



### State Budget Cuts' Effect on Public Mental Health Services

Mental health advocates lobbied their assembly and state senate members for the past several months and succeeded in sending a budget to the governor that maintained most mental health programs and even increased a few that have proven their worth. The governor's blue pencil hit the budget in early September and changed part of that landscape.

For the current budget year, July 1, 2002 through June 30, 2003, our Adult Mental Health Services lost the proposed expansion of some current services but expects to be able to maintain services at the level of the previous budget year. This is not good news, it just avoids being terrible news.

One adult program that had thought it could continue with funding at the level of the fiscal year that just ended June 30, 2002 but learned in late September that it would be funded at only the minimal level, is the Connections program operated by the San Diego County Sheriff's Department. It provides Assertive Community Treatment (ACT) to mentally ill offenders who are being released from jail back into the community in an effort to prevent re-arrest and to facilitate recovery. Connections is also a research program, comparing outcomes of one group of offenders that receive ACT services to a comparable group that does not receive ACT services.

*(Continued on page 8)*

### Education & Advocacy Meeting

6:30 p.m. Yummy Noshes

7:00 p.m. Program as Follows

#### "MEET THE CANDIDATES: VOTER AND CANDIDATE INFORMATION SOCIAL"

State Senate and Assembly candidates and San Diego District Attorney candidates running for office in the November 2002 election have been invited to discuss their views on issues of concern to adults and children with severe mental illnesses and their families.

- Adequate Funding for Mental Health Services
- Housing
- Criminal Justice Issues



You will have ample opportunity to ask your questions as we try a new format for learning from the candidates and giving the candidates the opportunity to learn from us. Come enjoy the refreshments and sit down with your senate, assembly, and district attorney candidates. You'll leave talking about this evening.

Sponsored by NAMI San Diego, NAMI Inland, NAMI North Coastal San Diego County, and League of Women Voters of San Diego County

The monthly meeting is open to anyone interested in learning about mental illness. The meetings are held on the first Thursday of the month at University Christian Church, Friendship Hall, 3900 Cleveland Ave San Diego, California (see map on page 4)

*Reserve time for next month's meeting on November 7th*

**Additional NAMI meetings in the San Diego County area are listed on Page 6**

# September at-a-Glance

Bettie Reinhardt, Executive Director

## Helen Teisher Quilt

Did you feel the chill in the air the other night? Didn't that remind you that a Helen Teisher quilt would look and feel mighty good on your bed? Helen donated the beautiful handmade quilt on the occasion of the May open house for our new building. We want to give people plenty of fill out drawing tickets so the drawing will be held at our annual meeting on December 5, 2002. We also want to facilitate your participation in the drawing so we have included a few tickets in this newsletter.

## Campaign for Best Practices

Please keep those signature sheets coming in!

## Law Enforcement and Mental Health Community Forum Planned

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

## NAMI California Conference

All I did last month was list the attendees and I still left two people out: Mary Truman and Deborah Conklin. I have always enjoyed this conference for its great scientific plenary sessions and its terrific networking opportunities. It was even more enjoyable this year because 20% of the attendees were consumers and were active participants.

Please call the Albright Center if you would like a complete list of NAMI California Board members but here is a list of the officers: President, Rev. Chet Watson, Concord; 1st Vice President, Lou Matthews, Ventura; 2nd Vice President, Chuck Sosebee, San Diego; Secretary, Sharon Roth, San Mateo; Treasurer, Lynn Smith, Woodland.

By the way – we picked out the best of the best of the plenary sessions and purchased audio tapes for the library.

## Meeting of the Minds

If you haven't registered for this conference/resource fair on Thursday, October 17, hurry and do so now. We have registration forms at the Albright Center or call the Mental Health Association, 619.543.0412.

## Serving Seniors: Closing the Gap

A new mental health conference has joined the line-up this fall. Sponsored by the County of San Diego Adult and Older Adult Mental Health Services and Aging & Independence Services, the conference aims to increase the awareness and knowledge of geriatric mental health issues and resources throughout the San Diego region.

## Mental Health Board

### (Attention: East County Residents!!!!!!)

The October meeting is in El Cajon on Wednesday, October 23, 6 p.m. – 8 p.m., Health and Human Services Agency, Children's Services, East Region Conference Room, Ste. 102, 198 W. Main Street (corner of Magnolia and Main).

## Classes

The Peer-to-Peer and the Family-to-Family at the VA classes have begun. Call the Albright Center, 619.543.1434, and put your name on the call list for a future version of one of these classes.

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

### **Client Recognition Luncheon**

Friday, October 11, 2002

The War Memorial Building, Balboa Park

Noon-2pm

Cost is \$2 per person, payable at the door

### **Food Fun Entertainment Raffle Awards**

Every program has the opportunity to recognize an outstanding client.

Join other clients to recognize and honor an individual for their accomplishments.

Sponsored by ICM Advisory Council and

City of San Diego Park and Recreation Department, Disabled Services

### **NEW**

NAMI c.a.r.e. Group

Consumer Support Group

Consumer-led

All consumers welcome

1st Tuesday of month, beginning October 1

6 pm - 7 pm

NAMI San Diego meeting room

4430 30th street, San Diego

## The Alliance Advocate

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

**NAMI San Diego is an affiliate of  
NAMI and NAMI California**

### Board of Directors:

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

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Deborah Conklin  
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Carolina Gonzalez-Garcia  
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Dan Sewell, M.D.

### Executive Director

Bettie Reinhardt  
exudir@namisandiego.org

**The Alliance Advocate is a monthly  
publication of NAMI San Diego,  
4480 30th Street  
San Diego, CA 92116**

**Mailing Address:  
P.O. Box 710761**

**San Diego, CA 92171-0761**

**Phone: (619) 584-5564 (administration)  
800 523-5933 (peer support)**

**Fax: (619) 584-5569**

**E-mail: [namisd@sbcglobal.net](mailto:namisd@sbcglobal.net)**

**Web Site: [www.namisandiego.org](http://www.namisandiego.org)**

### The Alliance Advocate Editors:

**Bettie Reinhardt and Pete Truman**

**E-mail: [namisd@sbcglobal.net](mailto:namisd@sbcglobal.net)**

**And [trumana@worldnet.att.net](mailto:trumana@worldnet.att.net)**

**Fax: (619) 584-5569**

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

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

*To register your opinion, call Bettie Reinhardt at*

## PRESIDENT'S MESSAGE

### Lazy Days of Summer Over

Well, I must tell you, I hadn't noticed. that they ever took place around the office. With the legislative, Strides 2003, Board, executive, and outreach meetings, grant writing, conferences, presentations, resource fairs, education and advocacy meetings, future development, fundraising ongoing volunteer development, and newsletter production, things seemed pretty much at the usual pace. We have begun planning for next year and have plenty of room for some new faces. In case you are interested we have many committees that work independently and have flexible meeting times. Just to name a few: Legislative, Scholarship, Library, Membership, Walk and Resource Fair (Strides) 2003, Outreach, Hospitality, and Housing. The ongoing responsibilities at the office include the newsletter and the phone lines. This is the year to volunteer and make what you believe in strong. Your involvement, or lack of, determines our future as an organization. To get involved, call the office and leave me a message.

Our NAMI California conference was well attended and thanks to Mark Refowitz's continued support of NAMI, family members and consumers were assisted with expenses. This years topics included mental health courts, updated information on dual diagnosis treatment, children's mental health issues, California's Three Strikes Law and Mental Illness, Obsessive Compulsive Disorder, confronting stigma, and current legislative trends.

Next month's general meeting will be a candidates' almost-forum. Once again, our legislative committee has put together a cosponsored event with the League of Women Voters. Please be sure to come and put the pressure on your representative for mental health legislation and support.

See you then,  
Karen Gurneck  
Board President

### The Meeting Place Rummage Sale

The Meeting Place, Inc. is holding a rummage sale on Saturday, October 12th from 8 a.m. to 2 p.m. They would appreciate any donations of gently used household items. They want everyone to know they are invited and encouraged to support the club-house members at the sale. The Meeting Place is located at 4034 Park Boulevard in San Diego. Please call 619.294.9582 if you have any questions and to schedule a pick up of your donations. All proceeds are used for the members' activities.

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

This immensely popular and even more immensely useful little book is available by loan from the Albright Center or yours to keep for a contribution to NAMI San Diego of \$15.00

## OUTREACH

One of the interesting aspects of our outreach duties as we grow is the number of organizations who are now asking us to help with training programs for their employees. Among those we have assisted are the San Diego Regional Center (they deal primarily with clients who have developmental disabilities), Catholic Charities (they offer a training program for caretakers for seniors), and the Community clinics (they have asked us to put together a three hour training program dealing with mental illness and HIV).

We continue to be busy with NAMI Information Booths at conferences around the city. Within the next 30 days NAMI will be represented at the San Diego Psychiatric Society Conference, "Meeting of the Minds", and "Serving Seniors: Closing the Gap"

Kamala Castle just finished coordinating an "In Our Own Voice" Training, which means that we have 11 new speakers available for that program.

We have some new ideas for our monthly education meetings, including starting a little earlier for new attendees and running the new "In Our Own Voice" video continuously for new members before the meeting starts. We are also looking at different ways of following up with (potential) new members, and we are hoping to obtain Board approval for several other new ideas. Our goals are to ensure that the meetings meet broader needs and to attract new members. We especially need some experienced members to volunteer to make new visitors welcome and introduce them to others who might have experienced similar situations with mental illness. Please talk to Sally or Diana if you are willing to help.

Sally Shepherd

## Legislative Update October, 2002 By Caroline Hamlin

### AB 1421 Passes Senate

AB 1421, the Assisted Outpatient Treatment Demonstration Act of 2002, passed the state senate, and now awaits the signature of the Governor. This bill changes significantly how the mentally ill can receive treatment. In brief, for that small group of individuals who have a history of non-compliance, frequent hospitalization and incarceration, but who are not "dangerous" it would be possible for a court to order up to six months of outpatient treatment. Counties who choose to participate in this program must be able to provide the ACT services. It remains to be seen whether San Diego county would implement the bill. After we are certain that AB1421 is law, we will give you more details.

In the meantime, thank you to all who wrote letters, faxes, and phoned for the past three years. We were, in the final analysis, heard. The reform of the outdated Lanterman-Petris-Short Act is now a reality.

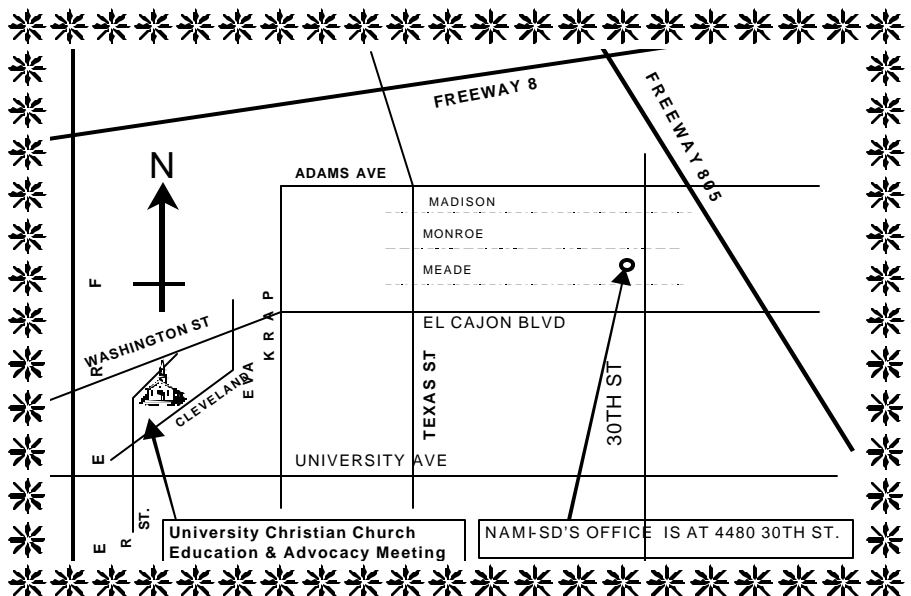
### WISH LIST

We have volunteers to tend our landscaping, now we need tools and an addition to our plantings.

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

Our thanks go to Kay Lanz who read this plea last month and donated a pair of clippers (and threw in a swell screwdriver).

We also need hedge clippers and a garden hose.



**FROM RESEARCH TO COMMUNITY:  
FAMILY PERSPECTIVES ON BORDERLINE PERSONALITY DISORDER**

**October 19 - 20, 2002**

**Columbia University - College of Physicians and Surgeons  
New York, New York**

**SPONSORED BY:**

National Education Alliance for Borderline Personality Disorder (NEA-BPD)  
Columbia University - College of Physicians and Surgeons

Perry Hoffman, Ph.D., President of this new Alliance has offered to waive the conference fee for any NAMI member from around the county who wishes to attend. Dr. Hoffman can be reached by e-mail at PHDHoffman@aol.com.

The two-day conference on borderline personality disorder (BPD) and family issues brings together for the first time relative, consumers and professionals. The conference is the initial step to provide a forum for knowledge distribution. The goals of the conference will be further continued through annual conferences and the development of regional centers for family programs. National Institute of Mental Health (NIMH) representatives will provide an overview of ongoing and new research into the diagnosis and treatment of BPD, and a presentation on NIMH funding support for research.

**IN ASSOCIATION WITH:**

- ◆ National Institute of Mental Health (NIMH)
- ◆ National Alliance for the Mentally Ill
- ◆ National Alliance for the Mentally Ill of New York State
- ◆ Borderline Personality Disorder Research Foundation
- ◆ International Society for the Study of Personality Disorders
- ◆ National Alliance for Research on Schizophrenia and Depression (NARSAD)
- ◆ New England Personality Disorders Association (NEPDA)
- ◆ Personality Disorders Foundation (PDF)
- ◆ Society for Women's Health Research (SWHR)

For further information and registration: (212) 305-3334 <http://ColumbiaCME.org>

**USEFUL TELEPHONE NUMBERS**

**When someone is in danger or for PERT - Call 911**

Medical Doctor 800 640-1662 or 858 565-8888

For help with a crisis/no-one in danger

Psychiatric Referral Service 858 656-8161

Access & Crisis Line (800 479-3339 or 619 641-6890)

Board and Care Availability Hot Line: 800 814-5002

Heartbeat (Children) 619 615-7676

# Schedule of Meetings

## NAMI SAN DIEGO

See Page 3 for NAMI-SD's address

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

### Evening NAMI-SD Support Group

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

### Morning NAMI-SD Support Group

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

### Sharp Mesa Vista Hospital Sharing and Caring

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

### Sibling and Adult Children's Group

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

### Clairemont Area NAMI Support Group

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

### La Jolla NAMI Support Group

First Tuesday, 7:15 - 9:00 p.m.  
La Jolla Presbyterian Church Lounge  
7715 Draper Avenue, (858) 457-5057  
(Entrance on Kline St.)

### El Cajon (East County)

Second Wednesday, 6:30–8:00 p.m.  
562 E. Main St., El Cajon,  
Forough Douraghi: (619) 401-5440

### South Bay Spanish

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

### La Mesa

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

### NAMI PATTON

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

## NAMI NORTH INLAND

### SAN DIEGO COUNTY

P. O. Box 300386

Escondido, CA 92030-0386  
(760) 745-8381

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

### Tuesday October 8th

Our speaker will be **Mark Refowitz**, a Licensed Clinical Social Worker, who is the Deputy Director of Health and Human Services for Mental Health in San Diego County. Mark is a strong mental health advocate who has extensive management experience in public sector behavioral health care, including state government and private managed behavioral/physical healthcare.

Following our speaker, a Care & Share meeting will be held for anyone requiring support regarding their mentally ill loved one **For further information please call (760) 745-8381**

### Monday Share and Care Meeting

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

### 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  
Call (760)745-8381

### Wednesday Share and Care

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

## NAMI NORTH COASTAL

### SAN DIEGO COUNTY

P. O. Box 2235

Carlsbad, CA 92018  
(760)722-3754

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

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

### For Thursday October 17th.

**Dr Eric Granholm and Dr Farisia McClure** will discuss **"Communicating about Symptoms and Feelings"**

They will emphasize the communication skills between family members so they can better communicate with their mentally ill relative.

### Share & Care

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

### Share and Care

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

### Pastoral Share & Care

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

### TARA Borderline Personality Disorder Support Group

1<sup>st</sup> & 3<sup>rd</sup> Tuesday monthly  
Carlsbad Community Church  
3175 Harding Street, Carlsbad CA 92008  
760-729-2331

### Schizophrenics in Transition-AMI

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

### Schizophrenics in Transition-AMI (SIT-AMI)

has the following under its umbrella:

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

### BORDERLINE PERSONALITY DISORDER CONFERENCE

**IN NEW YORK**  
**See Page 5**

## Consumer Corner

### IN OUR OWN VOICE

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

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

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

Kamala Castle  
At 619 584-5568

#### Mariposa Clubhouse

560 Greenbrier, Suite .102, Oceanside  
(760)439-6006

Open Monday - Friday

8:00 a.m. - 4:00 p.m.

Open Saturday & Sunday

10:00 a.m. - 2:00 p.m. Brunch

#### East Corner Clubhouse

562 East Main St., El Cajon  
(between Mollison and Avocado)  
(619)401-6902

Fax: (619)401-1751

Open :

Mon., Tue, Thur, Fri. 8:00 a.m.- 2:00 p.m.

Wednesday 8:00 a.m. - 6:30 p.m.

Saturday - 10:00 a.m. - 2:00 p.m.

### Peer-to-Peer

#### WOULD YOU . . . .

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

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

To sign up, call the Albright Center,  
619.543.1434.

Remember, seating is limited.

#### The Consumer Center for Health Education and Advocacy

If you need help getting mental health care services, please call or write us.

We are ready to help you.

1475 Sixth Ave., 4th Floor

San Diego CA 92101

1-877-734-3258 Toll Free

#### The Meeting Place, Inc.

4034 Park Blvd., San Diego

(619) 294-9582

Open Monday - Saturday

10:00 am. - 4:00 p.m. Monday to Friday

11:00 am - 3:00 p.m. on Saturday

#### Corner Clubhouse

2852 University (at Utah)

San Diego (North Park) #7 Bus Line

(619) 683-7423

Open Monday - Friday

8:00 a.m. - 4:00 p.m.

#### Friend to Friend

1009 "G" Street

San Diego

(619) 238-2711

Open Monday - Saturday

10:00 a.m. - 6:00 p.m.

A peer advocate is available

Thursday, Friday (morning) and

Saturday

#### Employment Services

1202 Morena Blvd., Suite 201

San Diego, (619) 276-8071

#### Visions @ 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.

#### 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.

#### Scholarship Funds

Call the Albright Center for information about scholarship funds.

(619) 584-5564

#### Friends

144 Copper Ave. Vista

(760) 941-2153

Open Saturdays

1:00-4:00 p.m.

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

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

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

El Cajon Library, Community Room

201 E. Douglas Street, El Cajon

For more information, 619.393.3568

[http://groups.yahoo.com/group/DMDA\\_El\\_Cajon/](http://groups.yahoo.com/group/DMDA_El_Cajon/)

pm

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

VA Hospital, Room 2011 (2nd Floor)

For information, 888.274.3637 or 858.535.4793

7:00pm

<http://hometown.aol.com/lajolladmda/>

[myhomepage/profile.html](http://myhomepage/profile.html)

#### DBSA

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

#### DBSA Rancho Bernardo,

Tuesdays and Thursdays, 6:00 – 8:00

Aurora Psychiatric Hospital

For more information, 858.487.3200

DBSA La Mesa, Tuesdays 6:00 –

Alvarado Parkway Institute (API)

For more information, 619.465.4411

(Continued from page 1)

The biggest hit is in programs that serve children and adolescents. Many of the programs provided by our County are mandated and must be fully maintained, such as the AB2726 program that provides mental health services to children that have been found to need them via the school Individualized Educational Program process. That leaves the cuts to be made in the newer, more innovative programs – principally the Children’s System of Care that includes case management and individualized support services, family support, and school-based programs. Children’s Mental Health Services is looking at a gap of about \$1.25 million between what was budgeted for this fiscal year and what will be received from the State. County staff will recommend budget adjustments, retroactive to July 1, to the Board of Supervisors by late October.

A theme runs through all of this – besides the one of not enough money. The theme is that we have to prove effectiveness of programs to get them funded. And that ties in with NAMI’s Campaign for Best Practices. Best mental health practices are those services that are evidence-based, that is, they have been evaluated and found to make a significantly positive difference in the quality of people’s lives. Connections may get more money in the future when it’s research is completed. The County was able to hold on to the money it receives for the Integrated Services Program for downtown residents who have serious mental illnesses, are homeless, and need Assertive Community Treatment because it is based on Best Practices and because its outcomes have been very good. Children’s Services may be able to reduce some of the budget gap when they are able to communicate the B.E.S.T. program’s outcomes to the State.

This is clearly not the time to take our Best Practices signature sheets to County Mental Health Services, the Board of Supervisors, or the legislature and request added programs. It may, however, be the time to carry them with us as we push for the proper use of the money we have – that is, funding services that have been proven to work and will help people living with mental illnesses thrive.

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

## DIRECTOR’S REPORT

Mark Refowitz, Director, Adult and Older Adult Mental Health Services, has graciously agreed to provide information for the NAMI newsletter each month. In a recent interview, Mark expressed his concerns regarding the following:

- **budget cuts for Mental Health Services.** In particular the budget for children services has been slashed. A community forum was held on September 19 at the Rosecrans office to discuss the problem. For Older Adult Mental Health Services, a newly approved expansion project (AB2034) to assist the homeless mentally ill in North County has been put on hold because of these budget constraints
- **housing** - Mark suggested that NAMI collaborate with others to increase the availability of affordable housing. A Housing Summit will be held in San Diego on October 25<sup>th</sup>, 2002, at the Wyndham Emerald Plaza Hotel in downtown San Diego. Section 8 issues will be discussed.
- **Clubhouses** - San Diego needs a clubhouse modeled upon Fountain House in New York or Portal House in Los Angeles. (*Look for information about these models in next month’s newsletter.*)

Mark encouraged NAMI to continue the great work it does with advocacy and the business of education and support for families and consumers -- and to work on HOUSING, HOUSING, HOUSING!

### Standing Month meetings:

**Client meeting with Mark takes place on the 1<sup>st</sup> Friday of the month, 1:00 p.m. – usually at the Rosecrans location (Harbor Room)**

**Mental Health Board Meetings are held on the 4<sup>th</sup> Wednesday of the month at 6 pm (various locations)**

### Always wear a Silver Ribbon™

To show you care about someone with a brain disorder!  
To help break down the barriers to treatment and support!  
To help eliminate the stigma against those who suffer!  
To show you believe there is HOPE through  
education and research!

Contact the NAMI San Diego office to buy  
your silver ribbon



# The Alliance Advocate

Vol. VI, Issue 10--October 2002



4480 30th Street  
San Diego, CA 92116

Non-Profit  
Organization  
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## RETURN SERVICE

### *Inside This Issue:*

*State Budget Cuts*

*Meet the Candidates*

*AB 1421 Passes Senate*

*“Peer to Peer” & “Family-to-Family” Classes*

*Calendar of Events & Meetings*

*Mental Health Director’s Report*



## NAMI San Diego

### 2003 MEMBERSHIP APPLICATION

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

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

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

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

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

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

- \_\_\_\_\_ Regular Membership – \$40.00 Check one: ( ) New Member ( ) Renewal
- \_\_\_\_\_ Professional Membership – \$75.00 (includes office display of NAMI brochures)
- \_\_\_\_\_ Consumer Membership – \$10.00 \_\_\_\_\_ Newsletter Subscription Only – \$15.00
- \_\_\_\_\_ 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

#### Check relation to client:

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

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