



#### Housing - WHERE NAMI STANDS

NAMI supports increasing access to permanent housing and appropriate supports and services that allow persons with serious mental illnesses to live in the community. These permanent housing resources include HUD programs such as Section 811 and Shelter Plus Care as well as tenant-based rental assistance linked to the emerging "elderly only" housing designation crisis. NAMI believes that the widely recognized failure of "deinstitutionalization" in recent decades is due in large part to the failure of states and communities to invest in housing and supports for people with severe mental illnesses. NAMI supports efforts to link supports and services to housing specifically for adults with severe and disabling brain disorders. Where linked to housing, such services should be flexible and based on an individualized plan with meaningful consumer and family input. This housing approach also reduces isolation experienced by many adults with severe and disabling brain disorders. NAMI opposes efforts to weaken protections under the Fair Housing Act for people with severe mental illnesses in group homes and community residences. These proposals to weaken the Fair Housing Act would significantly scale back provisions in the law that bar discriminatory zoning and land-use policies intended to exclude group homes from residential communities. These are policies typically implemented in response to NIMBY, or opposition to group homes. Current housing policies were enacted by Congress in 1992 and 1996 to permit public and assisted-housing providers to designate housing as "elderly only." People with disabilities and their advocates understand that Congress must replace the hundreds of thousands of units of feder-

*(Continued on page 7)*

### Education & Advocacy Meeting

6:30 p.m. Social Hour  
7:00 p.m. Business/Advocacy

#### **“San Diego County Mental Health Board Housing Committee: How it Can Help People Living with Mental Illnesses”**

After advocacy by Karenlee Robinson, the San Diego County Mental Health Board formed a Housing Committee in early 2000. The committee's work focused on the development of a full spectrum of housing options with necessary supports designed for persons diagnosed with serious mental illness and living on limited incomes. The committee published its report in November, 2001.

Co-chairs of the committee, Karenlee Robinson and Dr. Rodger Farr and Tony Potter, Housing and Transportation Coordinator for County Mental Health Services will present the findings of the committee, how implementation can affect people with mental illnesses, and what the advocacy role for NAMI might be.

Additional information on the experience and qualifications of the speakers is shown on Page 8.

The monthly meeting is open to anyone interested in learning about mental illness. The meetings are held on the first Thursday of the month at University Christian Church, Friendship Hall,  
3900 Cleveland Ave  
San Diego, California  
**(see map on Page 8)**

**DON'T MISS THE NEXT MEETING ON OCTOBER 3**  
**“MEET THE CANDIDATES:**  
**VOTER AND CANDIDATES INFORMATION SOCIAL”**  
*Come prepared with your questions and stories*

**Additional NAMI meetings in the San Diego County area are listed on Page 5**

# August at-a-Glance

Bettie Reinhardt, Executive Director

## Holiday Time

Those cool days we had in late August were more than a mental reminder that the holiday season is just around the corner. We received the NARSAD Artwork order forms at the same time. We are enclosing a brochure and an order form for you in this issue and urge you to not take too long choosing your cards. As you send in your order forms and checks, we will send them on to NARSAD Artwork in weekly batches. A reminder: the artwork is done by consumers, the proceeds go primarily to NARSAD for schizophrenia and depression research, and a small portion of the proceeds comes to us although we view this as an educational outreach rather than a fundraiser because the back of each card tells the story of hope for people with mental illnesses.

## Onward and Upward

Chuck Sosebee, our first and only Consumer Outreach and Education Coordinator, has taken a full-time job at The Corner Clubhouse. His title is "Member Support Specialist" and he is assisting the clubhouse director. Did you know that that clubhouse sometimes has 60 to 70 people drop in one day? Chuck initiated "In Our Own Voice: Living with Mental Illnesses" (then known as "Living with Schizophrenia and Other Mental Illnesses") in San Diego – and in California. He also organized the introduction of Peer-to-Peer and NAMI C.A.R.E. into California – here in San Diego. Those programs and his unrelenting advocacy helped swing the door wide for consumer participation, at all levels, in our organization.

We are sad that Chuck's days no longer have enough hours in them for employment at NAMI San Diego but we are very, very grateful for the two and a half years he has been here and very, very proud that we played a part in his reintegration into the competitive job market. We are also pleased that he is staying on the NAMI California Board of Directors.

Kamala Castle is already ably coordinating the In Our Own Voice program and facilitating Peer-to-Peer activities. Eric Goldman is picking up the NAMI C.A.R.E. coordination. Thank you, Kamala and Eric!

## Medicaid and Election 2002 Conference

I had the grand opportunity to be one of four California representatives to NAMI's regional conference on Medicaid (Medi-Cal in our State) and the importance of the upcoming election. As a non-partisan organization, we never support candidates or suggest to people how they should vote. We do, however, en-

courage you to vote and to be informed about the issues important to you and about candidates' views on those issues. 2002 is the year the brunt of term limits legislation becomes active. This means more new-comers and more opportunities for us to educate them on our issues.

Medicaid is an important issue on the State level because, after education, Medicaid is the largest component of State funding. It is especially important to mental health advocates because at least half of the funding of mental health services is done by Medicaid. Add it up: the States are facing funding shortfalls + Medicaid uses a large piece of the funding = Medicaid cuts, usually through reduced eligibility and/or pharmacy restrictions.

## Campaign for Best Practices

We have had a drop-off of signature sheets received this month. Don't stop. The season for using them is right in front of us!

## NAMI California Conference

Since the newsletter publishing date precedes the conference, I can only report the attendees: Karen Gurneck, Alan Abrams, M.D., Marjie Joramo, Sally Shepherd, Paul Cumming, Agnes Zsigovics, Chuck Sosebee, and Bettie Reinhardt.

## Mental Health Board

The September meeting is at 3851 Rosecrans Street, San Diego, Coronado Room, 6 pm – 8 pm.

## Classes

Several Family-to-Family classes (including one in Spanish) and a Peer-to-Peer class are happening this fall. Do call the Albright Center, 619.543.1434, and put your name on the call list for one of these classes.

*To register your opinion on any of these issues, 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](mailto:exudir@namisandiego.org) or contact any of the people mentioned in the*

### **DMDA CHANGES IT'S NAME**

The Depressive Manic-Depressive Association (DMDA) has changed their name to the Depressive Bipolar Support Alliance (DBSA) to better reflect in the name the organizations mission. The DBSA is the largest consumers run mental health organization in the country. The main efforts of the DBSA is for illness specific support groups run by consumers concentrating on depression and bipolar disorder.

The DBSA compliments and augments NAMI activities. Many DBSA members are NAMI members and vice versa. A listing of all the DBSA groups in San Diego is shown on page 6 of this newsletter. At last count there were seven! These groups are very helpful in the sharing and resourcing of information. Check one out soon!

To find a DBSA group in San Diego near you go to <http://ndmda.org> and click on support groups. To call for locations dial 800 826-3632 or call the Albright Center.

## The Alliance Advocate

NAMI San Diego, a nonprofit organization, provides education, support services, and advocacy to improve the quality of life of everyone affected by mental illness.

*NAMI San Diego is an affiliate of NAMI and NAMI California*

### Board of Directors:

President - Karen Gurneck  
Vice-President - Judy Wasik  
Treasurer - Carol Venable, Ph.D.  
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### Executive Director

Bettie Reinhardt  
exudir@namisandiego.org

The Alliance Advocate is a monthly publication of NAMI San Diego,  
4480 30th Street  
San Diego, CA 92116

### Mailing Address:

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San Diego, CA 92171-0761  
Phone: (619) 584-5564

(administration)

800 523-5933 (peer support)

Fax: (619) 584-5569

E-mail: [namisd@sbcglobal.net](mailto:namisd@sbcglobal.net)

Web Site: [www.namisandiego.org](http://www.namisandiego.org)

### The Alliance Advocate Editors:

Bettie Reinhardt and Pete Truman

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And [trumana@worldnet.att.net](mailto:trumana@worldnet.att.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

## SanDMAP is coming to San Diego

SanDMAP stands for San Diego Medication Algorithm Project. It is a systematic way to treat people with major brain diseases with medication that incorporates standardized record keeping and education for patients, doctors, other care givers, family and friends.

The medical community has generally accepted algorithms to use in treating several other chronic diseases. The psychiatric community is starting to develop algorithms that so far seem to be successful. The San Diego County Mental Health Department (CMH) has been working with the state of Texas who has a successful program for the whole state that uses algorithms and is very willing to share their experiences with us.

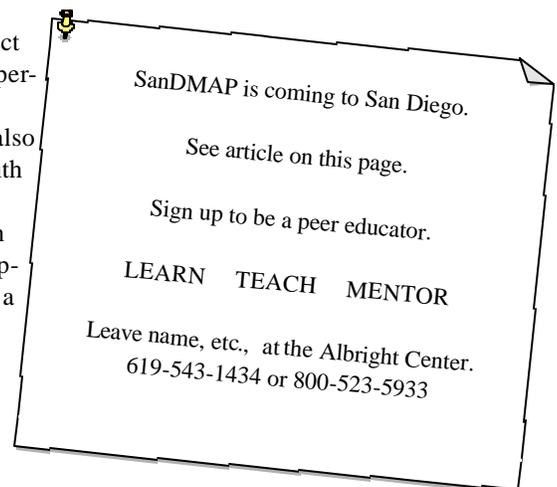
This program uses a real recovery model with the message that THERE IS HOPE and people with brain diseases have a real chance for a better life!

NAMI San Diego has been supporting and working with CMH to incorporate the algorithm program here to be used in the county clinics. We have been involved in evaluating the education materials used in Texas and trying to integrate them into the current psychosocial rehabilitation model CMH has. We hope to be able to incorporate some of the NAMI education programs into SanDMAP.

The CMH plans to start the algorithm project sometime this October in two of the county clinics starting with people who have a diagnosis of schizophrenia.

CMH is looking for consumers who would like to facilitate peer discussion groups. The plan so far is to provide seven group meetings: An *In Our Own Voice* presentation will be one and then we will use the materials from Texas that use cartoons to launch discussions on various important topics. These groups will be for consumers led by consumers. There will be no staff person in the room, but some staff members will be available for questions, comments, etc. While the program is going to start with patients who have a schizophrenia diagnosis the **peer facilitators are not required to have a schizophrenia diagnosis**. CMH will be training the peer facilitators in the next couple of months. If you are interested in getting into this program call the Albright Center (619-543-1434 or 800-523-5933) and ask the volunteer to add your name and contact information to the list we will forward to CMH once we learn who will be coordinating this education.

Education in the algorithm project will also include teaching clinic personnel, doctors, families and friends so peer facilitators may also have the opportunity to work with these groups. This experience could lead to moving ahead with your own life and provides an opportunity to meet new people in a safe environment.



### Independent Living Survey

Phoenix Enterprises, Ltd is in the planning stages of opening an independent living center in north San Diego County. They plan to help consumers transition from a psychiatric hospital, a board and care, or possibly from homelessness, to living in their own apartments.

They would like your input regarding what they should supply consumers to make this transition as easy as possible – services such as therapy or education about budgeting, cooking, house cleaning, or other.

They would like to place people in their own apartments using the HUD Section 8 program. This would entail their helping consumers sign up and save money for their eventual transition.

Consumers, family members, or providers, please send your suggestions to:

Gregory N. Moraros  
Phoenix Enterprises, Ltd.  
P.O. Box 300216  
Escondido, CA 92030-0216  
or  
gmararos@msn.com

**Heartbeat Family Partnership's** monthly education presentation is September 24, 2002, from 6:00 - 8:00 pm, with networking from 5:30 to 6:00. Refreshments will be served.

This month's topic is:

**Children's Mental Health Services' "System of Care" Report and what it means for families**

This presentation will be at Springfield College, 5350 University Avenue. Please call 858-505-1878 to RSVP and for directions.

### Central Region QIC

County Mental Health Services is looking for a few good family members. The Central Region Quality Improvement Committee (QIC) needs to add family members to its quarterly meetings. The next meeting is in November. For details, call Chuck Sosebee at The Corner Clubhouse, 619.683.7423.

## Legislative Update

### September, 2002

By Caroline Hamlin

#### Fall Elections

NAMI and The County League of Women Voters will co-host "Meet the Candidates: Voter and Candidate Information Social," at our regular Education meeting, Thursday, October 3, at the University Christian Church at 7 p.m. State senate and assembly candidates, as well as district attorney candidates have been invited to participate. Members and guests will have an opportunity to meet, mingle, and ask questions of candidates running in the November election. NAMI will provide information about mental health issues that are important to our organization. Don't miss this opportunity to meet the candidates.

#### AB1421 Passes Judiciary Committee

AB 1421, The Assisted Outpatient Treatment Demonstration Act of 2002, passed the Senate Judiciary Committee with important criteria for eligibility for the program reinstated.. 1000 letters were received by the committee urging passage, a strong indication of our effectiveness. To see the full text of the bill as amended go to: [www.leginfo.ca.gov](http://www.leginfo.ca.gov)

August 31 was the deadline for the senate vote. Hopefully, by the time you receive this newsletter, the bill has passed on the floor of the senate and is going to the Governor's desk for signature. We're almost there. Write to the Governor and ask him to sign:

Governor Gray Davis  
State Capitol Building  
Sacramento, CA 95814  
Fax: 916 445 2814

### Copper Hill Has a Few Openings

A new policy developed by the SIT-AMI Board will allow a small suite of rooms for a couple with mental illness. Such an arrangement is, as far as we know, otherwise unavailable in San Diego County.

Also, two rooms at Copper Hill have been dedicated to the AB 2034 North County expansion. If this program survives the current budget cuts, these two rooms will be available to women members of that program. Otherwise they will be open.

There is one additional room available for either a man or a woman. Call 760.941.2153 for more information about applications.

Painting, refurbishing, and redecorating are underway right now at Copper Hill. We need gently used furniture: single beds, dressers, end tables, lamps, linens and one double bed. If you can help, please call 858.481.7069.

Copper Hill is a semi-independent home in Vista for persons with mental illness. It was founded in 1985 by NAMI family members and recovering clients. Today's Board of Directors, the actual volunteer staff of CH, is still of that composition.

Jane Fyer

## Schedule of Meetings

### NAMI SAN DIEGO

See Page 3 for NAMI-SD's address

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

See page 1 for information about this month's program.

### Evening NAMI-SD Support Group

Third Thursday, 6:45 p.m.

Note New site, 4480 30th Street

### Morning NAMI-SD Support Group

Third Tuesday, 10:00 - 12:00 a.m.

Note New site, 4480 30th Street

### Sharp Mesa Vista Hospital

#### Sharing and Caring

Fourth Thursday, 6:30 – 8:30 p.m.

Executive Conference Room

Sharp Mesa Vista Hospital

7850 Vista Hill Avenue (858) 278-4110

### Sibling and Adult Children's Group

Second Wednesday, 7:00 - 9:00 p.m.

Scripps Well Being Center

Adjacent to the UTC Mall

Call Monica Astorga at (858) 483-9370

### Clairemont Area 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 Lounge

7715 Draper Avenue, (858) 457-5057

(Entrance on Kline St.)

### El Cajon (East County)

Second Wednesday, 6:30–8:00 p.m.

562 E. Main St., El Cajon,

Forough Douraghi: (619) 401-5440

### South Bay Spanish

Fourth Monday, 6:00 - 8:00 p.m.

Call Luz Fernandez (East County

clinic) for location (619) 401-5500

### La Mesa

Third Thursday, 6:30—8:00 pm

San Carlos Library, 7265 Jackson Dr.

Contact Ruth Coleman, 619 469-5232

### NAMI PATTON

Patton State Hospital

3101 E. Highland Avenue

Patton, CA 92639

Fax: (714) 963-9961 (909)425-7000

Third Sunday, 11:45 a.m. - 1:15 p.m.

Administrative Meeting Room

### NAMI NORTH INLAND

SAN DIEGO COUNTY

P. O. Box 300386

Escondido, CA 92030-0386

(760) 745-8381

Second Tuesday each month, 7:00 pm.

Education Meeting

Bradley Center (Kinesis North)

474 W. Vermont Ave, Escondido

(760) 745-8381 or 1-800-523-5933

### Tuesday September 10th

Our speaker will be Eloise Ondash, RN whose main topic of discussion will be "OCD"- "Obsessive-Compulsive-Disorder". She has written a column for the North County Times since 1984. Following our speaker, a Care & Share meeting will be held for anyone requiring support regarding their mentally ill loved one. For further information please call (760) 745-8381

### Monday Share and Care Meeting

Every Monday Except the 2nd Monday of each month. Starting at 6:30 p.m.

Palomar Pomerado Behavioral Health Bldg.

1540 East Valley Parkway, Escondido

Call (760) 745-8381 for further information

### 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 Call (760)745-8381

### Wednesday Share and Care

Weekly Meeting, Wednesday morning

at 10:30 a.m. Palomar Family Counseling Building, 120 West Hawthorne Street

!!!!!!!NEW!!!!!!!

### NAMI C.A.R.E. Support Group

By and For Consumers

Beginning in October:

1st Tuesday, 6 – 7 p.m.

NAMI San Diego Meeting Room

4480 30th Street, San Diego

No need to register,

just come to meeting.

Watch this space for new meetings in new locations.

### NAMI NORTH COASTAL

SAN DIEGO COUNTY

P. O. Box 2235

Carlsbad, CA 92018

(760)722-3754

St. Michael's by the Sea Episcopal Church

Parish Hall, 2775 Carlsbad Blvd.

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

As of September meetings shift to Thursday

Third THURSDAY, 7:00 p.m.

Education Meeting followed by

Share & Care at 8:40 p.m.

For Thursday Sept 19th.

Judge Bonnie Dumanis topic will be "Overcoming Difficulty and Succeeding in Public Life"

"Defeating Stigma is a Life-or-Death Issue"

### Share & Care

Fourth Tuesday - 5:00-6:30 p.m..

North Coastal Mental Health Center

1701 Mission Avenue #A, Oceanside

(760) 967-4475 or (760) 722-3754

### Share and Care

Second Thursday at 6:00 - 7:00 p.m.

Tri-City Medical Center, Mental Health Unit,

4002 West Vista Way Oceanside

(760)940-5700

### Pastoral Share & Care

Fourth Thursday - 7:30 p.m.

2807 Ocean St., Apt. 301, Carlsbad

Jane or Tim Hird, (760)435-2536

Call first for security reasons.

### TARA Borderline Personality Disorder Support Group

1<sup>st</sup> & 3<sup>rd</sup> Tuesday monthly-Carlsbad

Community Church, 3175 Harding Street,

Carlsbad CA 92008 760-729-2331

### Schizophrenics in Transition-AMI

Board Meeting - 3rd Wednesday at Noon

144 Copper Avenue, Vista 92083

### Schizophrenics in Transition-AMI (SIT-AMI)

has the following under its umbrella:

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

## Consumer Corner

### IN OUR OWN VOICE

A recovery-education program presented by trained consumer presenters/facilitators to other consumers, families, friends and professionals.

It is for anyone who needs to know how people with schizophrenia and other serious mental illnesses cope with the realities of their disorder while recovering and reclaiming productive lives with meaning and dignity.

If you are interested in training as a presenter or attending a presentation, please call:

Kamala Castle  
At 619 584-5568

### Mariposa Clubhouse

560 Greenbrier, Suite .102, Oceanside  
(760)439-6006  
Open Monday - Friday  
8:00 a.m. - 4:00 p.m.  
Open Saturday & Sunday  
10:00 a.m. - 2:00 p.m. Brunch

### East Corner Clubhouse

562 East Main St., El Cajon  
(between Mollison and Avocado)  
(619)401-6902  
Fax: (619)401-1751  
Open:  
Mon., Tue, Thur, Fri. 8:00 a.m. - 2:00 p.m.  
Wednesday 8:00 a.m. - 6:30 p.m.  
Saturday - 10:00 a.m. - 2:00 p.m.

### Peer-to-Peer

#### WOULD YOU . . . .

- ◆ Like to learn more about your mental illness?
- ◆ Benefit by being around others that know what it's like living with a mental illness?
- ◆ Be interested in developing a Re-lapse Prevention Plan?

If so, please join us for Peer-to-Peer, a nine-week structured course that will help you in your quest to live well with mental illness. You will learn about self-advocacy and, at the same time, create a special bond with others in the course.

To sign up, call the Albright Center,  
619.543.1434.

Remember, seating is limited.

### The Consumer Center for Health Education and Advocacy

If you need help getting mental health care services, please call or write us. We are ready to help you.  
1475 Sixth Ave., 4th Floor  
San Diego CA 92101  
1-877-734-3258 Toll Free

### The Meeting Place, Inc.

4034 Park Blvd., San Diego  
(619) 294-9582  
Open Monday - Saturday  
10:00 am. - 4:00 p.m. Monday to Friday  
11:00 am - 3:00 p.m. on Saturday

### Corner Clubhouse

2852 University (at Utah)  
San Diego (North Park) #7 Bus Line  
(619) 683-7423  
Open Monday - Friday  
8:00 a.m. - 4:00 p.m.

### Friend to Friend

1009 "G" Street  
San Diego  
(619) 238-2711  
Open Monday - Saturday  
10:00 a.m. - 6:00 p.m.  
A peer advocate is available  
Thursday, Friday (morning) and  
Saturday

### Employment Services

1202 Morena Blvd., Suite 201  
San Diego, (619) 276-8071

### Visions @ 5<sup>th</sup> and H

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

### The Access Center of San Diego

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

### The Creative Arts Consortium

P. O. Box 3053  
San Diego, CA 92163-3053  
Admin—Call Jane (858) 481-7069  
Art—Call Michelle (619) 589-2434  
Literature—Call Jim (619) 299-1753

### Job Options

2727 Camino del Rio South  
San Diego  
(619) 688-1784 (Valorie)  
Open Monday - Friday  
8:00 a.m. - 5:00 p.m.

### San Diego Parks and Recreation Disabled Services Program:

Ask for "The Leisure Seekers" group activities and calendar. No formal registration. Simply call ahead of event and say "I want to sign up for the event"  
(619) 525-8247

### Patient Advocacy Program

5384 Linda Vista Road, Suite 304  
(619) 543-9998 or 1-800-479-2233  
Mon. - Fri. 8:00 a.m. - 5:00 p.m.

### Scholarship Funds

Call the Albright Center for information about scholarship funds.  
(619) 584-5564

### Friends

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

### Was: National Depressive & Manic Depressive Association (DMDA) Support Groups Is: Depressive Bipolar Support Alliance (DBSA) Support Groups

Resources for those suffering from depression, bipolar disorder, or other mental illness.

#### DBSA El Cajon, Thursday nights, 5:30 - 7:30 pm

El Cajon Library, Community Room  
201 E. Douglas Street, El Cajon  
For more information, 619.393.3568  
[http://groups.yahoo.com/group/DMDA\\_El\\_Cajon/](http://groups.yahoo.com/group/DMDA_El_Cajon/)

#### DBSA La Jolla, Mondays night, 6:00 - 8:00 pm

VA Hospital, Room 2011 (2nd Floor)  
For information, 888.274.3637 or 858.535.4793  
7:00pm  
<http://hometown.aol.com/lajolladmda/myhomepage/profile.html>

#### DBSA

800.826.3632 or <http://www.ndmda.org>

#### DBSA Rancho Bernardo,

Tuesdays and Thursdays, 6:00 - 8:00 pm  
Aurora Psychiatric Hospital  
For more information, 858.487.3200

#### DBSA La Mesa, Tuesdays 6:00 -

Alvarado Parkway Institute (API)  
For more information, 619.465.4411

(Continued from page 1)

ally subsidized housing no longer available to people with disabilities, including people with severe mental illnesses. Unfortunately, HUD has also failed to preserve and adequately fund the Section 811 Supportive Housing for Persons with Disabilities program, which was designed to provide housing and supports to people with severe disabilities. But for the efforts of a few leaders in Congress, an increasing number of adults with severe mental illnesses would continue to live at home with aging parents or in substandard housing. Without additional resources, too many adults with severe mental illnesses will likely end up homeless or remain unnecessarily in inappropriate settings (e.g., homeless shelters and local jails and prisons). The bitter irony of this loss of housing is that it comes when people with all types of disabilities (including severe mental illnesses) are increasingly able to live successfully in homes of their own—but only if independent housing is affordable and paired with appropriate supports and services. According to a 1999 HUD report, nearly 40 percent of the nation's homeless are single adults with severe mental illnesses.

NAMI supports efforts to increase funding for the HUD Section 811 program (above its current \$217-million level) and to maintain the integrity of the capital-advance and project-based rental-assistance portion of the program (maintaining the existing 75 percent threshold). Specifically, NAMI supports increasing Section 811 to \$346 million, restoring the program to its level in the final year of the last Bush Administration. For the 25 percent of the Section 811 program that HUD directs to tenant-based rental assistance, NAMI supports congressional efforts to ensure that HUD allows only non-profit disability organizations to be eligible to compete to administer local tenant-based subsidies. NAMI supports continued funding for a separate allocation of tenant-based rental assistance for non-elderly people with disabilities

adversely affected by the designation of public and assisted housing as "elderly only." (Congress has allocated over \$210 million for this purpose since 1996). NAMI supports increased funding for federal homeless-assistance programs and continued implementation of a minimum threshold for permanent housing programs for homeless adults with severe mental illness (e.g., Shelter Plus Care, Emergency Shelter Grants, Moderate Rehab SRO). NAMI supports efforts in Congress to continue renewal of all expiring Shelter Plus Care rent subsidies through the new renewal account enacted by Congress in 2000. NAMI supports congressional action to authorize a new federal housing production program to serve households at 30 percent of median income and below, with specific targeting of individuals for whom tenant-based rental vouchers have proven ineffective for securing stable housing. NAMI opposes efforts to erode standards in the Fair Housing Act that protect group homes and other shared-living arrangements in the community from discriminatory zoning and land use policies.

For a complete text of the NAMI position, see the NAMI website: [www.NAMI.org](http://www.NAMI.org). Click on Public Policy and then Where We Stand.

#### WISH LIST

We have volunteers to tend our landscaping, now we need tools and an addition to our plantings.

First, our one and only tree did not green up this spring. It is clearly moribund and needs to be replaced. If you would like to make a donation that will grow and thrive each year along with our organization and will bear your name, a tree by our entrance is the answer.

We also need pruning clippers and hedge clippers and even a

### Functional Magnetic Resonance Imaging: A Window into the Brain

Have you ever wondered what is going on in your brain when you try to remember that last item on your shopping list, or when you bring to mind the face of a loved one who is far away? Using a tool called functional magnetic resonance imaging, or fMRI, researchers are answering questions like these every day. Even more exciting, scientists are able to use fMRI to understand how the brain's response to things like memory and imagery might be affected by mental illness.

fMRI makes images of the brain in action using a large magnet and radio waves. The technique takes advantage of the fact that when a part of the brain is working hard, a large amount of oxygen is delivered there to help power the nerve cells. In these active areas, most of the hemoglobin (a substance that helps transport oxygen through the blood) is carrying oxygen. This improves the magnetic signal in the region because hemoglobin *with* oxygen is less disruptive to the local magnetic field than hemoglobin *without* oxygen. Researchers are able to tune the MRI machine to be sensitive to these small differences in magnetic signal and so can identify areas of the brain that are active while people engage in different types of thinking.

Unlike imaging techniques that use radiation, fMRI is non-invasive and can be repeated, making it an ideal way to examine brain differences between people with mental illness and healthy people. Just as

patients with heart problems are put on a treadmill and hooked up to a heart monitor to assess abnormalities in their heart, individuals with mental illness who participate in these studies are asked to do cognitive tasks that may be difficult for them while their brain is imaged using fMRI. In this way, scientists challenge systems in the brain and may reveal abnormalities in specific brain regions. Results from fMRI studies can help to identify target areas for drug therapies and genetic studies. In addition, fMRI can be used as a measure of response to new treatments and may help us to understand why certain individuals respond to a medication and others do not.

If you would like to learn more about fMRI, or if you or a loved one would like to participate in an fMRI study at UCSD, please call Ryan Olsen at 858-552-8585, extension 5998. We would be happy to answer your questions and refer you to appropriate research studies.

Lisa Eyler Zorrilla, Ph.D., Research Health Scientist,  
VA MIRECC Program Assistant,  
Clinical Professor, UCSD Department of Psychiatry

**Speakers for Thursday September 5th Education and Advocacy Meeting**

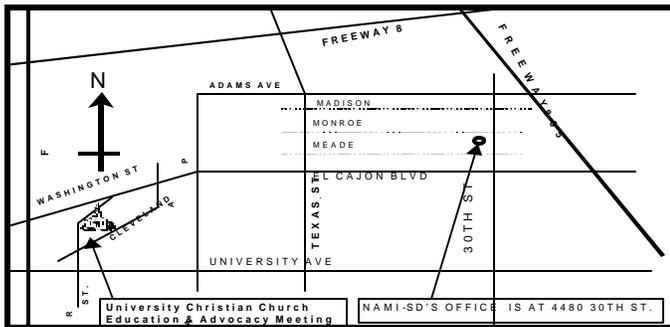
**"San Diego County Mental Health Board Housing Committee:  
How It Can Help People Living with Mental Illnesses"**

*Will be presented by the speakers listed below. Please see page 1 for further information.*

**Karenlee Robinson, Chief Operating Officer for Sharp Mesa Vista Hospital.** Karenlee has been active in many mental health and community organizations since she came to San Diego in 1985 to be the Hospital Administrator at San Diego County Psychiatric Hospital during a period of great crisis for the County. Her activities in San Diego include San Diego Mental Health Coalition, San Diego County Psychiatric Hospital Auxiliary, the CHIP Mental Health Workgroup, the AIDS Housing Commission, Mental Health Association Board of Directors, as well as the Mental Health Board Committees on Housing.

**Rodger Farr, M.D., F.A.P.A.** Dr. Farr has been active in public health since the 1950s and psychiatry since the 1960s. During that time, he has been quite active in housing issues. He founded the "Good Ship LA Program," a public service volunteer program for psychiatrists to help the homeless mentally ill, worked on the American Psychiatric Association's Task Force on Homeless Mentally Ill, and consulted to the President's Task Force on Homelessness as well as to Congress, NIMH, HHS and HUD.

**Tony Potter, San Diego County Housing and Transportation Coordinator.** Tony has been in his current position a year and a half. Before that, he was Transportation Coordinator for San Diego County Aging and Independence Services, Long Term Care Ombudsman for the State of New Hampshire, an advocate for AARP and an administrator for the Ryan White CARE Act. He has been to the White House twice to receive awards for his advocacy work.



**USEFUL TELEPHONE NUMBERS**

When someone is in danger or for PERT	Call 911
For help with a crisis & no one is in danger	800 479-3339
Access & Crisis Line	619 641-6890
Heartbeat (Children)	619 615-7676
Medical Doctor	800 640-1662 858 565-8888
Psychiatric Referral Service	858 656-8161
Board & Care Availability Hot Line	800 814-5002

**Always wear a Silver Ribbon™**

To show you care about someone with a brain disorder!  
 To help break down the barriers to treatment and support!  
 To help eliminate the stigma against those who suffer!  
 To show you believe there is HOPE through education and research!  
 Contact the NAMI San Diego office to buy your silver ribbon

**NAMI FAMILY TO FAMILY EDUCATION PROGRAM**

The North Inland chapter of the National Alliance for the Mentally Ill (NAMI) is offering a free 12-week course called the FAMILY TO FAMILY EDUCATION PROGRAM. This course is designed for family members of the mentally ill and provides practical information and education on the major mental illness, i.e., schizophrenia, bipolar, obsessive-compulsive disorder, depression and anxiety disorders. We feel that family participation along with medication and therapy is critical for stabilization and recovery. By taking the Family to Family course, family members will learn ways to help their loved one who is suffering from mental illness. They will also receive emotional support and learn coping skills to help them interact more effectively with their ill family member.

**Three classes will be offered in September. They are as follows:**

- Saturday mornings, beginning **September 7th in Fallbrook**. Contact Kathy McKernan at 760 723-0419 for information and registration.
- Mondays, beginning **September 9th from 7-9 pm in Escondido**. Contact Bob Border at 760 480-0057
- Wednesdays, beginning **September 11th from 7-9 pm in Escondido**. Contact Bob Borden at 760 480-0057.

**Classes fill up quickly . . . or you may want to put your name on a waiting list for future classes.**

# The Alliance Advocate

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## RETURN SERVICE

### *Inside This Issue:*

*NAMI's Stance on Housing*

*SanDMAP is coming*

*Functional MRI*

*North County "Family-to-Family" Classes*

*Calendar of Events & Meetings*



## NAMI San Diego

### 2002 MEMBERSHIP APPLICATION

NAMI San Diego relies on its membership and your generous contribution to continue providing support and services to people with mental illness and their families. To join NAMI San Diego, renew your membership or make a contribution, complete the information below and **enclose your check payable to NAMI San Diego and mail to: P. O. Box 710761, San Diego CA 92171-0761.**

Name: \_\_\_\_\_

Street: \_\_\_\_\_ Home Phone # \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Work Phone # \_\_\_\_\_

**Dues are from January 1 to December 31 of each year and include membership and newsletter subscription to NAMI and NAMI California.**

**I would like to join NAMI San Diego at the following level:**

- \_\_\_\_\_ Regular Membership – \$40.00 Check one: ( ) New Member ( ) Renewal
- \_\_\_\_\_ Professional Membership – \$75.00 (includes office display of NAMI brochures)
- \_\_\_\_\_ Consumer Membership – \$10.00 \_\_\_\_\_ Newsletter Subscription Only – \$15.00
- \_\_\_\_\_ Open Door Membership \$3.00 (consumer, consumer family & friends in financial need)

### ANNUAL SUSTAINING DONORS

- \_\_\_\_\_ Bronze Donor – up to \$99.00 \_\_\_\_\_ Benefactor – \$500.00 – \$999.00
- \_\_\_\_\_ Silver Donor – \$100.00–\$249.00 \_\_\_\_\_ Patron – \$1,000 +
- \_\_\_\_\_ Gold Donor – \$250.00–\$499.00 \_\_\_\_\_ I prefer my contribution to be anonymous
- \_\_\_\_\_ Donation for Open Door Memberships (\$ \_\_\_\_\_)

### Check relation to client:

- \_\_\_\_\_ Parent of Adult
- \_\_\_\_\_ Parent of child (under 18)
- \_\_\_\_\_ Sibling
- \_\_\_\_\_ Spouse
- \_\_\_\_\_ Professional
- \_\_\_\_\_ Other \_\_\_\_\_
- \_\_\_\_\_ Self

\_\_\_\_\_ Please send me volunteer information and application.