

**People Say I'm Crazy:
A Documentary Film for
Mental Illness Awareness Week**

NAMI San Diego and the University City Community Library will team up to show the first documentary filmed by someone living with schizophrenia. It's called *People Say I'm Crazy* and will be shown at 1:00 p.m., Saturday, October 13, 2007, on 4155 Governor Dr. SD, 92122.

The documentary tells the story of John Cadigan, a gifted young student-artist diagnosed with schizophrenia at age 22. Filmed with the assistance of his sister, award-winning documentary maker Katie Cadigan, the movie sheds light on the overwhelming challenges that people with major mental illness and their families face. It also calls attention to the labeling, stigmatizing, social ignorance and fear that accompany most discussions of mental illness. It is a compassionate piece of cinematography that shows a talented young man's struggle to come to terms with his illness and his life.



NAMI San Diego's
First Thursday Education & Advocacy Meeting
October 4, 2007

Principal Speaker: Eric Revere, Fairweather Lodge

What is the Fairweather Lodge Program?

The Fairweather Lodge Program helps people reintegrate themselves into the community. Its goal is to provide emotional support, a place to live, and employment for its members. The program was developed by Dr. George Fairweather in California in 1963 as a result of extensive experimental research. In his studies, Dr. Fairweather found that people with serious mental illness are less likely to return to the hospital when they live and work together as a group, rather than live and work individually. His research also showed that the Lodge Program helps people stay in the community longer, provides more employment opportunities, and costs less than conventional treatment programs. Because of the success of the original groups, the Fairweather Lodge Program has expanded considerably during the past 25 years, and there are now Lodges across the nation.

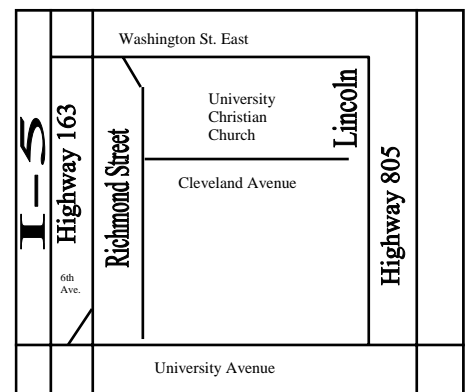
A building was just purchased for the first Fairweather Lodge in San Diego County without any County money. Come hear how and why from Eric Revere, the man who would not give up until it happened.

Special Recognition: Jim Albright was the persistent force responsible for the formation of our Albright Information & Referral Center in 1985. The Center's central feature is a helpline staffed by family members and consumers who are trained to listen and to provide information and referrals to anyone affected by mental illnesses. The Center also contains racks of information and a lending library. The Helpline Specialists now answer e-mails as well as phones and help people that walk in.

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

Schedule:

- 6:30 p.m. - Special Recognition of Jim Albright
- 7:00 p.m. - Announcements
- 7:10 p.m. - Program
- 8:30 p.m. - Networking & Social



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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**The NAMI San Diego Advocate
is a monthly publication of**

**NAMI San Diego
4480 30th Street
San Diego, CA 92116**

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**The NAMI San Diego Advocate:
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E-mail: information@namisd.org
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 fax to (619) 584-5569 or email at exudir@namisandiego.org or contact any of the people mentioned in the articles.

NAMI's Workin'

By Bettie Reinhardt

It's a good thing that the weather has cooled down because things are now cooking at high temperatures in the Mental Health Services Act (Prop. 63) kitchen.

Prevention and Early Intervention (PEI)

Both the County and the State are looking for input into their plans from now to December. The PEI programs will clearly be different from business as usual. For one thing, 51% of funding must go to programs targeted for individuals age 25 and younger. The guidelines identify two key community mental health needs: suicide prevention and reduction of stigma and discrimination. The priority populations are: trauma exposed individuals, individuals experiencing onset of serious psychiatric illness, children and youth in stressed families, children and youth at risk for school failure, and children and youth at risk for juvenile justice involvement. Clearly the past expectation that everyone served by our County mental health system would have a serious mental illness diagnosis does not apply here.

San Diego County has developed its own priority focus populations: veterans and their families; individuals exposed to community or domestic violence; rural East, North Inland and Mountain communities; Native American communities; education-based early screening; first break of mental illness; dual diagnosis adults, older adults, and youth; and peer counseling for older adults.

We will not have much notice of stakeholder forums so please check in with our Helpline or go to <http://sandiego.networkofcare.org/mh/home/> for the most current information. You may always speak at the Mental Health Board meetings held on the first Thursdays from 4 p.m. – 6 p.m. immediately preceding our Education & Advocacy meeting. (I like to take Grape to 6th to University to Richmond to get from one meeting to the next.)

Five State-administered projects will complement and support County PEI strategies and programs. The investments will be distributed over the next four years: suicide prevention (\$14 million); stigma and discrimination reduction (\$20 million); ethnically and culturally specific programs and interventions (\$15 million); training, technical assistance and capacity building (\$12 million); and statewide evaluation. The easiest way to provide input to the State is on their website, www.dmh.ca.gov/MHSA/default.asp.

Suicide Prevention

The California strategic plan on suicide prevention is comprised of five strategic directions: raise awareness; increase leadership and collaboration; develop service guidelines and provide training; develop and implement suicide prevention programs; and improve data collection and research. This newsletter will have missed the deadline for feedback to the State but watch for opportunities to tell our County how it can include suicide prevention in our PEI plan.

Attendees at the California Strategic Plan on Suicide Prevention Public Workshop on September 19th placed special emphasis on youth up to age 25 and older adults.

Housing

Five workshops have been scheduled to review and discuss the application process and requirements for the new state MHSA Housing Program. One will be held in San Diego on Oct 11th, 2007. The MHSA Housing Program application is available at: <http://www.dmh.ca.gov/mhsa/Housing.asp>

Continued on page 3...



Legislative Update

Impact of Deficit Reduction Act (DRA) On Medicaid

By Jan Daugherty,
GRAC Communications

At the Governmental Relations and Advocacy Committee meeting on August 25, we heard a presentation by Nancy Kickertz, M.S.W., Associate Director, Integrated Mental Health, Neuroscience Marketing, Bristol-Myers Squibb Company. She talked about the impact of the Deficit Reduction Act (DRA) of 2005 on Medicaid. Nancy distributed a copy of her presentation, and here are her main points:

1. The Deficit Reduction Act of 2005 greatly impacts Medicaid spending.
2. Eligibility for many patients is likely to decrease as well as access to drugs and resources.

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3. Nancy emphasized that we as advocates must get involved:
 - a. We need to understand the process.
 - b. We need to contact our legislators.
 - c. We need to contact the media.
 - d. We need to understand the options that the states have for change.

Patient Assistance Programs

During the GRAC meeting, Nancy Kickertz promised us the website locations for more information about patient assistance programs, and I want to share them with you in case they would be of help:

Partnership for Prescription Assistance:

<https://www.pparx.org/Intro.php>

DBSA Patient Assistance Program Info:

http://www.dbsalliance.org/site/PageServer?pagename=about_depression_pap

TogetherRX Access:

<http://www.togetherrxaccess.com/home.html>

Bristol-Myers Squibb Patient Assistance Program:

<http://www.bmspaf.org>

GRAC Subcommittee for Mental Health Court

The first meeting of the GRAC subcommittee for advocating for a San Diego County Mental Health Court was held at the NAMI San Diego office at 4480 30th Street on Saturday, September 15, 2007 at 10 a.m. to discuss ways to go forward with this project. From previous experience with other Mental Health Courts, we know that wrap-around services must be in place; judges, psychiatrists, and psychologists are needed to donate their time; programs must be in place; and it must be determined where the money will come from. Anita Fisher is the head of this subcommittee, and if you are interested in more information about this project, please contact Anita by email at Pharohf1@cox.net or leave a message for her at the NAMI SD office at 619-543-1434.

Continued from page 2

The majority of the workshop time will be dedicated to questions and answers with the goal of providing potential applicants with an understanding of the various components of the program and guidance on completing the application accurately. These workshops will be helpful for all parties, such as County Mental Health Departments and housing developers, who are interested in submitting an application for this new permanent supportive housing program. The dates, time, and location for the workshop are listed below, and you may register to attend at the following link:

<http://www.cce.csus.edu/conferences/cdmh/hsa06/mhsa07.cfm>

Remember, it is useful for consumers and family members to attend these sessions so we understand what services are being planned.

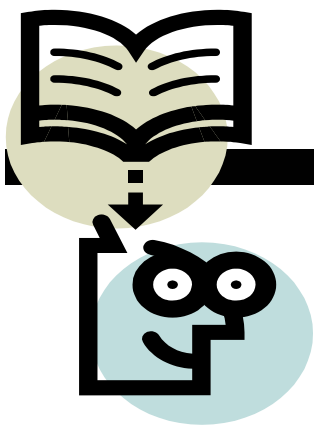
* Time: 10:00 am to 1:00 pm

* To be held at:

Homewood Suites - by Hilton
11025 Vista Sorrento Parkway
San Diego, CA 92130
(858) 523-0500

Don't forget – check out

<http://sandiego.networkofcare.org/mh/home/> and www.dmh.ca.gov/MHSA/default.asp to see what else is happening that we couldn't make room for in this newsletter.



Education Corner

Family to Family Classes: Sign Up Now

"Lifesaver", "Opening of a window", "Relief-there is help", "Needed support and understanding", "The knowledge needed to make a difference", "If I'd only taken this course at the beginning of this journey!".

These are some of the reactions heard from participants during or upon completion of the NAMI Family to Family 12 week course. Taking Family to Family can put families on the new course of action to support their family member who is living with a mental illness. Family to Family is offered FREE to provide education, understanding, support, and resources. In addition to the presentations in class, you will take it all home in a notebook that can be referred to over and over again.

Classes are being created for January through May in all regions of San Diego County. To register call the NAMI Helpline 619-543-1434 and add your name to the wait list for the class forming in your area. SIGN UP NOW!

Dear NAMI San Diego

As part of a prominent organization in the eating disorders field, one is aware of the obstacles families face when an eating disorder enters their lives. Because you work directly with the individuals and families struggling with these illnesses, *we're asking for your help* to let them know about the 2007 National Eating Disorders Association (NEDA) Conference, **Eating Disorders Come in All Shapes and Sizes in San Diego, CA on October 4-6.**

The 2007 NEDA Conference program offers **two entire tracks of sessions for family members**, one for families newer to the illness and another for families who want advanced information and skills. Workshops will include topics such as understanding the causes and treatments of eating disorders, the basics of managing your child's illness, preparing for inpatient admission and discharge, understanding the stages of recovery, and more.

We invite you to attend the conference and also ask you to help spread the word about this invaluable resource for individuals and families by doing one or all of the following:

1. Post the information below on your website or newsletter:
SAVE THE DATE!
2007 NEDA Conference: Eating Disorders Come in All Shapes and Sizes
Doubletree Hotel San Diego-Mission Valley
More information at:
http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=782
2. Make our conference flyers available to your constituents in waiting rooms, support groups, etc. Flyers can be downloaded in pdf format from:
http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=764.

Please feel free to contact me at tbrown@nationaleatingdisorders.org or 206-382-3587 ext.18, if you have any questions or need further information about the 2007 NEDA Conference.

Thank you for assisting in spreading the word about this opportunity to your constituents. We rely on your support to help individuals and families in need.

Sincerely,

Tonia Brown
Program Coordinator

National Eating Disorders Association
603 Stewart Street, Suite 803, Seattle, WA 98101
Ph. (206) 382-3587 ext. 18 Fax (206) 829-8501
Information & Referral Helpline 1-800-931-2237
www.NationalEatingDisorders.org

NEDA is dedicated to expanding public understanding and prevention of eating disorders and promoting access to quality treatment for those affected along with support for their families through education, advocacy and research.

NAMI San Diego Meeting Schedule

NAMI San Diego

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

NAMI San Diego Support Group

3rd Tuesday, 10:00 a.m. - 12:00 p.m.

NAMI San Diego Office

4480 30th Street

San Diego, CA 92116

Call (619) 543-1434 or (800) 523-5933

Clairemont NAMI Support Group

2nd Monday, 7:00 - 8:30 p.m.

St. David's Episcopal Church (Library)

5050 Milton Street

San Diego, CA 92110

Call Joan Williams at (858) 274-3716

La Jolla NAMI Support Group

1st Tuesday, 7:15 - 9:00 p.m.

La Jolla Presbyterian Church

7715 Draper Ave.

La Jolla, CA 92037

(Life Center Building, Room 9, Upstairs)

(Park on Draper, go up steps, turn left and go into building facing you, climb stairs and turn right, follow short hall until come to room.)

Call (858) 457-5057 for more information

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 (858) 220-3737

Rancho Bernardo Support Group

3rd Tuesday, 7:00 - 8:30 p.m.

Rancho Bernardo Community

Presbyterian Church

17010 Pomerado Road

San Diego, CA 92128

Call (619) 543-1434 or (800) 523-5933

Sibling and Adult Children's Group

2nd Wednesday, 7:00 - 9:00 p.m.

Scripps-Mende Well Being Center

Adjacent to the Westfield (UTC) Mall

San Diego, CA 92122

Call Michelle Cauble at (858) 756-3140

Spouses of Persons with the Diagnosis of Bi-polar

3rd Tuesday, 6:30 - 8:00 p.m.

Clairemont Lutheran Church

(Luther Hall, Room 2 on the 1st Floor)

4271 Clairemont Mesa Blvd.

San Diego, CA 92117

Call (858) 273-7423 for more information

Spanish Support Group-South Bay

1st Monday, 6:00 - 8:00 p.m.

South County Family Resource Center

690 Oxford Street

Chula Vista, CA 91911

Call Luz Fernandez (East County Clinic) at

(619) 401-5500 for more information

Spanish Family Support Group

3rd Thursday, 6:00 - 8:00 p.m.

South Bay Guidance Center

835 3rd Avenue, Suite C

Chula Vista, CA 91911

Call Gina Osuna at (619) 425-6879

NAMI Patton

3rd Sunday, 1:00 - 3:00 p.m.

c/o Patton State Hospital

(Administration Annex - Room 148)

3102 E. Highland Ave.

Patton, CA 92369

Tel: (909) 425-7392 ☎ Fax: (909) 425-0160

NAMI-SIT

Schizophrenics in Transition

Board Meeting

144 Copper Avenue

Vista, CA 92083

Call (858) 481-7069 for meeting time

NAMI-SIT includes the following:

- Copper Hill Living & Learning Center
- Creative Arts Consortium
- Friends - (760) 631-2206
- Vet to Vet
- Advocacy Works
- Jardin Cesar Chavez

NAMI North Inland

P.O. Box 300386

Escondido, CA 92030-0386

(760) 745-8381

Education Meeting

2nd Tuesday at 7:00 pm.

Kinesis North

474 W. Vermont Ave.

Escondido, CA 92025

Call (760) 745-8381 or (800) 523-5933

Monday Share & Care in Fallbrook

Mondays, 5:00 - 6:30 p.m.

Fallbrook Healthcare Foundation Building

Corner of Mission and Fig

Fallbrook, CA 92028

Call (760) 745-8381 for more information

Tuesday Share & Care Meeting

1st, 3rd, 4th, 5th Tuesdays, 4:00 - 5:30 p.m.

Joslyn Senior Center

210 East Park Avenue

Escondido, CA 92025

Call (760) 745-8381 for more information

NAMI North Coastal

P. O. Box 2235

Carlsbad, CA 92018

760-722-3754

Education Meeting

3rd Thursday, 7:00 - 8:30 p.m.

St. Michael's by the Sea Episcopal Church

2775 Carlsbad Blvd.

Carlsbad, CA 92008

Call (760) 722-3754 or (800) 523-5933

Education Meeting followed by

NAMI Facilitated Share & Care

Support Group 8:30 - 10:00 p.m.

TARA Borderline

Personality Disorder

Support Meetings for Family Members

UCSD Outpatient Psychiatric Services (Gifford Clinic)

1st Wednesday, 6:30 - 9:00 p.m.

140 Arbor Drive, San Diego, CA 92103

Sunrise at La Costa

2nd Thursday, 6:30 - 9:00 p.m.

7020 Manzanita St., Carlsbad, CA 92009

Tri-city Medical Center

3rd Wednesday, 6:30 - 9:00 p.m.

4002 Vista Way, Oceanside, CA 92056

Rancho Bernardo Swim and Tennis Club

3rd Thursday, 6:30 - 9:00 p.m.

16955 Bernardo Oaks Drive

San Diego, CA 92128

For more information on above meetings

please call Sandy at (760) 729-5748 or

e-mail: sboone@compuidusa.com

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

(1st Floor, Fellowship Hall)

5777 Lake Murray Blvd.

La Mesa 91942

Peggy & Bob Chambers: (619) 464-0476

NAMI C.A.R.E. Support Groups

Consumer Support Groups
For more information call the
NAMI San Diego Helpline at
(619) 543-1434 or 1-800-523-5933

NAMI San Diego Office

4480 30th Street
San Diego, CA 92116
2nd & 4th Thursdays: 6:00 - 7:30 p.m.

Gifford Clinic (Cafeteria)

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

Sharp Mesa Vista Hospital

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

St. Michael's By The Sea Episcopal Church (Parish Hall)

2775 Carlsbad Blvd.
Carlsbad, CA 92008
Call: (760) 722-3754
Third Thursday: 5:30 - 6:30 p.m.
(just prior to the General Meeting)

Mariposa Clubhouse

560 Greenbrier, Suite D
Oceanside, CA 92054
Call: (760) 722-3754
Every Wednesday: 1:00 - 2:30 p.m.

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.

NAMI San Diego Helpline

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

The Albright Center hosts the NAMI
San Diego Helpline, a lending library,
take-home materials, and knowledge-
able people that care.

Resources

Client/Consumer

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 ☎ Fax: (619) 471-2782
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.
Evenings/Weekends - Call for Schedule

Casa Del Sol Clubhouse

1157 30th Street, San Diego 92154
(between Coronado Ave. & Beyer 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., San Diego 92104
(North Park at Utah Street)
(619) 683-7423 ☎ Fax: (619) 683-7428
Monday - Friday: 8:00 a.m. - 4:00 p.m.

East Corner Clubhouse

1060 Estes Street, 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 W. Vermont Ave., Ste. 105
Escondido 92025
(760) 737-7125 ☎ Fax: (760) 737-6129
Monday - Friday: 8:00 a.m. - 4:30 p.m.
1st Saturday of month: 10:00 a.m. - 2:00 p.m.

Friend-to-Friend

1009 "G" Street, Ste. 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 (must be a member)

Friends In Hand Clubhouse

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

Mariposa Clubhouse

560 Greenbrier, Ste. A-F, Oceanside 92054
(760) 439-2785 ☎ Fax: (760) 439-6902
Monday - Friday: 9:00 a.m. - 3:00 p.m.

The API Discovery Clubhouse

5550 University Ave., San Diego 92105
Membership Information: (619) 667-6176
Saturday & Sunday: Noon - 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.

The Oasis Clubhouse

3635 Ruffin Road, Ste. 101, San Diego 92123
(858) 300-0470 ☎ Fax: (858) 300-0471
Monday - Friday: 10:00 a.m. - 7:00 p.m.
Serving Transitional Age Youth (16-25)

Neighborhood House Association (NHA)

Friendship Clubhouse
286 Euclid Ave., #104, San Diego 92114
(619) 266-2111 Ext. 106 ☎ Fax: (619) 266-0496
Monday - Friday: 8:30 a.m. - 5:30 p.m.

Visions

226 Church Avenue, Chula Vista 91910
(619) 420-8603 ☎ Fax: (619) 420-0385
Mon - Fri: Noon - 7 p.m.; Sat & Sun: Noon - 5 p.m.

The Access Center of San Diego

1295 University Ave., Ste. 10, San Diego 92103
(619) 293-3500 ☎ Fax: (619) 293-3508
Monday - Friday: 9:00 a.m. - 5:00 p.m.

Employment Services

1202 Morena Blvd., Ste. 201, San Diego 92110
(619) 276-8071 ☎ Fax: (619) 276-3542
Monday - Friday: 8:00 a.m. - 4:30 p.m.
(Must be receiving services from a county funded
mental health program and approved by Department
of Rehabilitation)

Job Options

3465 Camino del Rio South, Ste. 300
San Diego 92108
(619) 688-1784 (Valorie) ☎ Fax: (619) 688-9884
Mon - Thurs: 8 a.m. - 5 p.m.; Fri: 8 a.m. - 4 p.m.

San Diego Park and Recreation Therapeutic Recreation Services

3325 Zoo Drive, San Diego 92101
(619) 525-8247 ☎ Fax: (619) 299-9304
Monday - Friday: 8:00 a.m. - 5:00 p.m.
Provides year round recreational experiences for
individuals with disabilities.

The Creative Arts Consortium

P. O. Box 3053, San Diego 92163
(619) 282-4627 or (858) 481-7069

Compeer San Diego (858) 361-3632

Offering support, information, and friendship!
website: www.compeersandiego.org
e-mail: info@compeersandiego.org

DBSA-Depression Bipolar Support Alliance

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



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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Bronze—up thru \$99

To pay by Credit Card:

print name as it appears on card

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amount

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Planned Giving!

Would you like to make a gift to NAMI and also have it work for you?

NAMI has a new volunteer, **Mike McNeill**, a chartered financial consultant with Prudential Financial. Mike can advise you about **Planned Giving** so that your gift is a win-win.

Please contact Mike at (858) 272-7997 or email at mike.mcneill@prudential.com.

Please Mail To:

NAMI San Diego
 Attn: Membership
 4480 30th Street
 San Diego, CA 92116

Or Fax To:

619.584.5568

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

The Advocate

Vol. XI, Issue 9, October 2007



4480 30th Street
San Diego, CA 92116

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

Return Service Requested

1st Thursday!!!

October 4, 2007
University Christian
Church



SAVE THIS DATE!
FRIDAY, OCTOBER 12TH

7TH ANNUAL
CLIENT RECOGNITION LUNCHEON

AT THE BALBOA PARK CLUB

(PAN AMERICAN WAY/ NEXT TO MARIE HITCHCOK PUPPET THEATRE
AND NEAR THE AUTOMOTIVE / AEROSPACE MUSEUMS)

10:00 A.M. – 2:00 P.M.

MEAL TICKET/SODA/1 RAFFLE TICKET:

\$4.00 EACH

R.S.V.P. BY SEPT. 30TH TO RECEIVE
1 FREE TICKET FOR EVERY 7
(EXTRA RAFFLE TICKETS 5/\$1.00)

(619) 692-8707 BOB

(619) 542-0134 CATHE

UNDERSTANDING SOCIAL SECURITY & SSI BENEFITS

Saturday, October 6, 2007

Saturday, February 2, 2008

Saturday, June 7, 2008

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

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.

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 seminars will be held at:

The Arc of San Diego – North Shores
9575 Aero Drive
San Diego, CA 92123

DIRECTIONS:

From North or South I-15, exit at Aero Drive. Travel West on Aero Drive for approximately one mile. At the top of the hill make a U-turn at Ruffin Rd.—**please note that this will be the second Ruffin Rd. you will cross.**

Travel back down Aero Drive. Arc North Shores Center will be on your right.
Park in the lot or on the street.

REGISTRATION:

\$8 per person* per seminar

\$10 per family per seminar

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

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

REFRESHMENTS

INFORMATION:

SNTF (619) 338-4477

The “SPECIAL NEEDS TRUST FOUNDATION” (SNTF):

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

SPECIAL NEEDS TRUST SEMINAR

Saturday, October 13, 2007 Saturday, February 9, 2008
Saturday, June 14, 2008 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.
- 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 Needs Trust and individual trust
- Options regarding trustee, including the Special Needs Trust Foundation
- Difference between a First-Party or Self-Settled Trust and a First-Party Trust

SPEAKER PROFILE:

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

Yes! Please register me/us for the:

_____ Understanding Social Security & SSI Benefits
_____ October 6, 2007
_____ February 2, 2008
_____ June 7, 2008
Number Attending _____

_____ Special Needs Trust Seminar
_____ October 13, 2007
_____ February 9, 2008
_____ June 14, 2008
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 IS BASED ON A FIRST-COME-FIRST-SERVED BASIS. FORMS ARE DUE ONE WEEK PRIOR TO EACH SEMINAR. FORMS/PHONE CALLS RECEIVED AFTER THAT TIME CANNOT BE GUARANTEED ADMISSION. (No registration confirmation will be sent.)

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

TARA APD - San Diego County

Treatment And Research Advancements Association for Personality Disorder

MONTHLY SUPPORT MEETINGS

**Sunrise at La Costa , 7020 Manzanita Street
Carlsbad CA 92009**

THURSDAY, October 11, 2007

2nd Thursday Monthly, 6:30PM - 9:00PM

Sunrise at La Costa is located at the North West corner of El Camino Real & Aviara Parkway

Rancho Bernardo Swim and Tennis Club

16955 Bernardo Oaks Drive, San Diego CA 92128

THURSDAY, October 18, 2007, 3rd Thursday Monthly

6:30PM - 9:00PM

Directions from I-15, exit Rancho Bernardo Road-Turn East

Approx 1 mile turn left onto Bernardo Oaks Dr. (there is signal light)

The club is on the corner on your right after you complete turn.

Use parking lot-4. There will be someone in the bldg with directions.

UCSD Outpatient Psychiatric Services (Gifford Clinic)

140 Arbor Drive, San Diego Ca 92103

Wednesday, October 3, 2007, 1st Wednesday Monthly

6:30PM - 9:00PM

Tri-city Medical Center

4002 Vista Way, Oceanside CA 92056

WEDNESDAY , October 17, 2007, 3rd Wednesday Monthly

6:30PM - 9:00PM

Use elevator at main entrance, inquire at information desk for class location (look for TARA sign)

760.729.5748 (ask for Sandy)

Suggested Donation for Support Meetings \$10.00

San Diego TARA's Advanced DBT FAMILY Class

**Coping Skills for Families of People with
Borderline Personality Disorder**

CLASS SCHEDULE:

Full Weekend

Friday, October 26, 7:00-9:00pm

**Saturday, October 27, 8am-5:30pm (Continental
Breakfast & lunch provided)**

**Sunday, October 28, 8am-5pm (Continental
Breakfast & lunch provided)**

CLASS LOCATION:

**UCSD Outpatient Psychiatric Services (Gifford Clinic)
140 Arbor Drive
San Diego Ca 92103**

To reserve your place in this workshop, please call **760-729-5748** ask for Sandy

- **Helps minimize stressful interactions**
- **Helps increase trust**
- **Helps understand the pain of the person you love living with BPD**
- **Helps reframe BPD behavior so your anger can change to empathy**