

**Leading Mental Health Advocacy and Academic Groups Form Alliance Collaboration to Close Gap between Science, Practice and Policy**

The National Mental Health Association and the Academic Behavioral Health Consortium have formed an alliance to improve the quality of care for Americans living with mental health and substance abuse problems. The partnership will increase collaboration between the mental health advocacy and research fields in order to bridge the gaps between research, service delivery and policy decision-making in America. The groups' first collaborative activity will bring together the nation's leading mental health advocates and researchers for a conference, "Translating Science to Practice and Policy: An Academic/Advocacy Partnership," beginning October 27- 28 at the Hyatt Regency in Baltimore, MD.

Read more: <http://www.nmha.org/newsroom/system/news.vw.cfm?do=vw&rid=885>

**Experts Urge Lawmakers to Help Ease Growing Mental Health Crisis in Seniors**

Senior citizens have high rates of mental illness and the country's highest suicide rate when compared with other age groups, a panel of mental health experts told a congressional committee Thursday. Appearing before the Senate Special Committee on Aging, the experts said poor access to mental health care, inadequate training for primary care physicians and even apathy among seniors was contributing to a growing mental health crisis among those older than 65.

Read more: <http://www.latimes.com/features/health/medicine/la-na-suicide15sep15,1,6728652.story?coll=la-health-medicine>

*NAMI San Diego's  
First Thursday Advocacy Meeting  
October 5, 2006*

*How to Find a Licensed Board and Care  
and other Mental Health Resources*

**Presenters: Ray Schwartz, Shelley High,  
Melanie Austin, and Debra Fitzgerald**

**Ray Schwartz** created the first free bed listing service (BAH) to help families and agencies find the right bed for their loved one. He has written three manuals on residential care, "The Residential Care Handbook", "Daily Living Skills Handbook", and "Behavioral Problems and their Behavioral Solutions".

**Shelley High** is the Licensing Program Manager for the San Diego Adult Care Program. She supervises a group of Licensing Program Analysts, reviews staff work to ensure uniformity and conformity with policies and procedures, and holds informal conferences with facility operators.

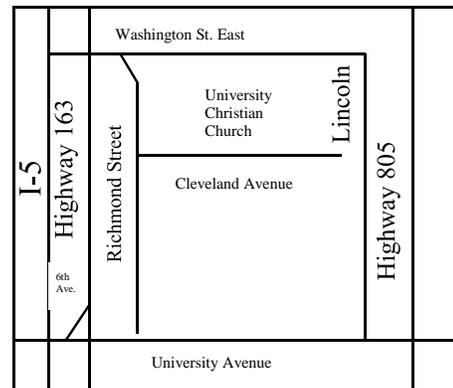
**Melanie Austin** is Associate Director of the 2-1-1 Resource Center. Her responsibilities include managing the day-to-day activities of the Resource Center and assisting her department with new software applications. Melanie will describe a new website that can be accessed to locate current Board and Care vacancies.

**Debra Fitzgerald**, Associate Director of the 2-1-1 Phone Center, is responsible for oversight of telephone information and referral services, training coordination, staff supervision, and quality control. She will explain how to speak directly to a live information and referral specialist who can help you locate a range of mental health resources.

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

**Schedule:**

- 6:30 p.m.:** Ask the Doctor
- 7:00 p.m.:** Announcements & Advocacy
- 7:10 p.m.:** Program
- 8:30 p.m.:** Refreshments & Social



# NAMI's Workin'

By Bettie Reinhardt  
Executive Director

## Raising a Village

The title of an upcoming seminar really caught my eye the other day. It read, "It takes a village to raise a child, but how do you raise a village?" Besides my interest in the topic, it made me think of NAMI. It isn't unusual, of course, for something to make me think of NAMI. However, we are working to strengthen our organization these days and likening us to an effective village seems more interesting than discussing our 'infrastructure'.

A lot of our effort is very visible: the Al-bright Information & Referral Center, our education and support programs, our outreach and advocacy in the community, and our money management services. The effort you don't see is the village building. A major part of that effort is developing the competency to serve more of our community. We spent all summer in an assessment, led by Ramón Valle, PhD, of our current strengths and weaknesses and our out and out misconceptions. We also developed an invaluable Multicultural Advisory Board composed of NAMI and community members. In other words, we have examined our village very closely and even brought in outside eyes to look at what is here and opine on what should be here.

The real work lies in front of us. We have to develop architectural drawings, get the permits, find the materials, and begin the building. Not literally, of course. The more mundane way of describing what we have to do is that we have to plan what we will do and then we must begin following that plan. We know that it will be a far-reaching plan ranging from changes to our personnel manual to use of the media in reaching underserved communities.

At the same time, we will begin using Mental Health Service Act (Prop. 63) funds to deliver our family education programming. You may not see much difference at first between this County-contracted program and what we have been doing by just using our own hard-won funds. We will provide Family-to-Family all over the County; most in English, some in Spanish. We will work

*"It takes a village to raise a child, but how do you raise a village?"*

with clinical programs such as Sharp Mesa Vista to provide the Schizophrenia Education course. We hope you notice that the county-wide coordination is improved because the new

funding allows us to hire a half-time coordinator.

Remember, though, the village is still being built. By June, 2008 changes to our family education program will definitely be visible. We will be presenting pilot Family-to-Family classes in Vietnamese and Arabic by that date! This part of the village could not be built without a great partnership with UPAC (Union of Pan Asian Communities) who will provide translation and community outreach.

I am sure that good villages are organic, that they change to meet the needs, and that our village will change, too. The important thing is that it is strong and effective and that it does a good job of helping us achieve our mission – improving the quality of life of everyone affected by mental illnesses.

## Planning for the Holidays

Are you one of those people who are already planning for the holidays? That's great. Personally, I think that we have a Christmas Eve holiday precisely so I can do my shopping. Unless it takes you as long to get in the spirit as it does me, you will want to visit [www.narsadartworks.org](http://www.narsadartworks.org) and order your holiday cards. We have sent out NAR-

SADartworks catalogs and order sheets in past years but we have finally noticed that it is the 21<sup>st</sup> century and that it is easier for you to place your orders directly with NARSADartworks. We are also ordering a selection of holiday cards so you can pick some up from our office or at the November and December First Thursday meetings.

## Diverse New Coalition Launches Education Campaign to Counter Misconceptions about Depression

Frustrated and concerned by popular misconceptions that trivialize depression as "just the blues" or dismiss it entirely as an "imaginary disease," seven prominent physician, patient and civic nonprofit organizations have joined together to launch a public education campaign to tell Americans the truth about depression. The Depression Is Real Coalition seeks to educate Americans that depression is a serious, debilitating disease that can be fatal if left untreated and to provide hope for recovery to the nearly 19 million Americans who suffer from depression each year.

Read more: <http://www.nami.org>



# 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  
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The NAMI San Diego Advocate is a monthly publication of

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San Diego, CA 92116

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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 fax to (619)584-5569 or email at [exudir@namisandiego.org](mailto:exudir@namisandiego.org) or contact any of the people mentioned in the articles.

# President's Update

## Momentum Building for Senior Wellness

Sally Shepherd  
Board President

The Mental Health Services Act is bringing much needed funds for programs related to the mental health needs of children and adolescents as well as adults. However, it took tremendous efforts on the part of many local advocates to put older adults in their own, separate category with its own funding, in terms of their mental health needs. And yet the figures are staggering: The elderly age group will have an overall increase of 112 percent during the period from 1990 to 2020. More than half the counties will have over a 100 percent increase in this age group. Eleven of these counties will have growth rates of over 150 percent. These counties are located throughout the central and southern areas of the State. The influence of the 60 and over age group on California is expected to emerge most strongly between 2000 to 2020. Amazingly, our state has neither a plan nor the resources needed to deal with the needs of such a large population of elderly adults, whose economic, social and healthcare needs are great.

NAMI San Diego has taken a bold step with the adoption of San Diego's Senior Wellness Coalition as one of its programs. Initially at least, the program will be guided by current Board members of the Coalition, which include one of our own Board members, myself.

The program's goals will focus on Education and Advocacy related to senior mental health and substance abuse issues. Mental illness in seniors can be difficult to diagnose, and is often confused with other conditions such as dementia or the results of polypharmacy. Contrary to popular belief, depression is not a normal part of aging. For this reason, community and provider education are essential components of the program. We plan to begin with sev-

eral very concrete projects: producing a comprehensive collection of literature and fact sheets relating to senior mental health, and developing a comprehensive resource for free advertising of events related to our programs. We have established a contract with our own Shannon Jaccard to assume the coordination of the Senior Wellness Partnership.

*“Contrary to popular belief, depression is not a normal part of aging.”*

We are extremely happy to report that, over the past two years, NAMI San Diego and the Coalition have established strong working relationships with the Department of Geriatric Psychiatry at UCSD. We must thank Dr. Dilip Jeste, the Medical Director of the VA geropsychiatry department, for paving the way. (Dr. Jeste was a recipient of the “Recovery Award” at our September dinner). Several collaborative studies based on consumer, family and provider input are already in process. Please contact me if you are interested in participating in this research at any level.

We encourage all of our members to assist us in reaching our goals by becoming involved and utilizing our resources as they become available. As a member of NAMI San Diego you are already part of the program. There is nothing to join or pay for.

Hot off the press! NAMI Ohio has just released a guide for senior services! We hope to work with them to put senior needs on the map in all our NAMI affiliates across the country.

# 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 Street  
Call Joan Williams at (858) 274-3716

**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

**NAMI Family Support Group**  
2nd & 4th Thursdays, 6:00 - 7:30 p.m.  
Pegasus East, 7841 El Cajon Blvd., #C  
La Mesa, CA 91941  
Call Carol Davis at (619) 641-6860

Support groups for  
families and caregivers of  
children and adolescents

**La Mesa Group**  
2nd 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  
Meeting cancelled due to illness -  
Will resume November 14, 2006

## Spouses of Persons with the Diagnosis of Bi-polar

Second Wednesday, 6:30 p.m.  
Clairemont Lutheran Church  
Luther Hall Rm. 13/14 on the 2nd Floor  
4271 Clairemont Mesa Blvd., San Diego  
(858) 273-7423

**Spanish - South Bay**  
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

**Spanish - Area de Clairemont - NAMI-SD Grupo de Apoyo**  
**Clairemont NAMI Support Group**  
Tercer Martes (3<sup>rd</sup> Tuesday) 6:30-8:00 p.m.  
St. David's Episcopal Church (biblioteca)  
5050 Milton Street, San Diego, CA 92110  
(619) 543-1434 or (800) 523-5933

**Spanish Family Support Group**  
Third Thursday, 6:00 - 8:00 p.m.  
South Bay Guidance Center  
835 3rd Avenue, Suite C  
Chula Vista, CA 91911  
Call Gina Osuna: (619) 425-6879

**NAMI Patton**  
Third Sunday, 11:45 a.m. - 1:15 p.m.  
c/o Patton State Hospital  
(Administrative Meeting Room)  
3101 E. Highland Avenue  
Patton, CA 92369  
Tel: (909) 425-7000 Fax: (714) 963-9961

## NAMI-SIT

### Schizophrenics in Transition

**Board Meeting**  
Call for meeting time  
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 (Room 4)  
210 East Park Ave, Escondido  
(760) 745-8381

**Monday Share & Care in Fallbrook**  
Mondays, 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 - 8:30 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  
NAMI Facilitated Support Group  
8:30 - 10:00 p.m.**

**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- Ask for Sandy

*New Spanish Language Support  
Group at NAMI*

**NEW SPANISH LANGUAGE NAMI SUPPORT GROUP IN THE Clairemont area of San Diego.** In August this new support group began for family members. If you know someone whose primary language is Spanish and could benefit from a support group in this part of town, please show them this announcement.

**OJO!! EN AGOSTO SE INICIARÁ UN NUEVO GRUPO DE APOYO PARA LOS FAMILIARES (En una parte muy centrica de San Diego - Clairemont cerca de Morena Blvd).** Si Usted vive con los retos de tener un ser querido con una enfermedad mental, le invitamos (a Usted) que nos acompañe para el apoyo que todos necesitamos.

**FECHA: 15 de agosto 6:30 – 8:00 p.m.**

St David's Church, (biblioteca)  
5050 Milton St  
San Diego, CA 92110  
(619) 543-1434 ó 1(800) 523-5933

*Family-to-Family Class*

September 12 to November 28, 2006  
Tuesdays, 6:00 to 8:30 p.m.  
Aurora Behavioral Health (in the cafeteria)  
11878 Avenue of Industry  
Poway, CA 92128  
Call the Albright I & R Center at  
(619) 543-1434 or 1-800-523-5933

# *Insider's Viewpoint*

## What the Board and Care Did For Me

*By Wendy McNeill  
Board Member & Newsletter Editor*

Mom didn't have long to shop for a Board and Care for me, so as a result, I ended up at a place that was barely tolerable. The rooms, housing 45 people with serious mental illness, surrounded a courtyard devoid of grass with rusty folding chairs flanked by jumbo coffee cans used as ashtrays. The cafeteria, clean but institutional, had an array of Christmas decorations, tinsel, Santa cutouts, and cheap candles. In the day room, clients lounged around a grainy television watching Chuck Norris re-runs.

This was my introduction to "the Manor" in El Cajon. But it had a bed. It had food. Meds were given out by staff three times a day.

When my mother chose to put me in a Board and Care, it was because her options were next to none. I couldn't go home with her. (She was afraid I would set the house on fire. I had a history of being careless with the stove in the heights of my mania.) I had just been discharged from the hospital after an unintentional overdose of lithium, three rounds of ECT, followed by a two-month trip to Mexico with a shady character of the lowest order. None of my friends would take me in; I was too sick and had no money.

So, I was installed as a resident of the Manor. Right away I was taught not to disrupt the economic equilibrium of the place by giving away either coffee or cigarettes. The going rate was twenty five cents. I quickly earned the nickname "Miss UCSD" when I told someone where I went to school. Another resident looked me up and down and told me with finality, "You don't belong here."

At first, I was inclined to agree. Here

I was subsisting on a diet of frozen fish sticks, salisbury steak, and tater tots when I used to eat pate and drink pinot noir on a routine basis.

In order to leave, I had to get a job. For the first four months, I didn't have my car, so I did what everyone else did: I sat

*"What also happened during that time at the Manor, though, was something I never expected: I started to stabilize."*

around and smoked.

What also happened during that time at the Manor, though, was something I never expected: I started to stabilize. After all, I was eating three squares a day, taking medicine without fail, and sleeping. I also didn't have the stress of a job or a hopping social life. All I had was time to sit around and examine my life.

My final conclusion was that I did indeed have a mental illness. Now, for someone who had been diagnosed for ten years, had been taking medication, and seeing both a psychiatrist and therapist, this probably seems like a tardy revelation. All I can say in my defense is that no one—no one—wants to have a mental illness, and it takes a great deal of time, will, and insight to get to the point where knowledge becomes belief, and belief becomes action. Especially when the belief is unwelcome.

So I took action. I started going to a support group, and I found some healthy role models who gave me hope. I kept plugging away. I kept taking medication.

I got a job as an administrative assistant at SDSU, saved up some money, and after nine months at the Manor, I moved to my own home in South Park.

One of the first things I did after I moved in, I bought some pate and pinot noir and sat on my balcony to watch the stars.

# 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: 11:15 a.m. - 12 Noon

### **Tri City Outpatient Program**

510 West Vista Way  
Vista, CA 92083  
Call: (760) 722-3754  
Every Wednesday: 2:00 - 3:00 p.m.

### **North Coastal Mental Health Clinic**

1701 Mission Ave.  
Oceanside, CA 92054  
Call: (760) 722-3754  
Every Friday: 2:00 - 3:00 p.m.

### **Patient Advocacy Program**

5998 Alcalá Park, AW 304, San Diego, 92110  
(619) 260-7660 or 1-800-479-2233  
Fax: (619) 260-7680  
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  
Monday - Friday: 9:00 a.m. - 5:00 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  
Monday - Friday: 8:00 a.m. - 4:00 p.m.  
Once a month Saturday outing - Call for  
information.

### **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 Ext. 109 ☎ 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) 450-0710  
Monday - Friday: 8:00 a.m. - 4:00 p.m.

### **The Meeting Place, Inc.**

4034 Park Blvd., San Diego, 92103  
(619) 294-9582 ☎ Fax: (619) 294-9588  
Monday - Friday: 8:00 a.m. - 4:00 p.m.

### **Neighborhood House Association (NHA) Friendship Clubhouse**

286 Euclid Ave., #102, San Diego, 92114  
(619) 266-2111 Ext. 106 ☎ 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  
Monday - Friday: Noon - 7:00 p.m.  
Saturday & 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, Suite 300  
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](http://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 who  
have been there, done that. Listening and  
talking are what we like to do.

## *Albright Information & Referral Center*

1-800-523-5933, 1-619-543-1434  
Volunteer resource specialists can provide  
information and support to callers and visi-  
tors, including consumers, family members  
and professionals.



# 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 \_\_\_\_\_ E-mail address: \_\_\_\_\_

Address \_\_\_\_\_ Home Phone: \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone \_\_\_\_\_

\_\_\_\_ 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

*Annual Supporting Donors*

Platinum—\$1,000 or more

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Silver—\$100-\$499

Bronze—up thru \$99

All gifts are tax deductible as provided by law. NAMI is a not-for-profit 501(c)(3) organization.

*Thank you!*

To pay by Credit Card:

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print name as it appears on card

\_\_\_\_\_ / \_\_\_\_\_

card number expiration date

\_\_\_\_ Visa \_\_\_\_ MasterCard \$ \_\_\_\_\_

amount

\_\_\_\_\_

signature

*Thank you!*

# The Advocate

Vol. X, Issue 9, October 2006



4480 30th Street  
San Diego, CA 92116

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

1st Thursday!!!

*How to Find a  
Board and Care  
October 5, 2006  
6:30 p.m.*



*Return Service Requested*

# Start Walking the Walk!

## NAMI San Diego Area Walks



Thank you last year's participants in the NAMI Walks  
for the Minds of America where NAMI raised  
\$110,000!

Get ready for next year's walk at

**Balboa Park  
Saturday, April 21, 2007**

Check out [namisandiego.org/namiwalk](http://namisandiego.org/namiwalk) for more info!

# SAN DIEGO COUNTY ESTABLISHES BOARD AND CARE VACANCY WEBSITE

*By Gloria G. Harris, Ph.D.*

*NAMI-San Diego Board member*

*Chair, San Diego County Board and Care Committee*

The San Diego County Housing Council provides input and recommendations to Mental Health Services Administration on issues relating to the mental health community. This year the Council established a Board and Care committee whose members include representatives from several local psychiatric hospitals, the public conservator's office, Community Care Licensing (the state agency that licenses Board and Cares), NAMI, family members, consumers, and several community organizations. The first project undertaken by the Committee was to develop a Board and Care vacancy website and telephone hotline.

The website entry page includes important information to help individuals and families locate an appropriate facility in which to place their loved one. It states that licensing information is provided by the State of California, Department of Social Services Community Care Licensing Division in San Diego. Recommendations on this page include a suggestion that family members schedule an appointment to view the Board and Care, drop by and visit the facility unexpectedly, and schedule an appointment to review the facility's public file at the Community Care Licensing office. The office's address and phone number are listed, and people with complaints about a particular facility are encouraged to report their concerns. Currently the website lists data for 113 licensed Board and Cares for mentally ill adults, ages 18 to 59.

A person visiting the website, [www.informsandiego.org](http://www.informsandiego.org), may then proceed to click on the licensed B&C vacancy list. The name, address, and zip code of the facility appear in the first column together with the option to click on directions and a map to better identify its exact location. The next four columns list the number of each of four types of beds available: (1) ambulatory female; (2) ambulatory male; (3) non-ambulatory female; (4) non-ambulatory male. The sixth column contains basic information about the facility, including resident capacity. The final column notes when a vacancy was last updated.

Prior to launching the website, The San Diego County Community Care Licensing office invited all operators of facilities for mentally ill adults to attend a meeting in which they were strongly encouraged to update their vacancies once a week. A separate number and voice mail system was arranged to enable the operators to phone in vacancies when they occur. However, since availability can change at any moment, visitors to the website are encouraged to directly contact facilities in which they are interested.

Another feature of the Board and Care vacancy website is an option to click on a "Frequently Asked Questions" page. Some examples of the questions and answers included are:

1. What is a licensed Board and Care facility?
2. How much do Board and Cares charge for services?
3. What services must be provided?
4. Under what circumstances can a Board and Care evict a resident?

Still another option that a person visiting the website may select is to click on a section entitled "Additional Resources" where several relevant PDF documents providing specific information about licensing regulations and requirements can be accessed.

For more than thirty years, San Diego County has had a phone information service that has been the region's comprehensive provider of community information and referral. Currently known as a three-digit number, 2-1-1, provides answers to questions about nonprofit services and agencies in our county. The service is free, confidential, and offers help in 150 languages through a highly-trained multilingual staff. If a person seeking a Board and Care vacancy does not have internet access, 2-1-1 will connect the caller to a live information and referral specialist who will describe the Board and Care vacancy listings currently available on its website.

From 1980-94, San Diego County provided a free service which listed beds available in licensed residential care facilities that was developed by a former employee, Ray Schwartz. More than a decade ago, this original Board and Care hotline fell victim to County Mental Health budget cuts. Fortunately, the current administration has recognized the value of re-establishing and funding this valuable resource for adults with mental illness who need help in locating licensed supportive housing.



**County of San Diego**  
HEALTH AND HUMAN SERVICES AGENCY

JEAN M. SHEPARD  
DIRECTOR

CONNIE MORENO-PERAZA  
ALCOHOL AND DRUG SERVICES

ALFREDO AGUIRRE  
MENTAL HEALTH SERVICES

**BEHAVIORAL HEALTH SERVICES**  
3255 CAMINO DEL RIO SOUTH, SAN DIEGO, CALIFORNIA 92108

ALCOHOL AND DRUG SERVICES  
(619) 584-5007 • FAX (619) 584-5080

CHILDREN'S MENTAL HEALTH SERVICES  
ADULT/OLDER ADULT MENTAL HEALTH SERVICES  
(619) 563-2750/2700 • FAX (619) 563-2775/2705

The San Diego County Housing Council, San Diego County HHSA Behavioral Health Services and 2-1-1 are pleased to announce a joint project....

## **A Mental Health Board and Care Vacancy Website!!**

This website will list licensed adult board and care facilities that serve people with mental illness and current vacancies

**Why: To help individuals, families, and the community at large in locating available, licensed adult board and care facilities**

Where: [www.informsandiego.org](http://www.informsandiego.org) click on Mental Health B & C Vacancy list

**If you don't have internet access, please call 2-1-1 to speak to an information and referral specialist**



# UNDERSTANDING SOCIAL SECURITY & SSI BENEFITS

**Saturday, October 21, 2006**  
**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!  
Peter Prather works for the Social Security Administration. His presentation will cover the application and approval process, and various work incentive programs available.

## The seminar 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 21, 2006  
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

## 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.

## REFRESHMENTS

The SNTF thanks Peter Prather for speaking free of charge. Fee covers costs related to seminar.

## INFORMATION:

SNTF  
(619) 338-4477

## REGISTRATION FORM DUE ONE WEEK PRIOR TO 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, Community Options, 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.

# SPECIAL NEEDS TRUST SEMINAR

Saturday, October 14, 2006

9:30 a.m. – 11:30 Noon

## 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.
- Individuals with special needs may have resources from an inheritance or settlement that may exclude them from receiving government support.

The Special Needs Trusts were established to assist families and individuals with special needs establish a discretionary trust that allows them to supplement the child's or individual's monthly income from SSI with restricted funds with no adverse effects. This seminar will inform families and individuals 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
- Difference between First Party or Self-Settled Trust and a Third Party Trust

## SPEAKER PROFILE:

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

## The seminar 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:

\_\_\_\_\_ Special Needs Trust Seminar  
June 10, 2006  
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

## REFRESHMENTS

## INFORMATION:

SNTF  
(619) 338-4477

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

## REGISTRATION FORM DUE ONE WEEK PRIOR TO 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):

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Center, United Cerebral Palsy Assoc. Of San  
Diego, UNYEWAY, and the Vista Hill  
Foundation.