

Progress on Gateway to Wellness

Remodel main corner double-door entry at 4480 30th Street

Amount needed	\$5,000
Amount collected	<u>3,812</u>
Still needed	\$1,188

Recent donors are:
Robert & Rhoda Gordon

You should see some changes at the Albright Center during the coming months. The grant we received from **The California Endowment** for the *Peer to Peer* program included some funds for upgrading the meeting room. Any funds we receive for the Gateway to Wellness Entry over the \$5,000 will go toward paying for the architect, ventilation and air conditioning, architect, asbestos abatement.

Helen Teisher Education Fund

Total fund balance as of 9/10/2003 is:

\$ 6,970.00

This newsletter is sponsored by an undesignated grant from the **San Diego Foundation's Al & Alma Brosio Family Fund**. Opportunities are available to sponsor an issue of our newsletter. Contact Marjie at 858-695-9126 or Joramos@cts.com.

PARTY! 25 Years of Success!

By Wendy McNeill

NAMI's throwing a party, and you're invited! We will be "Celebrating 25 Years of Success" with an evening full of mingling, imbibing, eating incredible food, listening to music, and honoring a couple of wonderful people in the NAMI community.

It would take a thick program to list all of the people that have played roles in NAMI's success but a number of super luminaries – some recent, some a part of the early years, and some who have worked year in and year out toward NAMI's mission – will be recognized.

This splendid event will take place on Thursday, November 6, 2003 from 6:00 -

9:00 p.m. at Tom Ham's Lighthouse on Harbor Island. The program will include a social hour from 6:00 - 7:00, followed by a beautiful buffet dinner.

After dinner we will be recognizing Hank Teisher with a Founder's Award, and Carol LeBeau, the keynote speaker, will receive a Community Service Award. Susan Davis, US Congresswoman, is serving as the Honorary Chair.

Tickets for the dinner are \$50.00 a person, and sponsorships for consumers are needed. Please look for your invitation in the mail! This will be NAMI's event of the season.

Attire is business casual.

“Carol LeBeau... will receive a Community Service Award.”

Albright Center Gets Face Lift

By John van Blerk

Reconstruction work of the Albright Center will soon be underway. JVB Construction Management, Inc. (JVB) was selected to manage the reconstruction work. JVB's role on the project also included project cost estimating, and design coordination and management. The architect is Michael Winfield of Architura, and the construction work will be completed by Pacific Building Group.

Work will consist of two phases. The first phase will include a much needed upgrade of the mechanical system including the addition of a new roof mounted unit, enlargements and improvements to the Conference room, new storage areas and a new entrance to the facility to comply with the ADA (Americans with Disabilities Act) requirements.

Construction on Phase 1 will commence in late September and be complete in approximately four weeks.

The second phase of the project will include upgrades to restrooms and other areas.

Thanks to all the donors who make this work possible.



September

At-a-Glance

By Bettie Reinhardt, Executive Director

NAMI San Diego Turns Up All Over Town and CA, Too

More Budget Cuts Effects

It is a good thing, a very good thing, that NAMI is busy, working to do what NAMI does best – better, and in more places. We have to work harder because public mental health services are diminishing before our eyes. Well,

sometimes, they slip away quietly when we are looking the other way. The County's Homeless Outreach Teams, previously housed at each County Mental Health clinic, have been dismantled. That program worked effectively with people at risk of being displaced from their housing as well as those already on the streets. That leaves us with two teams, funded by the City and private partners, that work only in downtown San Diego and the beach areas.

And then there are the decreased services to the indigent and the working poor. The new eligibility criteria for County clinics and County-funded mental health programs, effective October 1, restrict diagnoses to the most serious ones found in California's managed mental health care parity legislation and financial eligibility to 200% of the federal poverty level (100% is about \$500 for an individual). People turned away and transferred out will be referred to our region's few community clinics with sliding scale fees.

Class Opportunities

Schizophrenia: Education for Families and Caregivers: (please see enclosed flyer).

Family-to-Family:

- Spanish language class began in August
- La Mesa class began in September

- First ever class sponsored jointly with Jewish Family Services began in September
- If you are a relative of a person with a mental illness, you should probably be in one of these classes during 2004
- Watch for news of after-the-holidays classes in November newsletter

"Public health services are diminishing before our very eyes."

- If you are living with a mental illness and are ready to take charge of your life and avoid relapses, this class could be for you

Call the *Albright Center* at 800.523.5933 to register for any of these classes.

In Our Own Voice: Living with Mental Illnesses speakers make frequent presentations. Call Kamala Castle, 619.584.5564, to schedule speakers for your group or to find out where you can join a presentation.

NAMI San Diego Represents at Newport Beach Conference

Les says, "I can hardly wait to go next year." Jan reports, "A convention like this is hard work. You're doing a lot more than just sitting and listening." They are talking about the NAMI California Annual Conference, September 5th and 6th, attended by 20 people from San Diego and more from North County.

Further comments: "I gained a much better understanding of the daily struggles of people with a dual diagnosis," Ginny;

"Everyone was really kind and accepting," Kamala; "Attending was a wonderful opportunity and privilege," and "This conference alone is worth a member's dues. Everyone should attend," Bettie.

Four of our members put in especially hard work – Mary Lou Erwin, Kathy Lutes, Kamala Castle, and Ann Cummings— who presented a workshop on our Peer-to-Peer program to a standing room only audience. They, and the program, received rave reviews.

I had the privilege of joining the executive director from NAMI Orange County and our regional director on a panel regarding developing a successful affiliate and the role of the executive director.

The 2005 state conference will be in July at the San Francisco Airport Marriott (it has traded dates with the NAMI National convention being held in Washington, D.C., the first weekend after Labor Day).

Celebrating



Healthy Minds and Bodies

NAMI San Diego's Fifth Annual Fun Walk and Resource Fair

Chair Madeleine Lee and her co-chair, Danny Rieger, have begun work on the April 17, 2004 major outreach event.

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 illness.

NAMI San Diego is an affiliate of
NAMI and NAMI California

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The NAMI San Diego Advocate
is a monthly publication of

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

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

To register your opinion, call Bettie Reinhardt at 619 584-5564 or write to P.O. Box 710761, San Diego, 92171 or fax to (619)584-5569 or email at exudir@namisandiego.org or contact any of the people mentioned in the articles.

Volunteer Spotlight!

The True Colors of a True Volunteer

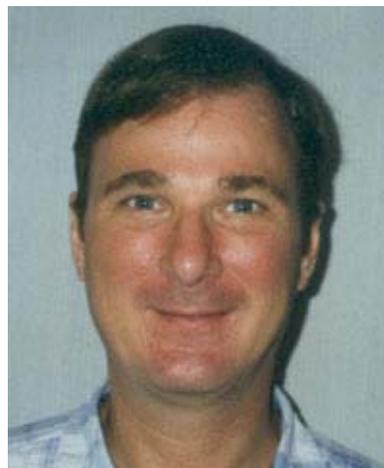
By Diana Waugh
Volunteer Coordinator

Our Volunteer Spotlight shines on Brad Konz who has been a NAMISD volunteer since May of 2002. Brad started doing data entry of the Albright Center phone logs and has since taken charge of the Web site, does In Our Own Voice presentations, front desk duties, staffs tables at community functions and generally helps out at the office as needed. He volunteers approximately 78 hours a month and is indispensable to the NAMISD family.

Brad describes his experience as a consumer; "I was diagnosed with Paranoid Schizophrenia in 1983 and was hospitalized voluntarily at that time. I tried a few anti-psychotic medications and was pretty lucky to find one, early on, that helped me function. At first, I was just dealing with my mental illness and its stigma. I finally came to the realization that I was going to have to accept my illness and things gradually got better."

Brad has an AA in Liberal Arts and a BA in Political Science from San Diego State. He did his internship last year at NAMISD (yes, another degree) for an A.S. in Computer Science and Information Systems from Grossmont College.

When asked about his volunteer experiences Brad said, "I have met a lot of wonderful and remarkable people at NAMISD and they made me feel instantly at home. Being a volunteer has been an enjoyable and challenging experience and I value being a part of the team. I hope to be a part of NAMI San Diego far into the future and would recommend being a volunteer to anyone."



Brad Konz,
Volunteer of the Month

What's New

I was hired as a part time Volunteer Coordinator in August and have been busy interviewing and training new volunteers. I have met many wonderful and dedicated people during my three-year experience as a NAMISD volunteer which enables me to best match people's skills and desires with job functions.

We are planning outreach into the Hispanic and African American communities and welcome participants who have an understanding and interest in these efforts. Our Family and Consumer Programs our growing and with them the need for help with computer graphics and data management. Most of our wonderful telephone volunteers in Albright Center have been answering phones for over twenty years. We need add to their ranks because they also and enjoy travel.

I love being part of the NAMISD team. I know that NAMI has contributed to the lives of many consumers and family members and I see my job as volunteer coordinator as facilitating a way for them "to give back." We are open one night a week and alternate Saturdays, so people who have full time jobs can still contribute as a volunteer.

I look forward to meeting more of our NAMISD members and having you on our team in any capacity that works for you.

I am still involved in doing "In Our Own Voice" and other speaking and outreach activities so my days in the office vary. I have a voice mail so messages can be left for me at (619) 584-5564 box 304. I'll get back with you as soon as I can.

NAMI San Diego Meeting Schedule

NAMI San Diego

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

NAMI-SD's Education and Advocacy
meeting takes place the First Thursday
of each month at University Christian
Church, 3900 Cleveland Ave.,
San Diego. (Additional info, pg. 5.)

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

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

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

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

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

El Cajon (East County)
Second Wednesday, 6:30-8:00 p.m.
Heartland Center, 1060 Estes Street
(off Chase)
Dale or Judi at (619) 401-5500

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

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

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

NAMI-SIT

Schizophrenics in Transition

Board Meeting
1st Wednesday at Noon
144 Copper Avenue, Vista 92083
(760) 941-2153 or
(858) 484-7069

NAMI-SIT includes the following :

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

NAMI North Inland

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

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

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

Wednesday Weekly in Fallbrook
Wednesday, 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

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

Thursday, October 16, 2003 at 7:00 p.m.
Speaker: Patricia Hoffman Judd, Ph.D.
Understanding Borderline
Personality Disorder
Education Meeting followed by
Share & Care at 8:40 p.m.

Share & Care

Fourth Tuesday - 5:00-6:30 p.m..
North Coastal Behavioral 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, Vista
(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

Speaker, Dr. Blaise Riedlinger
Tuesday, October 7 at 7:15pm
First Tuesday monthly—6:30-9:00 p.m.
Carlsbad Community Church
3175 Harding Street, Carlsbad CA 92008
(760) 729-2331

Message From the President

By Karen Gurneck

Nominations are now open for the NAMI San Diego Board of Directors.

Any persons nominated by five or more members to serve on our Board of Directors will be eligible for election at the Annual Membership meeting on December 4, 2003.

Nominations received by October 15, 2003 will be included on the slate in the newsletter and on our proxy materials. Please address these recommendations to Karen Gurneck at NAMI San Diego, 4480 30th Street, San Diego, CA 92116.



First Thursday

Education & Advocacy Meeting

Reintegration into the Workplace

Many people receiving SSI & SSDI feel that they cannot have a job because they are afraid of losing benefits. What many people don't know is that there are many options available to those who would like to try working.

Speaker:

Bill Fraizer,
Project Independence

Thursday, October 2, 2003

Social and New Visitors – 6:30 pm

Business and Advocacy – 7:00 pm

Program – 7:30 pm



The monthly meeting is open to anyone interested in learning about mental illness.

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

We will Celebrate our 25 Years of Success on the
First Thursday of November.

Family Opportunity Act

by Caroline Hamlin

The Family Opportunity Act of 2003, SB 622, authored by Senators Charles Grassley (R-IA) and Edward Kennedy (D-MA), was reintroduced into the Senate March 13. NAMI has been strongly supporting this bill since it was first introduced three years ago. The FOA bill aims to solve the financial difficulties that families encounter when they have a seriously mentally ill child requiring extensive and costly treatment. Under this bill, states would be able to offer Medicaid coverage to families with incomes of 250% of the poverty level. Cost sharing on a sliding scale up to the full premium cost would be required, but with protection for lower income families. At the present time, families are not eligible unless impoverished and sometimes even give up custody of their child in order to secure health care services under Medicaid.

The Family Opportunity Act has widespread bipartisan support. Already 64 senators are co-sponsoring the bill, including our own California senators. The Senate Finance Committee has once again expressed its unanimous support. Moreover, the budget resolution recently passed by Congress includes a budget reserve of \$7.3 billion over ten years to pay for the federal costs of FOA,

Last year this bill failed to reach the Senate floor. We must not allow the passage of this important legislation to elude us again.

Contact Senate Majority Leader Bill Frist (R-TN) and urge him to bring bill to the floor for a vote. Contact California Senators Feinstein and Boxer and ask for their continued support of this bill:

Senator Bill Frist

United States Senate, S 230
Washington, DC 20510

Senator Barbara Boxer

US Senate, Hart Bld. #112
Washington DC 20510

Fax: 415 956 6701

Senator Diane Feinstein

US Senate, Hart Bld. 331
Washington D C, 20510

Fax: 415 393 0710

All Senators can be reached by calling the Capitol Switchboard toll free at 1 800 839 5276 or 202 224 3121 or online www.congress.org

your community **Resources**

NAMI C.A.R.E. Group

Consumer Support Group
Second & Fourth Tues of Month, 6pm—7pm.
NAMI San Diego Meeting room
4480 30th Street, San Diego

Scholarship Funds

Call NAMI San Diego's Albright Center for information about scholarship funds.
(619) 534-1434

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

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 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

2864 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 - Friday
8:00 a.m. - 4:00 p.m.
An SSI advocate is available
Monday—Friday

Visions @ 5th and H

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

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

1060 Estes Street (off Chase Avenue)
El Cajon, 92020
(619) 440-5133
Fax: (619) 440-8522
Open: Mon & Fri. 8:00 a.m. - 4:00 p.m.
Tues & Thurs - 8:00 a.m. - 2:00 p.m.
Wednesday 8:00 a.m. - 6:30 p.m.

The Access Center of San Diego

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

Employment Services

1202 Morena Blvd., Suite 201



San Diego, (619) 276-8071

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

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

Friends (Clubhouse)

144 Copper Ave. Vista
(760) 941-2153
Open Wednesdays 1:00 p.m.-4:00 p.m.
Saturdays 9:00 a.m. - 4:00 p.m.

The Bayview Clubhouse

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



NAMI Membership

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: _____ E-mail: _____

Street: _____ Home Phone # _____

City, State, Zip: _____ Work Phone # _____

Dues 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
- _____ Silver Donor – \$100.00–\$249.00
- _____ Gold Donor – \$250.00–\$499.00
- _____ Benefactor – \$500.00 – \$999.00
- _____ Patron – \$1,000 +
- _____ 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.

Donors

*By Marjie Joramo
Development Director*

I have been doing the thank you letters for donations to NAMI San Diego for a few months now. I am always so thankful and impressed with the wonderful people we have for donors. We have some people who send a check regularly (once a month or every 3 months, etc.). Some donations are a little as a dollar and some well over \$10,000. Many of our members and families are living on fixed (very low) incomes and still give to NAMI San Diego.

Members and friends have selected NAMI San Diego for giving at their workplace - - some of these donations are matched by the employers so we receive even more than the employee gives.

Some donations are undesignated which allow us to use them right away wherever needed. Other donors have been

especially helped or impressed by a specific program such as: the Albright Center, Open door memberships, In Our Own Voice Presentations, our scholarship program, the walk & resource fair, or our outreach activities. Other times a donor will see a specific need that we have such as: a fax machine, a copy machine, a vacuum cleaner, funds to pay for a board member or consumer to attend NAMI National or CA conferences. We also have special fund drives for specific things like the front entry, or the Helen Teisher Education Fund.

Many people give us gifts in memory of someone who has died, or in honor of an individual who has helped them. We have had gifts in memory of a person who has left us too soon in a high profile suicide or police incident, or who may have died several years ago but the donor wishes to



honor the individual's memory by helping others dealing with mental illness through us. Gifts have honored Family to Family Teachers, a practitioner who has been a great help to an individual working toward recovery. It is one of my goals to develop a better way to regularly report in memory of and in honor of gifts to you.

*NAMI honors
what donors do.*

The Advocate

Vol. VII, Issue 9, October 2003



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San Diego, CA 92116

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Return Service Requested

Outreach

By Sally Shepherd

Summer is definitely over! We must have at least six events coming up in the next few weeks, including the Psychiatric Society's annual conference, a resource fair sponsored by Pfizer, and a two-day "Back to Work" conference sponsored by HIV agencies.

Not that we were idle during the summer. After returning from the NAMI National Conference, Diana Waugh turned around and went back to Washington D.C., where she testified at a Senate hearing on Seniors and Depression and Suicide. She did a wonderful job, and the hearing has been shown many times on C-Span.

We have also given a number of interviews with the *Union Tribune* for a special section on Health and the Baby Boomers.

Please let us know if you are interested in becoming involved with our "traveling road show." For your first time out with the NAMI booth, we will pair you up with an experienced Outreach team member to show you the ropes.

We now have about 20 mental illness fact sheets and 4 brochures available to give out, all with our own NAMI San Diego information on them. We are also working on a series of Spanish fact sheets. These are all available at the NAMI office.

We have started to assemble the Resource packets for the First Contact Program. We are currently requesting permission to speak at all of the Specialty Meetings of all San Diego physicians, with the blessing of their CEO, Tom Gehring. We also plan to have the

packets available to distribute at the Psychiatric Society Conference, which is attended by many psychologists and social workers. From discussions we have had with local health care professionals, the Resource Packets will be an invaluable resource. Our thanks go to Marjie, who has applied for a grant to help us cover the cost of these materials.

NAMI is now officially represented on the new San Diego Older Adult Mental Health & Substance Abuse Coalition, with Sally Shepherd serving on the Executive Committee. The Coalition's logo includes the phrase "Seniors have Special Needs", and that will be the theme of their educational campaign this year. We are still looking for an Advocacy Chair and a Consumer Representative for the Executive Committee. Contact Sally Shepherd if you are interested.

Sharp Mesa Vista Hospital, NAMI-SAN DIEGO,
And The County of San Diego Health and Human Services Agency Mental Health Services Present

SCHIZOPHRENIA: Education for Families and Caregivers

A seven-week free educational program for families, loved ones
and caregivers of people with schizophrenia

Starting Date: **Tuesday, October 14, 2003**

Location: **Sharp Mesa Vista Hospital, Room CAP 1007**

Time: **6 p.m. – 8 p.m. [Groups will begin and end on time!]**

Presenters: **Marci Miller, RN, MS, Psy.D., and guest speakers**

Meeting Dates and Topics:

October 14, 2003	Schizophrenia: A Brain Disease
October 21, 2003	Course, Causes and Prognoses of Schizophrenia
October 28, 2003	Treatment and Recovery
November 4, 2003	Anti-Psychotic Medication
November 11, 2003	Psychosocial Rehabilitation
November 18, 2003	Helpful Family Roles
November 25, 2003	“In Our Own Voice”

Note: Those attending education groups may choose to attend all or some classes.
The entire curriculum may be repeated quarterly.

Soft drinks and light refreshments will be served.

Sharp Mesa Vista Hospital
7850 Vista Hill Avenue
San Diego, CA 92123
(858) 278-4110

WHAT IS BORDERLINE PERSONALITY DISORDER?

BPD is a disorder in which a person is unable to regulate emotions or control impulses. Their behavior can be seen as maladaptive methods of coping with constant emotional pain. The DSM IV, which is a manual used by psychiatrists to diagnose all mental disorders, describes BPD as an AXIS 11 disorder of impulsivity and emotional dysregulation including at least five of the following:

1. Frantic efforts to avoid abandonment, going in extremes to keep someone from leaving (In extremes, "stalking")
2. Frequent interpersonal conflict, unstable, stormy relationships. Black-White thinking. Difficulty seeing the gray in situations or compromising.
3. Unstable self image, shifting from feeling confident about who you are to feeling like you are evil or don't exist.
4. Self-damaging, impulsive behavior such as substance abuse, binge eating, anorexia-bulimia, reckless spending, gambling, reckless driving (road rage) or behaviors that can lead to serious consequences.
5. Frequent suicidal thoughts, threats or attempts, or self hurting, self-mutilating behavior (cutting or burning.)
6. Intense emotional instability, rapid changing short term moods and anxiety.
7. Chronic feelings of emptiness, sadness, or depression.
8. Intense inappropriate anger that may lead to physical fights or destruction of property (e.g. domestic violence).
9. Stress related dissociative symptoms such as paranoia; feeling as though they are losing touch with reality; feeling victimized; unable to accept responsibility.

BPD is extremely painful to the patients, to those who live with them and to society. People with BPD experience emotions intensely and are very vulnerable. They are among the most intensive and extensive utilizers of mental health services.

If you recognize any of these symptoms in a relative join us for a monthly family support meeting -

TARA Borderline Personality Disorder Support Group

1st Tuesday monthly @ 6:30pm

Carlsbad Community Church

3175 Harding Street

Carlsbad CA 92008

760-729-2331

WHAT:

Michael & Gwen Coronado, a husband and wife team and NAMI National Convention presenters will discuss:
Living in Harmony with Mental Illness by Practicing Feng Shui

Admission is free,
with a complimentary light lunch.

WHEN:

Thursday, November 12, 2003
11:30 am to 1:30 pm

WHERE:

First United Methodist Church
2111 Camino Del Rio South
Interstate 8 and Texas Street, Mission Valley

**YOU WON'T WANT TO MISS THIS GREAT OPPORTUNITY
TO LEARN ABOUT MENTAL ILLNESS FROM A
UNIQUE PERSPECTIVE!**

Call 619-447-7814 Today to Reserve Your Seat!

DBSA Support Groups Depressive Bipolar Support Alliance Support Groups

Meetings in La Jolla, El Cajon, La Mesa,
and Rancho Bernardo

For more information, call
(800) 826-3632 or
See www.dbsalliance.org

The Access & Crisis Line

1-800-479-3339

The Warm Line

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

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

Warm-Line operators are fellow men-
tal health consumers.