



CONFERENCE REVIEW:

Strategies for Therapeutic Success

By Tina Miller

Q: How many therapists does it take to screw in a light bulb?

A: Only one, but it has to really WANT to change!

The old joke from the '70's speaks to a truism in psychotherapy circles. And Dr. David Burns, M.D. seems to cross the barrier between art and science via his educational conference "Strategies for Therapeutic Success."

Burns' basic premise certainly has not changed in all this time, although the repertoire of techniques to understand and shift the client's beliefs has definitely expanded. And in this seminar he laid out 50 techniques to "untwist your thinking."

What was new in Dr. Burns' seminar was his introduction of a tool that gives verifiable feedback to the clinician so that the "therapeutic alliance" can be further enhanced. By asking the client to fill out a brief survey at the start and conclusion of each session, the clinician is provided with ongoing, authentic feedback about to what degree the client finds him/her empathic, understanding, trustworthy, etc. The effectiveness of this simple tool has been scientifically demonstrated, and it is truly amazing.

Back to our favorite 70's joke though, perhaps most intriguing is Dr. Burns elaboration of two key types of resistance. "Outcome Resistance" is when the client prefers to maintain the benefits of his disturbance to being without it, even if changing it required no effort, was instantaneous, and cost him or her no emotional pain. "Process Resistance," on the other hand, is at work when the client clearly prefers to be
Cont. on page 6...

First Thursday Advocacy Meeting Instead Will Be...

PARTY!

Thursday, October 7

NAMI San Diego's

2nd Annual

Fundraising Dinner

"Celebrating Unity Through Diversity"



At Tom Ham's Lighthouse

Harbor Island

Call (619) 584-5564

& Ask for Jim

to Reserve Tickets

September At-a-Glance

By Bettie Reinhardt
Executive Director

“The difficulty lies, not in the new ideas, but in escaping the old ones.” (John Maynard Keynes) Evidence of freeing ourselves from the bonds of the old ideas abounded at NAMI’s 25th Anniversary Conference in Washington, D.C., September 8 – 11.

Ten NAMI San Diego members made the trip; five played significant roles as consumer leaders.

Old idea: the goal for consumers is stabilization, new idea: opportunities can lead to achievements.

Cynthia Ross, who was featured in the NAMI Advocate, summer edition, received a standing ovation after her panel presentation during the African American Symposium.

Old idea: the African American community won’t deal with mental illness, new idea: community members can experience recovery.

Sally Shepherd had to keep making more handouts to go with her poster presentation on HIV and Other Infectious Diseases and Mental Illness.

Old idea: “our folks” don’t need to worry about HIV, Hepatitis C, or TB, new idea: we are willing to recognize the high risk of infection among people with serious mental illnesses and learn about prevention and testing.

NAMI’s annual conference is held in Washington, D.C. every third year and, as much as we enjoy seeing other parts of the country and sometimes having the conference closer to home, it is extra exciting to meet in the nation’s capitol. All ten of us trekked to “the hill” where we made visits to the offices of all five of our congressional delegation. We spoke to them specifically about mental health insurance parity, the Keeping Families Together bill, and the Mentally Ill Offender Treatment and Crime Reduction Act. Busses got us to the street facing the capitol but we enjoyed the convenience and low cost of the Metro on our return to the conference site. Senator

Pete Domenici, Rep., NM, co-author of the parity bill, fired us up before we went off on our advocacy rounds. Senator Gordon Smith, Rep., OR, was there on our return to share the thrill of the passage of the Garrett Lee Smith Memorial Act to implement effective suicide prevention strategies for young people. The bill was passed on Garrett’s 23rd birthday, one year and one day after his suicide.

*“The difficulty lies, not in the new ideas, but in escaping the old ones.”
John Maynard Keynes*

The 2005 conference will be held in Austin, Texas, Saturday, June 18 – Tuesday, June 21. You can get a deep discount on registration by

getting it in by December 31. See you there!

NARSAD Artworks

Some of you depend on seeing the NARSAD Artworks insert in your October newsletter. Others may be wondering why it is there. It’s about Recovery. We support this project because it supports recovery.

The NARSAD Artworks products showcase museum-quality art by talented artists whose lives share or have shared the common bond of mental illness. NARSAD Artworks is an all volunteer 501 (c) 3 non-profit corporation. All proceeds flow to causes supporting the mentally ill, especially scientific research. To raise funds for local projects, for state and local advocacy and for research through NARSAD, the National Alliance for Research on Schizophrenia and Depression.

- To promote public education and destigmatization of mental illness.
- To provide self-esteem and income for artists who suffer from mental illness.

- To employ the mentally ill where feasible.

You can order directly from their website at www.narsadartworks.org or you can use the enclosed order form in which case NAMI San Diego will receive a small percentage of the price as a donation. Your cost will be the same in either case and the cards will be mailed to you in either case.

More Ways to Facilitate Recovery

Dr. Piedad Garcia, County Mental Health Administration (Piedad.Garcia@sdcounty.ca.gov) is seeking family members and clients to join the dual diagnosis initiative training teams. Contact her directly if you can help.

Attend Meeting of the Minds on

October 22.

Family-driven systems of care are culturally competent environments in which family and youth voices are heard and valued, everyone is respected and trusted, and families and youth feel safe for them to speak honestly. Family-driven systems of care ensure that families and youth have access to sound professional expertise so they have good information on which to base the choices they make. Watch future newsletters for ways to make this happen.

Fabulous Flick!

“People Say I’m Crazy”

This landmark film follows the journey of folks with mental illness on the road to a better life. It succeeds in showing its viewers their individual paths to recovery.

Showing on October 12, 2004 from 4:00– 7:00 p.m. at the Adams Avenue recreation center, 3491 Adams Avenue.

Your support of this film will lead to its greater on-air exposure. **Please GO!**

The Advocate

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

NAMI San Diego is an affiliate of NAMI and NAMI California

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Bettie Reinhardt
exudir@namisandiego.org

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NAMI San Diego
4480 30th Street
San Diego, CA 92116
Mailing Address:
P.O. Box 710761
San Diego, CA 92171-0761

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

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

The NAMI San Diego Advocate Editor:
Wendy McNeill
E-mail: wendymcneill@sbcglobal.net
Fax: (619) 584-5569

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

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

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

NAMI's Family to Family

Learn What it Takes to Make it Work

By Mary Lou Erwin
Education Director

The Family-to-Family Program is moving full speed ahead. We currently have classes going on, classes coming up and new teacher trainings coming up in the near future. We also have a new volunteer co-coordinator, Jean Selzer. Jean has jumped in with great enthusiasm and organizational skills to help me with the growing needs of our Family-to-Family program. Welcome aboard Jean!

Our Spanish speaking only Family-to-Family Class started on August 5 in Chula Vista. Adela and Lombardo Detrinidad are such great assets to our outreach efforts to the Latino community. We hope to have another Spanish speaking class available in about six months. On September 9th, we started a class in the La Mesa area and on September 18th a class was started in the Claremont area.

Future classes are in the planning stages for January and February of next year. We should have confirmed dates for you by next month. Check our website for the most up to date listing of classes and you can also call the Albright Center for current class information and to register for classes.

Family members are always needed to teach Family-to-Family Classes. There are a number of scheduled teacher training classes coming up. So if you are a family member that has attended a Family-to-Family class and would like to now give back to others, this is your opportunity to get involved. Just review the following list of applicant requirements and assets to see if you are ready to embark on one of the most rewarding opportunities of your volunteer career at NAMI San Diego.

Requirements:

1. Be a family member of a person with a serious mental illness

2. Be a current member of a NAMI Affiliate
3. Agree to co-teach at least two 12-week series of classes within two years of taking the teacher training

Assets:

The course material is scripted. Teacher applicants need to:

1. Be very good readers
2. Be good listeners with an empathetic ear
3. Be comfortable presenting the material to small groups of 25 persons or less
4. Be able to share class teaching responsibilities with a co-teacher

5. Be easily understood when speaking

The trainings are available in both the English and Spanish language. The trainings are FREE

(except for travel to/from the training site). Costs for housing, food and training materials are provided by NAMI California.

Maximum class size is 20 persons. NOTE that class 1-5 are English language classes and #6 is a Spanish language class.

1. October 15-17, 2004 in Los Angeles
2. October 29-31, 2004 in Petaluma, CA
3. February 18-20, 2005 in Orange, CA
4. April 1-3, 2005 in North Coastal San Diego, County
5. June 24-26, 2005 In Orange, CA
6. May or June 2005 (date not yet firm) **Spanish Language class in LA area**

If you are interested in attending Family-to-Family Teacher Training, please contact Mary Lou Erwin, Education Director at 619-847-0577 to set up an interview.



NAMI San Diego

Meeting Schedule

NAMI San Diego

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

Evening NAMI-SD Support Group

Originally meeting on Third Thursday, at 6:45 p.m. will be rescheduled.

NAMI C.A.R.E. Support Group

As of August 5, 2004, meetings will be moved to Thursdays from 6:00-7:30 p.m.

Morning NAMI-SD Support Group

Third Tuesday, 10:00 a.m. - 12:00 p.m.
NAMI-SD Office, 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)

As of the second Wednesday of August, 2004 this meeting will no longer be held.
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
Tel: (909) 425-7000 Fax: (714) 963-9961
Third Sunday, 11:45 a.m. - 1:15 p.m.
Administrative Meeting Room

NAMI-SIT

Schizophrenics in Transition

Board Meeting

1st Wednesday at Noon
144 Copper Avenue, Vista 92083
(760) 941-2153 or
(858) 481-7069

NAMI-SIT includes the following :

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

NAMI North Inland

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

Education Meeting

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

Tuesday Share & Care Meeting

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

Weekly Share & Care in Fallbrook

Wednesdays, 5:00 - 6:30 p.m.
Fallbrook Healthcare Foundation
Corner of Mission and Fig
Call for address (760) 745-8381

NAMI North Coastal

P. O. Box 2235
Carlsbad, CA 92018
(760) 722-3754

Education Meeting

Third Thursday, 7:00 p.m.

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

Education Meeting followed by

1. Share & Care,
2. Share & Care/Living with Spouses
at 8:30 p.m.

Share & Care

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

Share and Care

Second Thursday at 12:30 - 2:00 p.m.
Tri-City Medical Center, Behavioral Health
Unit, 4002 West Vista Way, Oceanside
(760) 639-1433

Share and Care

Second Thursday at 6:00 - 7:00 p.m.
Tri-City Medical Center, Behavioral Health
Unit, 4002 West Vista Way, Oceanside
(760) 940-7396

TARA Borderline Personality Disorder Support Group

First Tuesday monthly at 6:30 - 9:00 p.m.
Carlsbad Community Church
3175 Harding Street, Carlsbad CA 92008
(760) 729-2331

PEER-TO-PEER

Recovery Education Courses

This Education course is a ten week - two hours per week - educational course on the topic of recovery for any person with serious mental illness who is interested in establishing and maintaining wellness. The course uses a combination of lecture, interactive exercises and structured group processes, and the diversity of experience among course participants affords for a lively dynamic.

NAMI's Peer-to-Peer Education Course is offered free of charge. The course is taught by a team of three trained "mentors" or Peer teachers, who are themselves experienced at living well with their mental illness.

The course is designed to offer an opportunity for growth to ANY individual who experiences mental illness and who desires to "live well with what they've got".

Join a class in your area by calling in and registering at the Albright Center, 1-800-523-5933

October 9th to December 18, 2004
10:00 am. 12 noon NAMI Office
4480 30th Street, San Diego

October 9th to December 18, 2004
10:00 am. 12 noon Mariposa Clubhouse
Oceanside, CA

October 9th to December 18, 2004
10:00 am. 12 noon Scripps Mercy Behavioral Health
El Cajon, CA

Consumers Advocating Recovery Through Empowerment

C.A.R.E.

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

1st & 3rd Wednesday 2:00 - 3:30 p.m.
Gifford Clinic Cafeteria
San Diego

1st 3rd & 5th Tuesdays 10:00 - 11:00 a.m.
Mariposa Clubhouse
Oceanside, CA

Every Thursday 12 noon - 1:00 p.m.
Sharp Mesa Vista Hospital, Activities Room,
San Diego

Peer to Peer

NAMI Peer to Peer Training: Wow!

By Karen Feeney

Recently I was fortunate enough to attend the Peer to Peer mentor training held at the Red Lion Hana-lei Hotel from Aug. 26-29th.

The class was facilitated by state trainers Ann Cummings, Kathy Lutes, and Mary Lou Erwin and was attended by consumers from San Diego, Orange, and Ventura counties. Most of whom had already taken the Peer to Peer course.

Peer to Peer is a consumer run 9 week educational course designed to teach skills on how to live well with mental illness as well as allow students to get to know others who struggle with similar diagnoses and circumstances. For some, it is a way out of the isolation that is so often a by product of mental illness.

After completing the 9 week course, students are chosen from each class to go on and become mentors to facilitate their own class. This is the purpose of the yearly training: to give an overview of the course, to give techniques on teaching the class, as well as how to handle certain situations that may arise during class.

Included in the course is the relapse prevention grid which is the crux of the peer to peer program.

Participants are asked to chart some of the major events in their lives that are either contributors to or by products of their mental illness. Through looking back at these events and exploring different thoughts and feelings surrounding these events, one can possibly see a pattern develop and can gain insight into the progression of their illness.

This enables one to take a proactive stance in dealing with their illness and hopefully prevent further relapse and hospitalizations.

Another vital part of the peer to peer course is storytelling week. Each person is allotted time to talk about their lives, their diagnoses and the impact mental illness has had on them. It is a chance for each person to give voice to his or her own story, as well as express the trauma that has been experienced as a result of mental illness. For some, this may possibly be the first time in an individual's life that he or she is able to tell a personal story in a safe, supportive environment—a place to be listened to and understood by others with the same pain and struggle.

The culmination of both the training and each peer to peer course is a graduation ceremony to honor and validate each participant

and give them hope for the future despite living with a mental illness. And for many, that hope is transformed into advocacy to help others who come after them. I can't say enough about the kind and caring people I have met through Peer to Peer. Somehow through their own suffering comes a compassion for others that I have rarely experienced. I am so grateful to NAMI for supporting Peer to Peer, and allowing me to be a part of this positive empowering experience.

My hope is one day through Peer to Peer and other NAMI programs, we will be able to put an end to the shame, stigma and hopelessness that so often accompanies a mental health diagnosis.

"To give pleasure to a single heart by a single act is better than a thousand heads bowing in prayer."
-Mahatma Gandhi

"I can't say enough about the kind & caring people I have met through Peer to Peer."

Resources

Message From the President

By Karen Gurneck

Nominations are now open for a few good women and men interested in serving on the NAMI San Diego board of directors. Interested persons must submit a brief resume to me by October 15, 2004 at NAMI San Diego, 4480 30th Street, San Diego, Ca., 92116.

Recommendations may be submitted as well at the same address. The nominations will be included on the slate in the newsletter and on our proxy materials. Voting will occur at our general membership meeting in December. We have a couple vacancies and if you need more info please call me at (619) 460-2630.

Position Available!

The Corner Clubhouse is located at 2834 University Avenue, San Diego, California 92104.

Full Time Position with Benefits:
Vocational Coach

To implement the clubhouse model work ordered day.

Hours: Monday-Friday 8:00- 4:00.

Driver's License required.

Send resume:

Community Research Foundation
1202 Morena Blvd., Ste. 300
San Diego, CA 92110

Burns, cont. from page 1...

without his distress, but in some way lacks the motivation to truly overcome it. Not surprisingly, Dr. Burns has never successfully treated a client who did not actually desire the outcome he or she was being treated for, hence the light bulb joke. The scope of Cognitive Therapy is thereby expanded to deal with the second type of resistance, and to accurately identify the first. His new book, with the same title as the seminar should be out within a year or so. Although it is his first book to be written exclusively for clinicians, the concepts are straightforward enough for virtually any interested party-- family members, client, doctor, and many others-- to benefit from its artful yet scientific wisdom.

NAMI C.A.R.E. Group

Consumer Support Group
NAMI San Diego Meeting room
4480 30th Street, San Diego, 92116
As of August 5, 2004, meetings will be moved to Thursdays from 6:00-7:30 p.m.

Client Warm Line

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

Patient Advocacy Program

5998 Alcalá Park, AW 304
San Diego, 92110-2492
(619) 260-7660 or 1-800-479-2233
Monday - Friday: 8:00 a.m. - 5:00 p.m.

The Consumer Center for Health Education and Advocacy

1475 Sixth Ave., 4th Floor, San Diego, 92101
Toll Free: 1-877-734-3258
Mon, Wed, Thurs & Fri: 9:00 a.m. - 5:00 p.m.
Tuesday: 8:00 a.m. - 6:00 p.m.
If you need help getting mental health services or if you have a complaint or grievance, call or write us. We are ready to help you.

Corner Clubhouse

2864 University Ave. (at Utah)
San Diego, 92104 (North Park, #7 Bus Line)
(619) 683-7423
Monday - Friday: 8:00 a.m. - 4:00 p.m.

East Corner Clubhouse

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

Escondido Clubhouse

474 West Vermont Ave., Suite 105
Escondido, CA 92025
(760) 737-7125
Fax: (760) 741-6645
Monday - Friday: 8:00 a.m. - 4:30 p.m.

Friend to Friend

1009 "G" Street, San Diego, 92101
(619) 238-2711
Monday - Friday: 8:00 a.m. - 4:00 p.m.
An SSI advocate is available

Friends In Hands (Clubhouse)

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

Mariposa Clubhouse

560 Greenbrier, Suite. 102, Oceanside, 92054
(760) 439-6006
Monday - Thursday: 8:00 a.m. - 4:00 p.m.
Friday: 8:00 a.m. - 1:00 p.m.
Saturday: 10:00 a.m. - 2:00 p.m.

Neighborhood House Association (NHA) Friendship Clubhouse

286 Euclid Ave. San Diego, CA 92114
(619) 263-6269 Ext. 106
Monday - Friday: 8:30 a.m. - 5:30 p.m.

The Bayview Clubhouse

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

The Meeting Place, Inc.

4034 Park Blvd., San Diego, 92103
(619) 294-9582
Monday - Friday: 8:00 am. - 4:00 p.m.

Visions @ 5th and H

499 "H" Street, Chula Vista, 91910
(619) 420-8603
Mon, Thurs, Fri & Sat: Noon - 7:00 p.m.
Sunday: Noon - 5:00 p.m.

The Access Center of San Diego

1295 University Ave., Suite 10, San Diego, 92103
(619) 293-3500
Monday - Friday: 9:00 a.m. - 5:00 p.m.

Employment Services

1202 Morena Blvd., Suite 201, San Diego, 92110
(619) 276-8071
Monday - Friday: 8:00 a.m. - 4:30 p.m.

Job Options

3465 Camino del Rio South, San Diego, 92108
(619) 688-1784 (Valorie)
Monday - Thursday: 8:00 a.m. - 5:00 p.m.
Friday: 8:00 a.m. - 4:00 p.m.

San Diego 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
Director - July Rose
(619) 282-4627 or (619) 563-2708



NAMI Membership

Add your voice to ours

Let's work together to improve the quality of life for everyone affected by mental illnesses in San Diego.

Membership Application - - Each membership is for twelve months starting the month we receive your payment.

Name _____

Please indicate below how many voices are represented by the membership. If no indication is made NAMI San Diego will assume that this membership represents two voices. Number of voices _____.

Address _____

City/State/Zip _____

Phone _____ E-mail _____

Prefer newsletter by mail _____, to read newsletter on the web site _____.

_____ Check (please make payable to NAMI San Diego) _____ Cash

_____ Regular Member \$40.00

_____ Professional \$75.00

_____ Local Member \$20.00

_____ Newsletter Only \$15.00

_____ Open Door Member \$_____ any amount under \$40.00

_____ Donation* _____

_____ Please contact me/us with information about volunteering.

*Unless you instruct us otherwise, the first \$40.00 of a donation will be treated as payment for a membership if you are not already a member of NAMI San Diego. This will also apply if your current membership needs to be renewed.

Check relationship to a consumer

- _____ Parent of Adult
- _____ Parent of Child (under 18)
- _____ Sibling
- _____ Spouse
- _____ Professional
- _____ Other
- _____ Self
- _____ None

Overcoming Loneliness & Alienation

By Kathleen Guerrero
Family-to-Family Member

Get Involved and Stay Involved:
Firstly, this means being nicer to yourself. One way is to allow yourself to connect with people. Remember that loneliness and isolation stem from feeling different and disconnected from others. Becoming involved in a social, community, church or volunteer group is essential to helping yourself while helping your loved one.
Second, avoid people who invalidate you. This isn't always possible, but at least spend less time with them and as you become more sure of yourself, they will have less psychological power over you. **Third**, reach out to other people who have walked in your shoes. **Fourth**, Don't stop learning about your loved one's illness. Stay current, take classes, go to support groups and work on becoming involved.

Some of the causes leading to feelings of loneliness and isolation are: Rejection, lack of relationships, lack of appropriate support, life with stigma, and discrimination. Those who live with a mental disorder often feel at a loss as to how to pull away from the resulting social and emotional loneliness.

In my opinion, the **road to a healthier state of mind** for the consumer and his/her family is similar. Without appearing to trivialize an otherwise more complex subject, the need to feel connected with the rest of the world is of primary importance. Overcoming isolation requires human contact, acceptance, and social activities. You can make a real difference by:

1. Supporting your loved one in treatment;
2. Make sure that the mental health services being received are appropriate;
3. Learn to listen to what your loved one is saying (put yourself in his/her shoes);

4. *Help create opportunities for involvement:* Example: Peer-to-Peer and Care groups are made-to-order opportunities to move toward involvement and ultimately regain a sense of belonging. Contact with people who understand not only provides an opportunity for growth and recovery, it aids in the construction of a much needed safety net when in mental distress. Taking the first step to begin going to regular meetings, classes or organized activities is a major accomplishment for many people whose very nature of their disorder stands in the way. Your help providing the encouragement and means to begin participating and connecting with others will impact your loved one's life in immeasurable ways.

The Advocate

Vol. VIII, Issue 9, October 2004



NAMI
San Diego

4480 30th Street
San Diego, CA 92116

Non-Profit
Organization
U. S. Postage
Paid
San Diego, CA
Permit No. 2695

Show Up!!!

Superfun Fundraiser!

Unity Through

Diversity Dinner

October 7, 2004



Return Service Requested

Phone Home!



AT&T Wireless is offering a free refurbished Motorola 120T or equivalent cell phone to NAMI members in San Diego County. No contract is required for this prepaid service which is recommended primarily for emergency type usage rather than for long conversations. You purchase a \$25 prepaid card initially which is good for 90 days and 100 minutes local or long distance calls in their service area. The unused minutes roll over to the next period if you renew before the expiration date. Subsequent 90 day cards can be purchased for as little as \$10 for 40 minutes. Call the Mission Valley office of AT&T Wireless at (619) 298-2601, option 3 and mention the code word "NAMI" to reserve your free phone. This offer has been arranged by a past Board member, NAMI San Diego.

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 mental health consumers who have received training in Peer Counseling. The goal of the Warm-Line is to provide empathetic active listening and information on available community resources.

The Warm-Line looks forward to hearing from you.

Check Out Who's Who!

NAMI San Diego Board member, Alan Abrams, MD, JD, will be included in the October issue of *San Diego Magazine* as one of San Diego's Top Doctors. Doctors are selected by their peers for this honor.

Awesome Conference!

DBSA Western Regional Conference.
Mission Valley Town & Country
October 22-23, 2004
For more information/registration, call 909-686-5047.



Vote on November 2nd

For those of you wondering how **PROP 63** might affect mental health services in our county if it passes on November 2, please check the list below.

There are **six ways** that counties receive funds:

1. Most of the funding will be allocated for services to children, adults and seniors who have severe mental illnesses and who need services not covered by other funds. These funds will not be allocated according to a formula.

The main criterion for the award of these funds is a three year plan that counties are required to update each year. That plan must document the unmet needs, the costs of meeting those needs, the capacity in staff and facilities, and the success the county has had with previous' years funds based upon performance outcome reports.

In addition, the county plans can include requests for funds for human resources, capital and technological facilities, and reserves for financial uncertainties in order to ensure that a county will be able to continue serving people it enrolls who are likely to need services for several years. Up to 20% of the funds allocated by the state each year can include funds for any combination of these purposes.

All of these factors and requests will be evaluated annually by the state department of mental health, which will make allocations, after the requests have been subjected to hearings and review and comment both locally and by the State Oversight and Accountability Commission

2. 20% of the funds will be allocated according to a formula for prevention and early intervention programs.
3. \$300 million in funds over the first three years will be allocated by formula for capital facilities and technological needs.
4. \$300 million in funds over the first three years are to be allocated by the state for human resources programs based upon the unmet needs developed in county plans but these funds will not necessarily be allocated directly to counties and instead may go directly to educational organizations or to individuals to support their education.
5. 5% of what each county receives from all of these sources must be used for Innovative Programs in order to improve access to underserved populations, improve the quality of services including better outcomes, promote interagency collaboration and overall increase access to services.
6. The state may also allocate up to 5% to counties for planning and administration.

Vote on November 2nd

California Mental Health Statistics

General Mental Health and Cost:

- An estimated 20% of all Americans will experience a diagnosable serious mental illness sometime in their lifetime – that is one in five Californians
- According to State Stats from 2000, 5.4% or 1.3 million Californians have a serious mental illness.
- Individuals with mental illness are also both the largest and fastest growing group of people with disabilities receiving supplemental social security income (SSI) and social security disability income (SSDI) disability payments. According to the President's New Freedom Commission on Mental Health, an estimated \$25 billion is spent annually for these individuals. Adequate funding for mental health care reduces disability – reducing long-term costs.
- Depression costs the nation about \$44 billion each year in indirect costs such as lost productivity as well as direct costs such as doctor visits and medications. A RAND Corporation study found that people with depressive symptoms spend more days in bed than those with disabilities, arthritis, back problems, lung problems, or gastrointestinal disorders. Untreated mental illness also costs California businesses nearly \$7.9 billion annually in worker absenteeism and reduced productivity.

Public Safety and Mental Illness:

- The state spends more than \$1 billion to incarcerate and treat 15% of the inmate population – that is roughly 24,000 California Inmates with mental illness. This total does not include local corrections costs or the total cost to the criminal justice system, which is estimated at 1.8 billion.
- *Source: Pacific Research Institute 97' and the California Department of Corrections 01'*
- California's prisons and jails have become our de-facto mental institutions. The latest data available finds that the state spends an estimated \$1.2 to 1.8 billion on criminal justice law enforcement dealing with people with mental illness. Comprehensive mental health services, such as those available through the Integrated Services Program (AB 34), demonstrate that for roughly \$35 to \$50 per day, these same individuals can access needed services that for most ultimately lead to a return to employment and an ability to get off of public assistance.
- *Source: California Department of Correction 2002 and the Department of Mental Health 02'*

Suicide and Mental Illness:

- In 2000, over 3,000 California died by Suicide – an average of 8.5 people per day.
- In 2000, over 75,000 Californians attempted Suicide
- Suicide is the Third leading cause of death in young people ages 15 to 24 in California
- Suicide for older adults in California is rising – adults over the age of 65 have a rate that is twice as likely as high as for younger Californians.



Annual Client Luncheon 2004

Any All Consumers & Their Families & Friends Welcome!

Friday, October 8, 2004, 11:00 a.m.—2:00 p.m.
War Memorial Building in Balboa Park

Back by popular demand, Chef Michael Torchia will be preparing a spaghetti luncheon complete with salad, garlic bread, lemonade, iced tea and cake.

Pre-purchase of tickets necessary. Cost is \$3.00

Stephanie Massey at (619) 692-8709 © Leonard Mischley at (619) 471-2688.



JOBTOBERFEST *Job Fair*

Creating Opportunities
for People with DisABILITIES

Tuesday, October 5, 2004

10:00 a.m. to 2:00 p.m.

Balboa Park Club

Presented by:

The San Diego Committee on the Employment of People with DisABILITIES

and **QUALCOMM**

Sponsored by:



San Diego
National Bank



Students in Free Enterprise

THE CITY OF SAN DIEGO • SAN DIEGO JOB CORPS

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