the Scholarship Committee and is finishing her first two-year term on the Board. Jamila is a teacher and counselor for San Diego Community Colleges.



Anita Fisher is currently secretary of NAMI’s Government Relations Action Committee and a Family-to-Family teacher. Anita is Vice-President of Capacity Management Services at Union Bank of California. This will be her first term on the NAMI San Diego Board of Directors.



Wendy McNeill is our newsletter editor and is finishing her first two-year term on the Board. She is also a major spokesperson for NAMI San Diego, In Our Own Voice Presenter, and Peer-to-Peer mentor. She is employed by an insurance and financial services company.



Phyllis Meagher is the current Board Secretary. She has over 20 years of experience in healthcare, including CEO of a 66-bed free-standing psychiatric hospital. Her experience with primary care, specialty services, and complementary care and her personal experience allows her to approach total client wellness with a well-rounded view.



Rosemarie Wilson chairs NAMI San Diego’s African-American Task Force, does In Our Own Voice presentations, and is Program Coordinator/Employment Specialist at The Corner Clubhouse. This will be her first term on the NAMI San Diego Board of Directors.

NAMI WALKS ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ FOR THE MIND OF AMERICA



From coast to coast thousands will walk this year to promote hope, treatment, and recovery! NAMI San Diego County 2007 Walk for the Mind of America has begun forming teams to meet that challenge.

We are getting geared up for another exciting event that raises funds and awareness for the mental health community. How can you help? First, by forming a team! Teams are a vital way to spread the word about NAMI. Go to our website: www.namisaniego.org/namiwalk and follow the links to registration. Secondly, become a walk 2007 committee member. Use your talents to help make this event a success. For more information on how to get involved contact me at: shannonjaccard@namisd.org

Every journey begins with that first step. Please join us by making that step!

Thank you,
Shannon Jaccard
2007 NAMI San Diego County Walk Manager