

My Meds & Me

By Wendy McNeill
Media Coordinator

"So, what meds do you take?"

How sick I am of that question. It's like being asked, "Do you come here often?"

I can't deny, though, as annoying as the question is, that in the world of the mentally ill, it's the big ice breaker. It means you're in the "in crowd."

Well, since you asked (Just pretend you asked.), because of my bipolar disorder, I take mood stabilizers, lithium (1200 mgs.) and depakote (2000 mgs.), faithfully every day. I take an antipsychotic, Zyprexa (max 30 mgs.) when I have a "breakthrough mania," that is, when the maintenance meds can't control a severely escalating mood state.

The upside about taking Zyprexa is that it allows me to sleep, prevents me from getting psychotic, and ultimately, keeps me out of the hospital. The downside is that I gain weight, so much that my entire wardrobe is defunct in about two months time, and I feel self-conscious walking outside my door.

Now, I know I should be grateful that the medicines work, right? Because of meds, I'm a semi-functioning member of society, not a dead one. Furthermore, I don't go stark raving mad anymore. (Well, that's a debatable point. Ask Bettie.)

It is interesting to note that a person like me, who is highly responsive to meds and who has achieved a fairly high level of recovery is still whinging and whining about taking them. It's like a diabetic getting squiffy about insulin.

So why this carrying on and on?

Clearly, there are several likely explanations.

First and foremost, one must consider the human beings' essential need to complain. It is one of the homo sapiens' central hobbies.

"Meds," cont. at right...

Want to Work? Listen Up!

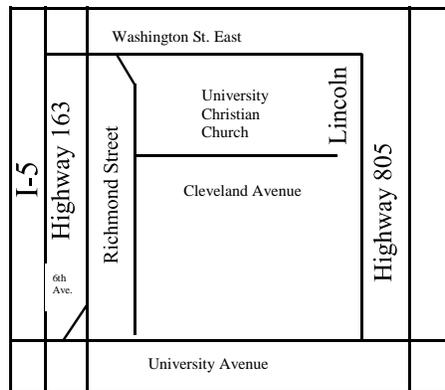
Get information from the experts on how people with mental illnesses can get jobs.

Kay Masaryk-Davis is the Program Manager of Mental Health Systems-Employment Services.

George Savare is Personnel Director for Food Services at Job Options, Inc.

Jessica Kuehne is ODEP Representative for Metro & South Metro Career Centers.

Eric Miller is Outcomes Tracking BEST Tech at Mental Health Systems, Inc.



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

Thursday, October 6, 2005

Schedule:

6:30 p.m.: *Ask the Doctor*

(Please be prompt. Psychiatrist Dan Sewell, recently honored by UCSD with the "Humanism in Medicine Award," will answer questions.)

7:00 p.m.: *Speakers*

8:00 p.m.: *Social Hour*

9:00 p.m.: *Closing*

...Meds, cont. from left

Second, please do not underestimate the hatred of side effects. Weight gain, for most women, is anathema, but to compound this problem, I originate from the Eating Disorder Capital of the World, the San Fernando Valley. So, try as I might not to have a shallow self image, to a certain extent, I still do, and it only makes my relationship with meds that much more troubled.

Third, do not forget that people who take medicines for mental illness do so because they alter the mind. They do. A lot. In cases like mine, the medicines slow the mind down, make the mind less elastic, some say less creative and vibrant. In short, it's a lot harder to be the life of the party. Some people resent this; they liked their brain the way it was.

Of course, the biggest reason people complain about meds is the big D: DENIAL. It's just not fun to have a chronic illness, particularly when the cure takes away some of those wild times you used to have...

But now after all that sober reflection, I will point out the major reason I take meds: I like living. And not only do I like living, but I like my life when it doesn't annually explode.

So, what meds do you take?

NAMI's Workin'!

By Bettie Reinhardt
Executive Director

NAMI Works

“What do you do”? Sound familiar? Those are usually the first words I hear after I give my name to someone I’ve just met. Sometimes, in fact, they are the first words I hear before the other person decides whether he or she wants to know my name. It is a question I love because I think I have the best job in town. I start out sort of easy by saying I am director of a community-based nonprofit. That usually leads to more questions and pretty soon we are talking about how many people are affected by mental illness and the opportunities for recovery today.

I have had an answer to “what do you do?” since people quit asking me what I was going to do when I grew up -- even during the years when the simplest answer was, “I chase little kids” -- so I understand why we all want to be able to “do” something. The October Education Meeting program addresses ways that people with disabilities can work or work toward work. The excellent panel members represent three different approaches to getting a job: through our public mental health services, through the City/County-created career centers, or through a specialized job placement organization.

Not everyone wants a paid job. Some of my most productive and happy years were spent as an unpaid community activist. The point is, I had a choice. We all should be able to make choices. Our Education Meeting is just one opportunity for learning about the opportunities for people living with mental illnesses to make those choices. **The 6th Annual Jobtoberfest is Tuesday, October 4th, 2005, from 10 a.m. - 2 p.m. at the Balboa Park Club.** Jobtoberfest is the largest job fair

for people with disABILITIES in San Diego, presented by the San Diego Committee for Employment of People with DisABILITIES and Qualcomm. More than 50 of San Diego’s largest and best employers will be recruiting! Educational presentations from Social Security and others. Community groups that help people get work and keep jobs are tabling. On-site resume assistance for job-seekers provided.

NAMI Celebrates Community & Recovery...

The Annual Banquet
Thursday, November 3, 2005

Father Gregory Boyle, Jesuit priest and founder/director of Jobs For A Future/Homeboy Industries, will be keynote speaker and breakout session

presenter at Meeting of the Minds on October 20th, Mission Bay Hilton. For more information, contact Mental Health Association at 619.543.0412 or info@mhasd.org or www.mhasd.org.

SDSU’s Maria Sardiñas Behavioral Health Institute is presenting an afternoon (1 – 4 pm) workshop on 11/7/05 on ‘Supported Employment: Best Practice for Individuals with Mental Illness.’ The main speaker is Judith Cook, who is a national leader in this area. Supported employment is one of the areas identified by some of our Mental Health Service Act (MHSA) workgroups as having priority for MHSA funding, and we look for new or expanded Supported Employment in our County through MHSA funding in the coming year. Free to mental health consumers and their family members. Marina Village, Captain’s Room, 1936 Quivira Basin, San Diego, 92109.

Meeting of the Minds

Speaking of Meeting of the Minds..... Besides two great plenary session speakers, there are 10 breakout sessions: Strategies for working with at-risk youth; A

meeting of mind & body; Stigma-hospice perspective; Housing for special needs seniors; Parent support & advocacy resources on the internet; The recovery model in action; Homelessness & the law; An innovative recovery approach to assisting incarcerated mentally ill women; How AA can help mental health professionals; and Helping dual eligibles transition to Medicare Part D.

Celebrate with Us!

There are two special “celebrations” in October. Please see the insert about the Mental Health Client Recognition Luncheon (note that there will be a special showing of Out of the Shadows at 10 am preceding the luncheon) and about Celebration Recovery. Because there is no public transit to the hotel where Celebration Recovery is being held, transportation is being provided between the downtown Santa Fe railroad depot and Sheraton. The Cloud 9 shuttle will be clearly signed with “Celebration Recovery” and will run every half hour from about 2:30 until just before the last Coaster about 7 pm. It will help if you RSVP to Jane Fyer at 858.481.7069 and leave your name and the number of people in your party plus the time you plan to arrive, if you know it.

Remember to attend NAMI San Diego’s ANNUAL BANQUET on Thursday, November 3, 2005. And, DO NOT go to the University Christian Church that night expecting to attend an education meeting. The rest of us will be chowing down at Tom Ham’s!

Thank You to the First Unitarian Universalist Church of San Diego.

The members of this church not only gave us the opportunity to do outreach to them on Sunday, August 14, but they made NAMI San Diego the beneficiary of their August Generosity Sunday. They were generous, indeed! The \$1,900 unrestricted donation will be used thankfully to carry out our mission of helping to improve the quality of life of everyone affected by mental illnesses.

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

Board of Directors:

President - Sally Shepherd
Past-President - Karen Gurneck
Treasurer - Paul Cumming
Secretary - Gloria Harris

Directors at Large

Jamila DeCarli
Louise Groszkruger
Charles Huff-McTyer
Wendy McNeill
Karen Ross
Judy Wasik
Mary Wilson

Medical Advisory Board

Neal Swerdlow, M.D., Ph.D., Chair
Kristin Cadenhead, M.D.
Dan Sewell, M.D.
Carol Matthews, M.D.

Executive Director

Bettie Reinhardt
exudir@namisandiego.org

The NAMI San Diego 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) 543-1434 (Albright Center)
(619) 584-5564 (administration)
800 523-5933 (peer support)
Fax: (619) 584-5569

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

The NAMI San Diego Advocate:

Editor: Wendy McNeill
Staff: Patrick Cremeens
James Starek

E-mail: wendymcneill@sbcglobal.net
Fax: (619) 584-5569

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

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

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

Sally's Update

Welcome New Board Members & Staff

By Sally Shepherd

NAMI San Diego Board President

A NAMI welcome to....

Two new members of the Board of Directors: Charles Huff-McTyer and Jamila DeCarli. They both bring great experience and special expertise to the Board.

Charlie (only his mother calls him Charles) is the Executive Director of San Diego Black Health Associates, and organization with several parallels to our own including its formal beginning date of 1978. SDBHA's mission is to enhance the health status of African Americans in San Diego County. Charlie told me, "You and the other folks clearly have a passion for bringing mental health issues to the forefront here in San Diego, and I share that enthusiasm with you." A big thank you to Rosemarie Wilson, Chair of NAMI San Diego's African-American Task Force, for recruiting Charlie.

Jamila has been volunteering on our scholarship committee for three years and chairing it for the last year. She has worked in the field of disability in different educational systems, including San Diego State University, the San Diego Community College District, and most recently Southwestern College. As a disability support counselor and teacher, she works on a daily basis to assist adults who have a mental illness with their educational, vocational, and sometimes personal, needs. Jamila says, "I am interested in possibly being able to impact the mental health population more by being involved in an organization that makes important decisions and takes strides to advocate for the consumers it represents."

New Staff members: Rhonda Andrus (Project Payee), Carol Davis (Bookkeeping and Albright I&R Center supervisor), Val-

erie Sullivan (A.M.H.P. program support), and Regina Little (Emergency Assistance and PARS). We are lucky to have these folks to help us decrease the amount of double (triple?) duty most staff have been doing for the past several months. Each is a great addition to our organization in her own right.

But – don't forget. We're still looking for a part-time Volunteer Coordinator, a bilingual

*"A NAMI welcome to....
Two new members of the
Board of Directors:
Charles Huff-McTyer &
Jamila DeCarli."*

(Spanish) program coordinator, and another part-time A.M.H.P. program support person. Contact Bettie at exudir@namisandiego.org or 619.584.5567.

We are onward and upward. I hope you are recruiting more members to walk this great road with us!

NAMI San Diego Meeting Schedule

NAMI San Diego

4480 30th Street
San Diego, CA 92116
(619) 543-1434 or (800) 523-5933

Morning NAMI-SD Support Group
Third Tuesday, 10:00 a.m. - 12:00 p.m.
NAMI-SD Office, 4480 30th Street

Sibling and Adult Children's Group
Second Wednesday, 7:00 - 9:00 p.m.
Scripps-Mende Well Being Center
Adjacent to the UTC Mall
Call Michelle Cauble at (858) 756-3140

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

South Bay - Spanish
First Monday, 6:00 - 8:00 p.m.
South County Family Resource Center
690 Oxford Street, Chula Vista
Call Luz Fernandez (East County clinic)
(619) 401-5500

**New support groups for
families and caregivers of
children and adolescents**

La Mesa Group
2nd & 4th Tuesday, 6:30-8:00 pm
Lake Murray Evangelical Free Church
5777 Lake Murray Boulevard, La Mesa
1st Floor, Fellowship Hall
Peggy & Bob Chambers: (619) 464-0476

San Diego Group
3rd Monday, 6:00-7:30 pm
NAMI San Diego Office
4480 30th Street, San Diego
Now meeting once a month
Karen Malsack (858) 560-0030

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

Rancho Bernardo NAMI Support Group
Third Thursday, 7:00 - 8:30 p.m.
Community Presbyterian Church
(Upper Fireside Room)
17010 Pomerado Road, San Diego
(corner of Pomerado Road & Rancho
Bernardo Road)
Contact Jim at (858) 487-0519

NAMI Patton
c/o Patton State Hospital
3101 E. Highland Avenue
Patton, CA 92369
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
2nd 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
- Jardin Cesar Chavez

NAMI North Inland

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

Education Meeting
Second Tuesday at 7:00 pm.

Bradley Center (Kinesis North)
474 W. Vermont Ave, Escondido
(760) 745-8381 or 1-800-523-5933

Tuesday Share & Care Meeting
Every Tuesday Except the 2nd Tuesday of
each month., 4:00 - 5:30 pm.
at Joslyn Senior Center
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 and 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

Legislative Update

By Caroline Hamlin

Campaign for Mental Health Reform

The Campaign for Mental Health Reform is a partnership of 16 national organizations, including NAMI. They have recently issued a report entitled, "Emergency Response: A Roadmap for Federal Action on America's Mental Health Crisis." The Campaign for Mental Health Reform presents a Roadmap of seven constructive steps and action items which will implement the vision of the President's New Freedom Commission on Mental Health. The steps are as follows:

1. Maximize the effectiveness of scarce resources by coordinating programs and making systems "seamless" to consumers.
2. Stop making criminals of those whose mental illness results in inappropriate behavior.
3. Make Medicaid accountable for the effectiveness of the mental health services it pays for.
4. Prevent the negative consequences of mental health disorders by getting the right services to the right people at the right time.
5. Invest in children and support and value their families' role in making treatment decisions.
6. Promote independence by increasing employment, eliminating disincentives for economic self-sufficiency, and ending homelessness.
7. Address the mental health needs of returning veterans and their families. The Roadmap for Federal Action on America's Mental Health Crisis says reform is imperative. The Roadmap believes the federal government must take steps now to reduce preventable suicides, lost productivity, homelessness, incarceration of the mental ill, and other consequences of America's failed mental health policies. To learn more of the details about the Roadmap and recommended action, go the NAMI website at <http://www.nami.org>

E ducation in the Community

New Ed Director Keeps Eyes on the Prize

By Jean Selzer, R.N.
Education Director

As an R.N., stepping into new positions in Emergency Departments that I worked in was never very daunting. It was a familiar world and the care rendered was the same regardless of the policies of the hospital.

HOWEVER, stepping into the position of Education Director at NAMI-SD makes me feel like Alice in Wonderland. It's a new world; the language is different, the goals different, the knowledge base different. Being the Type A person I am, I expect to learn it all within days to weeks and finding that I can't, that in fact it will take some time to get a grasp on the different programs, find that a bit daunting.

The Education Department now has its own space in the back building and is moving over supplies and files and is reorganizing. We have new Family-to-Family teachers excited to teach classes in English and Spanish and I'm looking for locations to hold classes all over the county. If you have a site that you are willing to offer for free for our 12-week programs please contact me at 619-584-5564 x307.

NAMI-SD and the other affiliates in our area are planning ways to coordinate programs so more areas of San Diego County are reached and we're collaborating on how programs should be done. All in all, I've tumbled into a topsyturvy world and it's exciting! ♠

"I'm looking for locations to hold classes all over the county. If you have a site that you are willing to offer for free for our 12-week programs please contact me."

—Jean Selzer

**Wanted! NAMI San Diego
Volunteer Webmaster**
By Brad Konz, Webmaster

I have been doing NAMI San Diego's Web site for about three and a half years and NAMI's e-newsletter for more than a year. Being Webmaster has been a job that I have really loved. Sadly, I have to move on. Before leaving, I would like to hand the Web site and e-newsletter off to someone who would enjoy being NAMI San Diego's Webmaster. It would be desirable if you have a basic knowledge of HTML and can create and edit graphics for the Web with image-editing software. If you are interested, give Bettie Reinhardt a call at 619.584.5567. We would love to hear from you.

Thanks!

Client/Consumer Resources

NAMI C.A.R.E. Support Groups

Consumer Support Groups
For more information call the
Albright I & R Center at
(619) 543-1434 or 1-800-523-5933

NAMI San Diego Office

4480 30th Street
San Diego, CA 92116
Every Thursday: 6:00 - 7:30 p.m.

Gifford Clinic (Cafeteria)

140 Arbor Dr.
San Diego, CA 92103
1st & 3rd Wednesdays: 2:00 - 3:30 p.m.

Sharp Mesa Vista Hospital

(Activity Room)
7850 Vista Hill Ave.
San Diego, CA 92123
Every Thursday: 12 Noon - 1:00 p.m.

Joslyn Sr. Center

210 Park Ave
Escondido, CA 92025
1st & 3rd Tuesdays: 4:00 - 5:30 p.m.

Patient Advocacy Program

5998 Alcalá Park, AW 304, San Diego, 92110
(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.

Bayview Clubhouse

330 Moss Street, Chula Vista, 91911
(619) 585-4646 • Fax: (619) 585-4625
Mon, Tue, Wed & Fri: 9:00 a.m. - 3:00 p.m.
Thursdays: 9:00 a.m. - 5:00 p.m.

Casa Del Sol Clubhouse

1157 30th Street, San Diego, 92154
(between Coronado Ave. & Del Sol Blvd.)
(619) 429-1937 • Fax: (619) 429-5205
Monday: 8:30 a.m. - 6:00 p.m.
Tue, Thurs & Fri: 8:30 a.m. - 4:30 p.m.
Wednesday: Noon - 8:00 p.m. (Bilingual)

Corner Clubhouse

2864 University Ave. (at Utah)
San Diego, 92104 (North Park, #7 Bus Line)
(619) 683-7423 • Fax: (619) 683-7428
Monday - Friday: 8:00 a.m. - 4:00 p.m.

East Corner Clubhouse

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

Eastwind Clubhouse

2359 Ulric Street, San Diego, 92111
(858) 268-4933 • Fax: (858) 268-0244
Monday - Friday: 8:30 a.m. - 5:00 p.m.

Escondido Clubhouse

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

Friend-to-Friend

1009 "G" Street, Suite A, San Diego, 92101
(619) 238-2711 • Fax: (619) 238-1127
Monday - Friday: 8:00 a.m. - 4:00 p.m.
An SSI advocate is available

Friends In Hand Clubhouse

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

Mariposa Clubhouse

560 Greenbrier, Suite 102, Oceanside, 92054
(760) 439-6006 • Fax: (760) 721-8542
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.

The Meeting Place, Inc.

4034 Park Blvd., San Diego, 92103
(619) 294-9582 • Fax: (619) 294-9588
Monday - Friday: 8:00 am. - 4:00 p.m.
1st & 3rd Saturdays: 10:00 a.m. - 2:00 p.m.

Neighborhood House Association (NHA)

Friendship Clubhouse

286 Euclid Ave., #104, San Diego, 92114
(619) 266-2111 Ext. 105 • Fax: (619) 266-0496
Monday - Friday: 8:30 a.m. - 4:30 p.m.

Visions

226 Church Avenue, Chula Vista, 91910
(619) 420-8603 • Fax: (619) 420-0385
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 Park and Recreation Therapeutic Recreation Services

(619) 525-8247
Monday - Friday: 8:00 a.m. - 5:00 p.m.
Serves over 50,000 participants each year. The goal
of the program is to provide year round recreational
experiences for individuals with disabilities.

The Creative Arts Consortium

P. O. Box 3053, San Diego, CA 92163-3053
Director - July Rose
(619) 282-4627 or (619) 563-2708

DBSA-Depression Bipolar Support Alliance

There are meetings in different regions of the
county. Call for meeting information:
1-800-826-3632
or go to the DBSA website at: www.dbsalliance.org

Access & Crisis Line

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

Client Warm Line

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

NAMI -C.A.R.E. NEEDS YOU!

C.A.R.E. Consumers Advocating Recovery
through Empowerment is a self-help con-
sumer support group led by consumers for
consumers with any mental health diagno-
sis. The C.A.R.E. program is looking for
consumers in recovery that are ready to
help others by becoming support group fa-
cilitators. There will be a free training of-
fered soon that will teach you the skills to
co-facilitate groups that will help you to
help others. If you are interested in being a
facilitator, please contact the NAMI office.



Membership

NAMI San Diego relies on its membership and your generous contribution to continue providing education and other services to people with mental illnesses, their families, and the community. 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**.

Name _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

____ Please mail my newsletter via post office

____ Please email my newsletter

____ Membership \$40.00
() New Member () Renewal

____ Professional Membership \$75.00

____ Organizational Membership \$100.00

____ **Please contact me about a Scholarship Membership**

____ Donation* _____

____ Please contact about volunteer opportunities

To pay by Credit Card:

_____ print name as it appears on card

_____ card number

____/____ expiration date

____ Visa ____ MasterCard

\$_____ amount

_____ signature

The Advocate

Vol. IX, Issue 10, October 2005



4480 30th Street
San Diego, CA 92116

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

1st Thursday!!!

Employment!

October 6, 2005

6:30 p.m.

Return Service Requested

You're invited to...

NAMIWALKS for the Mind of America

Volunteer Meeting

Tuesday, October 11, 2005

7:00 p.m.

Doubletree Hotel

I-5 & Carmel Valley Road

Get Motivated!

Preparing for Medicare Part D

People with Medicare and Medi-Cal (“dual eligibles”) need to prepare for the upcoming transition from Medi-Cal to Medicare drug coverage. However, we offer some suggestions to **all Medicare beneficiaries** on how they can choose the best drug plan for them.

Preparation

Make a list of the drugs currently taken, the dosage and the pharmacies that fills current prescriptions.

Talk to their doctors about their drugs options, including what drugs they can and cannot change for health reasons.

Start a special file for Medicare Part D information sent by Medicare, Social Security and drug plans.

Apply for “extra help” and Medicare Savings Program if not yet done. This applies to low-income beneficiaries who are not receiving free Medi-Cal.

Choosing a plan

Check that the drug plan’s formulary includes current medications taken.

Make sure that beneficiaries’ preferred pharmacy is in the drug plan’s network

Ask about the number of days that each prescription can be filled.

If a needed drug is not on a drug plan’s formulary, read the plan’s transitions and exceptions policy on how to get approval for drugs that are not on the formulary.

Timeline for Medicare Part D implementation

May 2005

Dual eligibles notified about the upcoming changes

October 2005

- Drug plans begin marketing their programs to the public
- Beneficiaries receive the *Medicare and You*
- Full-benefit dual eligibles are notified about the drug plan into which they have been automatically assigned.

November 15, 2005

Beneficiaries can begin enrolling in Medicare Prescription Drug Plans

January 1, 2006

Medi-Cal drug coverage stops and Medicare Part D coverage begins

Consumers Beware!

Companies who advertise their drug plans before October 2005 may be going against the Medicare Part D rules by trying to get confidential information. Beneficiaries should not give their Social Security numbers to companies over the telephone or Internet. In addition, they should not buy "discount drug plan cards" as they are not needed.

Alliance Healthcare Foundation funds Medicare Part D project

The Consumer Center has received a one year grant to assist dual eligibles (people with Medicare and Medi-Cal) during the transition from Medi-Cal prescription drug coverage to Medicare Part D coverage. Colleen J. Cook, MSW, is the Program Coordinator. She will provide individual advocacy to dual eligibles and trainings to consumer and professional groups throughout San Diego County. These trainings include information about the changes to Medicare and how these changes will affect dual eligibles.

The Consumer Center has planning brochures for dual eligibles to use when preparing for the upcoming change. If you have questions about the changes would like to order brochures or schedule a training, contact Colleen at (619) 471-2650 or ColleenC@cchea.org

**SHARP MESA VISTA HOSPITAL,
IN CONJUNCTION WITH NAMI SAN DIEGO AND
COUNTY OF SAN DIEGO MENTAL HEALTH SERVICES,
PRESENTS**

**SCHIZOPHRENIA:
A FAMILY EDUCATION CURRICULUM**

6:00pm - 8:00pm
(GROUPS WILL BEGIN AND END ON TIME)

**PRESENTERS: Patti Jakobic, LCSW & Percia Amedee, LCSW
AND
GUEST SPEAKERS**

PURPOSE OF GROUP:

Provide education to family members and friends of persons diagnosed with schizophrenia or schizoaffective disorder on Monday evenings:

October 3, 2005: Schizophrenia: A Brain Disease

**October 10, 2005: Course, Causes and Prognoses of
Schizophrenia**

October 17, 2005: Treatment and Recovery

October 24, 2005: Anti-Psychotic Medication

October 31, 2005: Psychosocial Rehabilitation

November 7, 2005: Helpful Family Roles

**November 14, 2005: 'In Our Own Voice: Living with Mental
Illness'**

CLASSES WILL BE CANCELED IF LESS THAN 10 REGISTRANTS

**LOCATION: SHARP MESA VISTA HOSPITAL
7850 VISTA HILL AVENUE
SAN DIEGO, CA 92123**

EXECUTIVE CONFERENCE ROOM

PARKING: SHARP MESA VISTA HOSPITAL PARKING LOT

**FOR RESERVATIONS AND INFORMATION:
PLEASE CONTACT NAMI – SAN DIEGO AT (619) 543-1434**

FOR DIRECTIONS CALL (858) 278-4110

NAMI Praises NIMH Study on Treatment of Schizophrenia; Medications Must Be Chosen Carefully; Issues Identified for Continued Research

Arlington, VA - The National Alliance on Mental Illness (NAMI) this week praised the National Institute for Mental Health (NIMH) for the first installment in a series of studies on the treatment of schizophrenia.

The "[Clinical Antipsychotic Trials of Intervention Effectiveness](#)" (CATIE) are the largest comparative study of old generation and newer "atypical" medications ever conducted. Findings from the study, published in the [New England Journal of Medicine](#), have implications for both the role of medication in treating schizophrenia and continued access to a range of options.

"The CATIE study is an important first step in giving physicians and consumers basic information to make informed choices in selecting medications to treat schizophrenia," said NAMI medical director Ken Duckworth.

"It underscores the need for greater investment in scientific research - particularly in moving toward more effective, third-generation medications and ultimately a cure for schizophrenia."

The study found that old and new medications are comparably effective, but both are also associated with a high rate (74%) of discontinuation by consumers due to side effects or incomplete control of symptoms. Although older medications performed as well as newer medications, the study noted that based on previous research, newer agents "appear more efficacious than conventional drugs in reducing negative symptoms (e.g., lack of emotion, interest and expression)."

"For many Americans living with schizophrenia, newer generation medications have made the difference in level of recovery," Duckworth said. "For each person, the choice of medication must be made carefully. Different medications have different side-effects. They are not interchangeable."

Clinical factors affecting the choice of medication, include family history, height, weight, ethnicity, and co-occurring conditions.

Future installments of the CATIE study also will address predictors of response, cost-effectiveness, outcomes and quality of life.

"Discontinuation in taking medication is only one measurement of effectiveness," Duckworth said.

NAMI noted that the study especially suggests the need for greater research on non-adherence in taking medication, including:

- Those factors that influenced 26% of consumers to continue taking medication in contrast to the large majority that discontinued treatment.
- The degree to which *anosognosia* (lack of insight)—in which as many as 60% of persons with schizophrenia sometimes believe they are not sick—may have contributed to the high rate of discontinuation.
- Other factors, such as improvements in symptoms, or ones unrelated to the effects of medication.

"More research is needed, but clearly over time, CATIE's findings will have a significant impact on decisions being made by states and other mental healthcare payers," said NAMI executive director Michael J. Fitzpatrick. "Treating individuals requires a range of individualized medication options, but the bottom-line is that they must be evidence-based."

UNDERSTANDING SOCIAL SECURITY & SSI BENEFITS

Saturday, October 29, 2005

9:00 a.m. – 12:00 Noon

SSI, SSDI, SSA, SGA...The alphabet soup of Social Security...

What does it all mean?

Attend an in-depth seminar to gain an understanding of the Social Security system.

Find out, step-by-step, how to get and keep your SSI benefits without jeopardizing

other income sources.

YOU WILL LEARN:

- Eligibility for benefits
- How to calculate benefits
- The link between state & federal benefits
- Understanding rules & regulations
- The Work Incentive Program
- Maintaining benefits while working
- PASS, Plan for Achieving Self-Support

SPEAKER PROFILE:

Get it straight from someone who knows! Jeannette Nunes works for the Social Security Administration. **for**

Her presentation will cover the application and approval process, and various work incentive programs available.

REFRESHMENTS

INFORMATION:

SNTF (619) 338-4477

WALK AWAY WITH:

An Information packet that will guide you through the maze of Social Security and give you an understanding of where you fit in.

REGISTRATION:

\$8 per person*

\$10 per family

***Seminar free of charge**

people with disabilities

The SNTF thanks Jeannette Nunes for speaking free of charge. Fee covers costs related to seminar.

SPECIAL NEEDS TRUST SEMINAR

Saturday, November 5, 2005

9:30 a.m. – 11:30 a.m.

THE CURRENT DILEMMA:

Parents with a child who has a disability often find themselves in a dilemma when planning for the future of this child.

The Special Needs Trust was established to assist families in this predicament. This discretionary trust allows parents to supplement the child's monthly income from SSI with restricted funds with no adverse effects.

This seminar will inform families of their options for estate planning.

WHAT YOU'LL LEARN:

- Planning for the future
- Court vs. non-court procedures
- Advantages of the Special Trust and an individual trust
- Options regarding trustee, including the Special Needs Trust Foundation

SPEAKER PROFILE:

Nancy Spector - Attorney, Certified Specialist in Estate Planning, Trust and Probate Law.

REFRESHMENTS

INFORMATION:

SNTF (619) 338-4477

The "SPECIAL NEEDS TRUST FOUNDATION"

(SNTF):

is a joint effort of The Access Center, The Arc of San Diego, Developmental Services Continuum, Home of Guiding Hands, NAMI San Diego, Sharp Healthcare Foundation, St. Madeleine Sophie's Center, United Cerebral Palsy Assoc. Of San Diego, UNYEWAY, and the Vista Hill Foundation.

REGISTRATION:

\$8 per person*

\$10 per family

***Seminar free of charge for people with disabilities.**

The SNTF thanks Nancy Spector for speaking free of charge. Fee covers cost related to seminar.

The Special Needs Trust Foundation seminars will be held at:

The Arc of San Diego – North Shores
9575 Aero Drive
San Diego, CA 92023

Yes! Please register me/us for the:

_____ Understanding Social Security & SSI Benefits
October 29, 2005
Number Attending _____

_____ Special Needs Trust Seminar
November 5, 2005
Number Attending _____

Enclosed is my check/money order for \$ _____
\$8 per person*/\$10 per family per seminar

*Please note that seminars are free of charge for people
with disabilities.

Make checks payable to the Special Needs Trust Foundation

**REGISTRATION FORM DUE ONE WEEK PRIOR
TO EACH SEMINAR**

Name _____

Address _____

City _____

State, Zip _____

Day-Time Phone _____

Please mail registration form and payment to:

Special Needs Trust Foundation
9575 Aero Drive
San Diego, CA 92123-1803

The “SPECIAL NEEDS TRUST FOUNDATION” (SNTF):

is a joint effort of The Access Center, The Arc of San Diego, Developmental Services
Continuum, Home of Guiding Hands, NAMI San Diego, Sharp Healthcare Foundation, St.
Madeleine Sophie’s Center, United Cerebral Palsy Assoc. Of San Diego, UNYEWAY, and the
Vista Hill Foundation.

For more information contact the Special Needs Trust Foundation at 619-338-4477.

**The Special Needs Trust Foundation wishes to thank City National Bank for
sponsoring the seminars.**

Out of the
DARKNESS
COMMUNITY WALKS
American Foundation for Suicide Prevention

Sunday
October 30, 2005
8 am – 1 pm
Balboa Park
6th
& Laurel

NAMI San Diego is pleased to be a sponsor

Registration Form on Reverse Side

NAMI Responds to the Tragedy of Hurricane Katrina

Resources, Support, Education, and how you can help Gulf Coast Consumers, Families, and Friends Living with Mental Illness

NAMI HURRICANE KATRINA RELIEF FUND

To aid victims of Hurricane Katrina with serious mental illnesses and their families, NAMI has established the NAMI Hurricane Katrina Relief Fund. To make donations to this fund, visit www.nami.org/donate. **Please use the General Donation link and enter "For NAMI Hurricane Katrina Relief Fund" in the comment field.**

100% of your donation will be used to provide direct aid to the victims of Hurricane Katrina. None will be used for administrative costs, overhead or other purposes.

Additionally, NAMI has set up an account with Wachovia Bank to receive donations under the NAMI Katrina Hurricane Relief Fund. You can donate at any Wachovia Bank branch to account number 2000024603407. People can locate the nearest Wachovia location by visiting their Web site at:

<http://www.wachovia.com/>

In the wake of the devastation of Hurricane Katrina, thousands of people are without shelter, food, water, electricity, and other basic provisions. Those affected include our NAMI family members, state and local leaders, and most critically, people with mental illnesses, whose access to treatment and medications may have been disrupted.

In addition, mental illness symptoms are often exacerbated in times of crisis, and many individuals, even those not directly affected by the hurricane, may need assistance in identifying and accessing available resources.

With the assistance of concerned grassroots leaders, NAMI has prepared this resource to aspire to provide support to our state organizations, local affiliates, consumers, family members, and citizens affected by this terrible tragedy. Many resources are available to assist with connecting need with resource. However, NAMI recognizes that the needs of families, consumers, and friends of people living with mental illness are often unique. We also recognize the culture of the NAMI network of families across the country who identify with these special circumstances fellow NAMI members and others may encounter.

To that end, with this resource NAMI will aspire to serve as a conduit of information, both for those who need help and for those who would like to help.