

# The Alliance Advocate

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

Formerly San Diego Alliance for the Mentally Ill

October 2001

Volume V, Issue 10

## MENTAL ILLNESS AWARENESS WEEK KEY MESSAGE POINTS

### THE GOOD NEWS ABOUT MENTAL ILLNESS

- ◆ **The strongest weapon in the fight against mental illness is science.** During the past decade, a wide array of effective new medications for severe mental illness has been developed. Genetic discoveries and progressive brain research continue moving us one step closer to sound medical answers for living with, and perhaps one day even preventing or curing, severe mental illnesses.
- ◆ **A new perception of mental illness is emerging—one that focuses on early intervention, effective treatment, rehabilitation, and recovery.** No area of health care is changing more than mental health. Advances are prompted by better science and more research, the information revolution, the important role consumers play in advocating for themselves, and family members who speak out for their loved ones.
- ◆ **Barriers to mental illness recovery are falling one by one. More than 30 states have adopted measures to ensure health insurance parity.** In addition, PACT (Program for Assertive Community Treatment) a 24-hour a day, seven days a week mobile service program for persons with the most severe mental illnesses, is being replicated in communities throughout the country.
- ◆ **Treatment works—if a person with a mental illness can get it.** Science has greatly expanded our understanding and treatment of severe mental illnesses. Once forgotten in the back wards of mental institutions, individuals with these disorders have a real chance at reclaiming full and productive lives, but only if

*Continued on page 8 -- Mental Illness*

## Education & Advocacy Meeting

Thursday, October 4, 2001

6:30 – 8:30 p.m.

Sandra S. Kindermann, Ph.D.  
Assistant Project Scientist,  
Dept. of Psychiatry, UCSD

Topic: Working Memories System as Affecting Schizophrenia

Dr. Kindermann has been involved in functional magnetic resonance imaging (MRI) research directed at the neuropsychology and neuropsychopharmacology of attentional and mnemonic processes among patients with schizophrenia.

### The schedule for the upcoming months' meetings:

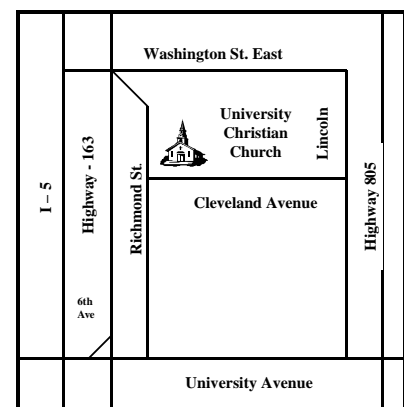
**November:** Dr. Dan Kripke, UCSD, research on bright light therapy to alleviate depression.

**December:** Assistant Police Chief Bill Mahue, San Diego Police Department's liaison to the mental health community

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

Want e-mail information about programs? Sign on to:  
<http://groups.yahoo.com/group/NAMI-SD-andA-Programs/join>

**The monthly meeting is open to anyone interested in learning about mental illness. The meetings are held on the first Thursday of the month at University Christian Church, Friendship Hall, 3900 Cleveland Avenue San Diego, California (see map)**



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

## September-at-a-Glance

Bettie Reinhardt, Executive Director

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### NAMI California Conference

Folks, you just have to do this. This conference was worth every penny – a \$125 registration fee that covered two days jam-packed with information and wonderful people plus two lunches and a dinner. We heard from the State Mental Health Director, the NAMI National Executive Director, and California's First Lady. We heard the latest on schizophrenia, bipolar disorder, and major depression. Wonderfully, consumers played a larger role and helped add hope to the education. I strongly urge you to start planning now to set aside a couple of days next September for this conference. If you make it an annual event, you will make more NAMI friends.

### Mental Health Courts

If this is the first you have read about mental health courts, refer back to the September newsletter, look them up on the internet, or call the Albright Center. Interest in and support for this better approach to responding to people with serious mental illnesses that have run afoul of the justice system is growing. Small planning meetings are taking place now. Do you want to be part of future activity?

### Use of Force Task Force Recommendations

A task force comprised of 71 community members and 66 members of the San Diego Police Department met in teams for weeks to conduct a comprehensive analysis of the Department's use of force policies and procedures. The teams' 100 recommendations have now gone through the full review process and been processed. Several of the recommendations are directly related to police interactions with people with mental illnesses and some have already been implemented. The recommendations include increasing academy training about mental illness by 20 hours, expanding PERT and HOT (Homeless Outreach Team), and adopting Mental Health Procedures and Psychiatric Emergency Response Team Procedures as revised by the mental health/homeless team. The full set of recommendations is available at the Albright Center.

### Celebrate Mental Health! 2002

Watch this space for exciting announcements about the Employers Education Project and the Fun Walk/Resource Fair.

### Board News

The Board resolved to purchase the property at 4476 – 4480 30<sup>th</sup> Street. A Building Committee comprised of Marjie

Joramo, Carol Venable, David Spierman, Michael Hellman, and Bettie Reinhardt was appointed. The committee has developed a budget and selected architect Manuel Oncina to help determine needed building modifications.

The Board meeting schedule: meetings from 5:30 p.m. to 7 p.m., third Tuesday in October and November, and no meeting in December. The Board meets in Suite 314 in the 1094 Cudahy office building. Meetings are always open.

### Family-to-Family Education Program

We will teach Family-to-Family to families of VA mental health clients for the first time in January, 2002. Other scheduled classes: March 4 – May 20, 2002, location to be determined and April 1 or 8 – June 17 or 24, 2002, Health Services Complex on Rosecrans Street. If you are on the waiting list, expect a letter asking if either of these classes meets your needs. Future classes will be scheduled for spring and fall starting times.

### Schizophrenia: Education for Families and Caregivers

A class just began on September 26 at the Health Services Complex on Rosecrans. You can still attend. Please call the Albright Center for more information.

### Advocacy Works

We are working on presenting this class again, we hope regularly. We need to know that you are interested in this one-day workshop that provides a tool box of skills families can use in their own advocacy. Please call now.

### Living with Schizophrenia & Other Mental Illnesses

Call Chuck Sosebee at 619.275-7165 to schedule a presentation to your group.

### To Register for Classes

Call the Albright Center at 800.523.5933 or 619.543.1434 to sign up for any class or workshop described above. All of the classes are provided at no charge.

**Our objective this year: do more of what NAMI does well – better, and in more places.**

*To register your opinion on any of these issues, call Bettie Reinhardt at 294-9941 or write to P.O. Box 710761, San Diego, 92171 or fax to (619)543-1498 or email at [exudir@namisandiego.org](mailto:exudir@namisandiego.org) or contact any of the people mentioned in the article.*

## The Alliance Advocate

NAMI San Diego is a nonprofit organization that provides self-help advocacy, education, services, and support for consumers, families, and friends of people with severe mental illnesses and is dedicated to eradication of those mental illnesses and to improvement of quality of life of those affected by these diseases.

NAMI San Diego is an affiliate of  
NAMI and NAMI California

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The Alliance Advocate is a monthly publication of NAMI San Diego,  
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### The Alliance Advocate Editor:

Pete Truman

E-mail: [sdami@adnc.com](mailto:sdami@adnc.com)

Fax: (619)294-9598

Submission of articles must be received by the 15th of the month for consideration for publication in the following month's newsletter.

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

## Message From NAMI San Diego's President

Some of you remember Sharon Brent. She knew more than most of us, (and kept up to date) about the little intricacies related to the different laws and benefits that effect disabled persons related to going back to work. Several of us attended a series of classes she taught and learned a great deal from her. She was able to answer our questions and help us to understand these very complex and convoluted rules and regulations. Sharon left our area a few years ago and no one has really replaced her in the San Diego area.

I recently attended the NAMI California annual conference in Torrance. One of the presenters was a woman from the Torrance District Office of the Social Security Administration. She is part of a pilot project and is the only Employment Support Representative in the state of California. She clearly presented a great deal of very technical information and was able to answer a large number of questions from the audience covering many different topics. I have been attending this kind of program for several years and am very pleased to say that this time many of the people asking questions were consumers who asked questions about their own situations or about situations of people they counseled.

The reason I am telling you about this is to urge you to write and encourage everyone you know to write stating that we really do need an **Employment Support Representative** in the San Diego District Office of the Social Security Administration.

Send your letters to:

Linda S McMahon, Regional Commissioner  
Office of Regional Commissioner  
Frank Hagel Federal Building  
P.O. Box 4200  
Richmond, CA 94804

## Peer to Peer Appeal Report

We now have received \$5,289.

Thank you so much to each of you who has donated. We received gifts ranging from \$5 to \$2,000.

Each one of these gifts will have a part in launching this program of hope for our consumers.

Three other counties are joining us. We plan to train a team of three mentors from each county in November.

We are ending the campaign now with sincere gratitude for your support.

**Marjie**

## A Home of Our Own

The Board has had the pipes and attics and crawl spaces checked. Board members have compared the property to other comparable properties and compared the mortgage to other available mortgages. The Board has checked the property's potential against members' wish lists and talked to experts both local and at NAMI national. The resolution: proceed with purchase. Escrow is set to close soon after January 1, 2001.

The property at 4476 – 4480 30<sup>th</sup> Street is comprised of two commercial buildings with off-street parking for each building in a mixed use area just south of Adams Avenue. The front building that NAMI would inhabit has 2500 square feet, more than twice the current leased space on Cudahy Place. This means space for wonderful NAMI program activities such as Family-to-Family and Peer-to-Peer.

This big step towards the stability of NAMI San Diego was made possible by a bequest from the Dupuy Family Trust.

If you decide to look the building over yourself, take the Adams Avenue exit off I-805, go west one block and turn south on 30<sup>th</sup> Street. The building is on the west side of the street. The #2 bus stops in front of the building. Please do not disturb the current tenants.

## Legislative Update

by Caroline Hamlin

AB 1424 passed the Senate and, hopefully, will be signed by Governor Davis. This will be a small but significant step toward reform of the Lanterman-Petris-Short Act. When this bill becomes law, we can anticipate more deliberate and thoughtful involuntary commitment procedures in which a person's medical and psychiatric history will be taken into account, as well as their presentment at the hearing.

AB 2034, which operates as the Reach program in San Diego, has reached its goal of 250 clients. Of these clients, 210 have been placed in supported transitional and permanent housing

## A Great Opportunity

Read San Diego is a Literacy Program, associated with the San Diego Public Library system. It provides tutoring and mentoring for people ready to venture into their productive future of reading and writing. REACH San Diego is a comprehensive "wrap around service program" for people with serious mental illnesses funded by AB 2034. Several people in the program are ready for the program but they need tutors. (Literacy development is often a step that needs to be taken before the person is ready to tackle volunteering or a job.) Read will train you as tutors, and give you the helpful skills in a 15 hour training for volunteers. Read then pairs the tutor with the REACH members who have been struggling with reading and writing for quite some time. They are ready and need your help to develop their skills.

It's a great way to help someone in need. Contact Evette Porter of REACH, Community Research Foundation at (619) 398-2156 x131 or e-mail Evette, [eporter@comresearch.org](mailto:eporter@comresearch.org).

## NAMI San Diego Invites you to an

### OPEN HOUSE

during Mental Illness Awareness Week  
Tuesday, October 9, 2001  
4:00 p.m. – 6:30 p.m.

to promote a community-wide  
effort to recognize and treat effectively  
- and perhaps prevent –  
the serious mental illnesses

Featured Guests:  
Representatives and Original Art Work  
from NARSAD Artworks

1094 Cudahy Place – Courtyard  
(corner West Morena and Buenos)

RSVP 619.294.9941

## Schedule of Meetings

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

**First Thursday, October 4**  
6:30 - 8:30

**Speaker:**  
**Sandra S. Kindermann, Ph.D.**  
**Topic: Working Memories System as**  
**Affecting Schizophrenia**

### **Evening NAMI Support Group**

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

### **Morning NAMI Support Group**

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

### **Sharp Mesa Vista Hospital** **Sharing and Caring**

Fourth Thursday, 6:30 - 8:30 p.m.  
Executive Conference Room  
Sharp Mesa Vista Hospital  
7850 Vista Hill Avenue (858) 278-4110

### **Sibling and Adult Children's Group**

Second Wednesday, 7:00 - 9:00 p.m.  
Scripps Well Being Center  
Adjacent to the UTC Mall  
Call Monica Astorga at (858) 483-9370

### **Clairemont Area NAMI Support** **Group**

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

### **La Jolla NAMI Support Group**

First Tuesday, 7:15 - 9:00 p.m.  
La Jolla Presbyterian Church Lounge  
7715 Draper Avenue, (858) 459-4905  
(Entrance on Kline St.)

### **El Cajon (East County)**

Second & Fourth Wednesday  
6:30-8:00 p.m.  
562 E. Main St., El Cajon,  
Call Donna Hawkins: (619) 401-5500  
or Forough, Douraghi: (619) 401-5440

### **South Bay—Spanish**

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

### **Filipino Family Support Group**

UPAC, 1031 25th St., Broadway & 25th  
For information on date and time  
call (619) 235-4282

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

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

### **October 9**

**7:00 - 8:30 p.m.**

### **Speakers: Tamara Stark**

Head of Services,  
North County for MHS  
& **Kathy Robbins**

Community Resource  
Coordinator for PSR

**Topic: Overview of the**  
**Psycho-Social Rehabilitation (PSR)**  
**Program**

### **Share & Care**

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

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### **Alpine Special Treatment Center** **NAMI Support Group**

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

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

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

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

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

**NAMI NORTH COASTAL**  
**SAN DIEGO COUNTY**  
P. O. Box 2235  
Carlsbad, CA 92018  
(760)722-3754

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

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

**October 17, 7:00 p.m.**

**Speaker: Jim Hatton, Ph.D., MFT**  
**San Diego Regional Program**  
**Director for OCD & Trichotillo**  
**UCSD**

**Topic: How Do I Know if I have OCD?**

### **Share & Care**

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

### **Share and Care**

Second Thursday at 6:00 - 7:00 p.m.  
Tri-City Medical Center, Mental Health  
Unit, 4002 West Vista Way  
Oceanside (760)940-5700

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### **Pastoral Share & Care**

Fourth Thursday - 7:30 p.m.  
2807 Ocean St., Apt. 301, Carlsbad  
Jane or Tim Hird, (760)435-2536  
Call first for security reasons.

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

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

### **San Diego-La Jolla Chapter** **Sponsored by**

**Dr. John Kelsoe, UCSD**  
Every Monday at the  
VA Hospital La Jolla,  
Room 2011 - 6:00 - 8:00 p.m.  
(858) 535-4785  
Toll Free: 1-888-274-3637  
Support Line: (858) 535-4793  
<http://groups.yahoo.com/group/San-Diego-La-Jolla-DMDA>

## Client Corner

### SCHOLARSHIP FUNDS AVAILABLE

Mental health clients may apply to NAMI San Diego for scholarship funds for course-related expenses such as tuition, fees, books, and supplies.

To apply, call the Albright Center at (619) 543-1434 and request an application.



Applications up to \$500.00 will be considered.

The scholarships are made possible by a donation made fifteen years ago and are limited to the income from the scholarship fund.

### Living with Schizophrenia And Other Mental Illnesses

A recovery-education program presented by trained consumer presenters/facilitators to other consumers, families, friends and professionals.

It is for anyone who needs to know how people with schizophrenia and other serious mental illnesses cope with the realities of their disorder while recovering and reclaiming productive lives with meaning and dignity.

If you are interested in training as a presenter or attending a presentation, please call:



Chuck Sosebee  
Coordinator of  
Consumer Outreach & Education  
(619) 275-7165  
TTY/TDD (619) 275-7164  
Email: EducNamiSD@cs.com

### The Consumer Center for Health Education and Advocacy

If you need help getting mental health care services, please call or write us. We are ready to help you.  
1475 Sixth Ave., 4th Floor  
San Diego CA 92101  
1-877-734-3258 Toll Free

### The Meeting Place, Inc.

4034 Park Blvd., San Diego  
(619) 294-9582  
Open Monday - Saturday  
10:00 am. - 4:00 p.m. Monday to Friday  
11:00 am - 3:00 p.m. on Saturday

### Corner Clubhouse

2852 University (at Utah)  
San Diego (North Park) #7 Bus Line  
(619) 683-7423  
Open Monday - Friday  
8:00 a.m. - 4:00 p.m.

### Friend to Friend

1009 "G" Street  
San Diego  
(619) 238-2711  
Open Monday - Saturday  
10:00 a.m. - 6:00 p.m.  
A peer advocate is available  
Thursday, Friday (morning) and Saturday

### Mariposa Clubhouse

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

### Friends

144 Copper Ave. Vista  
(760) 941-2153  
Open Saturdays  
1:00-4:00 p.m.

### East Corner Clubhouse

562 East Main St., El Cajon  
(between Mollison and Avocado)  
(619)401-6902  
Fax: (619)401-1751  
Open :  
Mon., Tue, Thur, Fri.: 8:00 a.m. - 2:00 p.m.  
Wednesday 8:00 a.m. - 6:30 p.m.  
Saturday - 10:00 a.m. - 2:00 p.m.

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

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

### Employment Services

1202 Morena Blvd., Suite 201  
San Diego, (619) 276-8071

### The Access Center of San Diego

1295 University Avenue  
San Diego, (619) 293-3500

### The Creative Arts Consortium

P. O. Box 3053  
San Diego, CA 92163-3053  
Admin—Call Jane (858) 481-7069  
Art—Call Michelle (619) 589-2434  
Literature—Call Jim (619) 299-1753

### Job Options

2727 Camino del Rio South  
San Diego  
(619) 688-1784 (Valorie)  
Open Monday - Friday  
8:00 a.m. - 5:00 p.m.

### San Diego Parks and Recreation Disabled Services Program:

Ask for "The Leisure Seekers" group activities and calendar. No formal registration. Simply call ahead of event and say "I want to sign up for the event"  
(619) 525-8247

### Patient Advocacy Program

5384 Linda Vista Road, Suite 304  
(619) 543-9998 or 1-800-479-2233  
Mon. – Fri.  
8:00 a.m. – 5:00 p.m.

### The Access & Crisis Line

1-800-479-3339

24-hours a day 7 days a week

- Professional counselors
- Multi-lingual capability
- Spanish speaking counselors

## New in the Library



### From NAMI National Conference:

#### Audio Tapes

- Plenary Session on Research (2 tapes)
- Family-to-Family in Spanish Speaking Communities
- Confidentiality and the Release of Information to Families

#### Books

- Catch a Falling Star: a tale from The Iris the Dragon Series, for children dealing with mental illness, Gayle Grass
- Of 2 Minds – The Growing disorder in American Psychiatry, T.M. Luhrmann
- Queer Blues – The Lesbian & Gay Guide to Overcoming Depression, Kimeron Hardin, Ph.D.
- Voyage: The Way Back Home, The Poems of Dylan Abraham
- Parenting Well When You're Depressed, Joanne Nicholson, Ph.D.
- Troubled Journey – Coming to Terms with the Mental Illness of a Sibling or Parent, Diane Marsh, Ph.D., and Rex Dickens
- When Madness Comes Home, Victoria Secunda

### From NAMI California Conference:

#### Audio Tapes

- Advances in the Understanding and Treatment of Schizophrenia
- New Treatment in Bipolar Illness
- Texas medication Algorithm Project
- Collaboration for Recovery (C. Amenson)
- New Treatments for Stubborn Depression
- Predicting and Improving Work Outcome for People with Schizophrenia
- I Am Not Sick, I Don't Need Help!!

All are available for immediate lending.

## Open House Food Donors



What: "Finger" foods  
When: Open House, October 9, 4 p.m.  
Where: 1094 Cudahy Place  
Who to Call: Albright Center,  
619.543.1434  
Why: No open house is worth its salt without something to eat

### No ENTERTAINMENT Books

There are so many things to do that the NAMI San Diego Board looks closely at each activity. Entertainment Books did not make the cut this year. In and of themselves, they do not help fulfill the NAMI mission. They also do not provide enough revenue to offset the inventory control and bookkeeping involved – time and energy that volunteers and staff can use in other ways.

### THANK YOU!

THE MEETING PLACE, INC.,  
WOULD LIKE TO THANK ALL  
WHO DONATED TO THEIR  
RUMMAGE SALE.

**TOTAL SALES \$1200**

All proceeds will be used by the members for recreational activities.

Your support and contributions are greatly appreciated.

### WANTED East County Meeting Place

A newly formed NAMI Support Group, complete with trained facilitator, needs a meeting place.

Suggestions and offers welcomed.

Contact Bettie Reinhardt at  
619.294.9941

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

The 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

### Contributions through United Way

NAMI's code for United Way/CHAD contributions is **6470**

## Schizophrenia Brain Research

## Research on Schizophrenia & Bipolar Disorder

Continued from Page 1-- Mental Illness

Dr. Martin Paulus and his associates from the Department of Psychiatry at the University of California, San Diego, and the Veterans Administration Medical Center are studying how people with schizophrenia make decisions. We have developed several simple computer games to study different aspects of how people make choices. In addition, to better understand what part of the brain is involved in decision-making we use *Magnetic Resonance Imaging* to look at and measure the activity of parts of the brain while people are doing the computer game. The goal is to understand which part of the brain is involved in decision-making.

### WHAT WILL HAPPEN IF YOU PARTICIPATE?

- An initial diagnostic interview that takes approximately 2 1/2 hours. You will be paid **\$10.00** for this time.
- A second 2 hour visit with computer and paper tasks. A physical exam, including a blood draw, urine test and EKG. You will be paid **\$20.00** for this time.
- A third 1 hour visit where the computer tasks will be done in an MRI machine. You will be paid **\$50.00** for this time.
- You will be asked to come back 3 months later for another visit. You will be paid \$70.00 for both of those visits.

### WHO IS QUALIFIED?

- Male or Female between the ages of 18 and 55.
- A current diagnosis of Schizophrenia.
- No current problems with drugs or alcohol.

### Description:

The Veteran Integrated Services Network (VISN-22) and Mental Illness, Research Education and Clinical Center (MIRECC) are interested in brain functioning in schizophrenia and bipolar disorder. We are studying different types of functioning, such as memory, attention, and motor skills, using a variety of methods, such as paper-and-pencil tests, computerized tests, and MRI scanning.

### Requirements:

- Male or Female. Age 20+. Diagnosis of schizophrenia or bipolar disorder.
- The study has two parts: laboratory visits and MRI visits.
- The laboratory portion consists of 2 visits for a total of 5 hours. These visits will include a clinical evaluation and tests of brain function. After 6 months, you will repeat these 2 visits.
- The MRI portion consists of up to 6 visits for 1 1/2 hours each. During each visit, you will have images taken of your brain while performing a task.
- Appointments will be scheduled at your convenience at the VA Hospital or UCSD Thornton Hospital, both in La Jolla.

### Payment:

Each laboratory visit: \$20. Each MRI visit: \$40.

### Contact:

Len (858) 552-8585 x1244

- No serious medical problems.

### IF YOU ARE INTERESTED PLEASE CONTACT:

#### Nikki Hozack

phone: (858) 552-8585 x. 5374

email:

research@nottwo.ucsd.edu

they have access to the treatments, services, and programs so vital to recovery.

### THE BAD NEWS ABOUT MENTAL ILLNESS

- ◆ **The nation's mental healthcare system is in crisis.** Despite the tremendous strides in the fight against mental illness, far too many still struggle to get treatments and service we know are critical to recovery. The system denies access to the latest medications and limits funding for essential programs. Treatment is fragmented. Suicide has become a public health crisis. People with mental illness are being shot by police or warehoused in prison. They are discriminated against in the workplace. Or they are living wasted, isolated lives, instead of become part of communities.
- ◆ **Research on mental illness is significantly under-funded in relation to its economic and public health impact.** Depression, bipolar disorder, schizophrenia, and obsessive-compulsive disorder account for an estimated 20 percent of the world's total disability resulting from all diseases and injuries. Yet for every U.S. taxpayer dollar spent on medical research, less than one cent is allocated to schizophrenia, one of the most disabling mental illnesses.

- ◆ **Stigma continues to be the single most significant barrier to people getting the help they need.** As underscored by the U.S. Surgeon General David Satcher in his 1999 landmark report on mental health, stigma toward mental illness remains a pervasive and potentially lethal barrier to mental illness recovery.

(Source: NAMI Web Page MIAW)



## Client Recognition Luncheon

**Friday, October 26th**

11:00 am - 2:00 pm  
War Memorial Building  
Balboa Park  
Bus Route #7  
Cost: \$2.00 per person

Join other clients to recognize and honor individual accomplishments within the community.

### Food Fellowship Fun Raffle

Sponsors: ICM Advisory Council  
City of San Diego Park & Recreation  
Dept. Disabled Service

Questions? Call Joan (858) 274-3716  
or Leonard (619) 262-5146

**Tuesday, October 23, 2001**  
8:00 a.m. - 4:30 p.m.

Town & Country Convention Center

## Meeting of the Minds

Fourth Annual  
Behavioral Health Conference  
and Resource Fair

"Achieving Empowerment"

**Pre-registration is required**  
**Don't delay**

Call 619.543.0412 for more information.

### Visit NAMI San Diego Offices

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

*Directions to the office and the Albright Information and Referral Center:*

- 1 Going north on I-5 toward I-8, take the Morena Boulevard exit from the east bound I-8 ramp.
- 2 Going west on I-8 toward I-5, take the Morena Boulevard exit just before the I-5 exit.
- 3 Stay in the left lane of Morena Boulevard, which becomes West Morena Boulevard.
- 4 Turn left on Buenos Avenue. The three-story building called the Morena Office Center 1094 will immediately be on your left.
- 5 Going south on I-5 toward I-8, exit at Tecolote Road/Sea World. Go left on Tecolote Road and right on Morena Boulevard and right again at the first traffic light (Buenos Avenue). Cross West Morena Boulevard and the office building will immediately be on your left.

### Psychiatric Hospital Auxiliary 7th Annual Community Education Event

**How to Advocate Effectively for  
Mental Health Services:  
Tips from the Trenches**

**Thursday, October 25th**  
**11:00 a.m. - 1:00 p.m.**  
Complimentary Light Lunch

First United Methodist Church  
Linder Lounge  
2111 Camino del Rio South

Creative Arts Consortium Art Display  
RSVP by Monday, October 22nd  
619.447.7814

#### Admission is Free

Your donation of new or "gently used" socks, underwear, washable sweaters, jeans, sweats, t-shirts and non-dressy shoes will be greatly appreciated.

The Auxiliary provides clothing and personal items for over 11,000 San Diego County Psychiatric Hospital patients annually.

### ALBRIGHT INFORMATION & REFERRAL CENTER

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

Do you need information about mental illness?

Talk to someone who understands  
Call the Albright I & R Center  
(619)543-1434 or 1-800-523-5933  
7 Days a Week 24 Hours a Day  
We have a library of books and tapes available for you.

**Attend NAMI San Diego meetings listed in this issue "Schedule of Meetings" and receive educational materials to send to your far away family members and friends who do not understand.**

**Project Heartbeat  
Information & Referral Line  
for Children**

**1-888-843-5800**

# The Alliance Advocate

Vol. V, Issue 10 -- October 2001

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RETURN SERVICE REQUESTED

## DEPRESSION AND MANIC DEPRESSION SCREENING

Screenings for adults, older adults,  
children and adolescents.

**Thursday October 11, 2001**  
various times and locations.

Call National Depression Screening Day  
Site Locator at 1-800 520-6373

### Inside This Issue:

*Mental Illness Awareness Week  
Key Message Points*

*September-at-a-Glance*

*Legislative Update*

*Calendar of Events & Meetings*



## 2002 MEMBERSHIP APPLICATION

NAMI San Diego relies on its membership and your generous contribution to continue providing support and services to people with mental illness and their families. To join NAMI San Diego, renew your membership or make a contribution, complete the information below and **enclose your check payable to NAMI San Diego and mail to: P. O. Box 710761, San Diego CA 92171-0761.**

Name: \_\_\_\_\_

Street: \_\_\_\_\_ Home Phone # \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Work Phone # \_\_\_\_\_

**Dues are from January 1 to December 31 of each year and  
include membership and newsletter subscription to NAMI and NAMI California.**

**I would like to join NAMI San Diego at the following level:**

- \_\_\_\_\_ Regular Membership – \$35.00 Check one: ( ) New Member ( ) Renewal
- \_\_\_\_\_ Professional Membership – \$75.00 (includes office display of NAMI brochures)
- \_\_\_\_\_ Consumer Membership – \$10.00 \_\_\_\_\_ Newsletter Subscription Only – \$15.00
- \_\_\_\_\_ Open Door Membership \$3.00 (consumer, consumer family & friends in financial need)

### ANNUAL SUSTAINING DONORS

- \_\_\_\_\_ Bronze Donor – up to \$99.00 \_\_\_\_\_ Benefactor – \$500.00 – \$999.00
- \_\_\_\_\_ Silver Donor – \$100.00–\$249.00 \_\_\_\_\_ Patron – \$1,000 +
- \_\_\_\_\_ Gold Donor – \$250.00–\$499.00 \_\_\_\_\_ I prefer my contribution to be anonymous
- \_\_\_\_\_ Donation for Open Door Memberships (\$ \_\_\_\_\_)  
(to help consumer, consumer family & friends in financial need)

### Check relation to client:

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

\_\_\_\_\_ Please send me volunteer  
information and application.