



## More Funds, Please for Gateway to Wellness

Remodel main corner double-door entry at 4480 30<sup>th</sup> Street

Estimated amount needed	\$5,000
Amounted collected	<u>3,512</u>
Still needed	\$1,488

Recent donors are:

Mr. & Mrs. Robert Duckworth-Ford  
Henry Teisher

You should see some changes at the Albright Center during the next 2 or 3 months. The grant we received from **The California Endowment** for the *Peer to Peer* program included some funds for upgrading the meeting room. Any funds we receive for the Gateway to Wellness Entry over the \$5,000 will go toward paying for the architect, ventilation and air conditioning, architect, asbestos abatement.

## Helen Teisher Education Fund

Total fund balance as of  
8/14/2003 is \$ 6,970.00

## Thanks to Donors...

Mr. & Mrs. Robert Duckworth-Ford  
Harriett De Martini

First Thursday

September 4, 2003

## NAMI Convention: Confronting Health Crisis

By *Karen F. Gurneck*  
*Board President*

**W**e came from afar by plane and car for the NAMI National Conference "Confronting the Mental Health Crisis" in Minneapolis, Minnesota June 28, 2003 thru July 1, 2003. Bettie, Karen, Alan, Arden, Margie, Sally, Diane, MaryLou, and Helen. Angela Billing, Anna Edwards and Jane Fyer, our affiliate presidents from North County were also there.

According to Dr. Thomas Insel, NIMH Director, "These are the best of times and the worst of times." Medicine research and development is at its best. Accessibility, implementation and availability is at its worst.

Federal, state and local services are taking extreme funding cuts. This requires all of us to maintain our commitment to advocacy and stigma busting.

An issue of central discussion at the National Meeting was the upcoming release of the President's "New Freedom" Commission. The commission report has now been released, and is available on the internet. It documents the break down of, and the lack of a functioning mental health system. Whether this report will make any difference depends on all of us, through our advocacy efforts.

Several very moving films were shown - one by a woman about her relationship with her mother through episodes of paranoia and hospitalization, and one by a man whose delusional brother killed their parents. Other programs addressed crisis intervention law enforcement teams, mental health courts, board development, NAMI on college campuses,

Ask the Doctor, and new scientific research. Sally and Diana (our SDNAMI members) gave an excellent presentation on HIV and risk factors with our folks.

## NAMI San Diego Active at National Convention

By *Bettie Reinhardt*

Sally Shepherd and Diana Waugh told conventioners, "We know that HIV and Mental Illness is a difficult subject that a lot of us would prefer not to talk about - HIV/AIDS is often called 'the elephant in the living room.' But the statistics speak for themselves. . ."

NAMI San Diego members, Sally is a member of the Board of Directors and Outreach Committee chair and Diana is the Volunteer Coordinator, presented the well-received workshop "HIV and Mental Illness."

'Planning is a necessary activity for any effective NAMI affiliate' was the message that Bettie Reinhardt presented at the pre-convention Leadership Institute. She further described how the annual budget cycle can be used as a planning process.



Representing NAMI San Diego at the National Conference,  
Left to Right: Bettie Reinhardt, Alan Abrams, MD, Karen Gurneck, Sally Shepherd, Diana Waugh, Helen Bergen, Marjie Joramo, Arden Joramo

By Bettie Reinhardt, Executive Director

## Mental Health Treatment Turns to Whole-Person Focus

### Good News First

Let's start with the good news: the mental health community is doing what it has had lots of practice doing, innovatively making the best of a not-so-good situation. Clients are reporting that they like their clubhouse experiences and their consumer-run support groups that they were referred to when their day treatment programs and treatment groups were defunded. Curiously, the budget cuts have moved us closer to something this organization has been asking for since at least 1981 – bio-psychosocial rehabilitation, a fancy way of saying, 'let's focus on the whole person and his needs with the expectation of recovery.' Based on a series of stories in the San Diego Tribune, August, 1981, I would say that the County and the mental health community were grappling with many of the same issues then that we are today: the need for adequate housing and supports in the community, to honor consumer participation in treatment planning, and to find a role for family members, as well as to provide rehabilitation in a system that is funded, and thus designed, to treat illness. Check out the rest of this newsletter and I think you will agree that NAMI is a significant participant in today's innovative progress.

### News We Would Rather Not Hear

Counties increasingly bear the responsibility for providing state- and federally-mandated services. This change and the State's 10% cut in mental health managed care dollars and a 5% cut in Medi-Cal provider reimbursement rates help lead to another shoe soon dropping – a new 'criteria set' for determining which people without insurance will be served by the County. We

don't know the details yet but we do know that the goal is a reduced caseload. It seems that we just can't get away from that model of looking at 'who is the most sick' – the fear is that we will push more people into that category by not providing the less intensive services. In 1981, they called it a 'revolving door.' Some of us fear that by the time the shoes quit dropping, we will think a centipede

*“NAMI is a significant participant in today's innovative progress.”*

has visited.

### What We Still Don't Know

County programs are following the people who have been 'displaced' from treatment services. We will print the information about the effects of the changes as it is released.

### An Assignment I Hope You Accept

County Mental Health Services (Adult/Older Adult and Children's) and Alcohol and Drug Services want to hear from you about ways to improve dual diagnosis (concurrent treatment of mental illness and substance abuse) services. The County has made a commitment to the integrated model of practice for dual diagnosis and we need to help it carry out that commitment.

The Forum will be facilitated by Dr. Kenneth Minkoff (as in THE Dr. Minkoff) on Thursday, September 4, 2003, 3 – 4 pm, County Administration Center, 1600 Pacific Highway, Room 310, Board Chamber Room. Please rsvp to 619.269.3032 or [cbroumley@cox.net](mailto:cbroumley@cox.net).

Integrated model of practice for dual

diagnosis is one of those "best practices" that NAMI advocates. Let's help make it work.

### Hot Time at NAMI

Just as we began to need air conditioning at our offices this year, we found that our old AC unit was not working. After some first, second, and third opinions, we concluded that repairing the old unit would be misspent funds and that we needed to incorporate new AC into the classroom/front door renovation project then in design. Design, bidding, permitting, and contracting all take time so we are still all "glowing" around here.

The renovation project is funded partially out of the grant from The California Endowment, partially from your contributions to the front door project, and partially from the Dupuy Family bequest that helped us purchase the property. We expect demolition to begin at the end of September with completion before the end of October. Hey, we can turn on the AC in time for Halloween!

### Auto Donations

We have accepted auto donations for the past several years but have found that the required staff time virtually ate up the revenue. Fortunately, NAMI California has found that their arrangement for auto donations has worked very well. We suggest that you make your auto donations to NAMI

California. We need our state organization and our state organization desperately needs a broader base of support. We would appreciate hearing from you about your experience when you donate your vehicle to NAMI California.

*To donate a car, truck, boat or RV, call the NAMI California office at 916.567.0163 or log on to [www.donateacar.com](http://www.donateacar.com) and follow the instructions.*



# 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 illness.

NAMI San Diego is an affiliate of NAMI and NAMI California

## Board of Directors:

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Dan Sewell, M.D.

## Executive Director

Bettie Reinhardt  
exudir@namisandiego.org

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Fax: (619) 584-5569

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

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

To register your opinion, call Bettie Reinhardt at 619 584-5564 or write to P.O. Box 710761, San Diego, 92171 or fax to (619)584-5569 or email at [exudir@namisandiego.org](mailto:exudir@namisandiego.org) or contact any of the people mentioned in the articles.

# Take Legislative Action!

## Medicare Bill Passage Vital for Consumers

By Caroline Hamlin

### Medicare Prescription Drug Legislation

Two separate bills have been introduced in the House and Senate to add a prescription drug benefit to the Medicare program.

It is important to note that in the press these bills are described as drug coverage for seniors, but the fact is the bills include drug coverage for non-elderly Medicare beneficiaries as well. There are 6.9 million Social Security Disability Insurance beneficiaries (SSDI), 25% of whom qualified on the basis of a serious mental illness.

Therefore, our organization has a vital stake in what the final outcome of this legislation will be. Our organization is advocating for coverage for SSDI beneficiaries that has the same terms and conditions as for seniors; for prevention of overly restrictive formularies that use prior authorization and fail first requirements, and for a bill that minimizes any gap in coverage. To learn more, go to [www.nami.org](http://www.nami.org).

policies. Instead, the mental health system requires a fundamental transformation with programs that facilitate recovery which will result in benefits to families, schools, communities, and workplaces.

The Commission has set out the following goals for a transformed mental health system:

**Goal 1** Americans Understand that Mental Health is Essential to Overall Health.

**Goal 2** Mental Health is Consumer and Family Driven

**Goal 3** Disparities in Mental Health Services Are Eliminated

**Goal 4** Early Mental Health Screening, Assessment, and Referral to Services Are Common Practices

**Goal 5** Excellent Mental Health Care is Delivered and Research is Accelerated

**Goal 6** Technology is Used to Access Mental Health Care and Information

Dr. Michael Holgan, chair of the Commission and director of the Ohio Department of Mental Health, says that this report provides the President with a road map for change.

To access the complete report go to [www.MentalHealthCommission.gov](http://www.MentalHealthCommission.gov)



Goals:

## Freedom Commission on Mental Health

In April, 2002, the President announced the formation of a new Freedom Commission to study the nation's mental health delivery system and to make recommendations that would improve the lives of both children and adults who suffer from mental illnesses. In July the Commission submitted their final report entitled *Achieving the Promise: Transforming Mental Health Care in America*.

The final report states that after a year of study and testimony, the Commission finds that the hope of recovery is real, but that possibility is thwarted in today's mental health system which remains fragmented, disconnected, and too often, inadequate.

The report goes on to say that we can no longer rely on a patchwork of reforms and

# NAMI San Diego Meeting Schedule

## NAMI San Diego

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

**NAMI-SD's Education and Advocacy**  
meeting takes place the First Thursday  
of each month at University Christian  
Church, 3900 Cleveland Ave.,  
San Diego. (Additional info, pg. 5.)

**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

**Sharing and Caring**  
Fourth Thursday, 6:30 - 8:30 p.m.  
Executive Conference Room  
Sharp Mesa Vista Hospital  
7850 Vista Hill Avenue (858) 278-4110

**Sibling and Adult Children's Group**  
Second Wednesday, 7:00 - 9:00 p.m.  
Scripps Well Being Center  
Adjacent to the UTC Mall  
Call Monica Astorga at (858) 483-9370

**Clairemont NAMI Support Group**  
Second Monday, 7:00 - 8:30 p.m.  
St. David's Episcopal Church (Library)  
5050 Milton St., (619) 276-4567

**La Jolla NAMI Support Group**  
First Tuesday, 7:15 - 9:00 p.m.  
La Jolla Presbyterian Church  
Enter on Eads Avenue, Room #9  
(858) 457-5057

**El Cajon (East County)**  
Second Wednesday, 6:30-8:00 p.m.  
Heartland Center, 1060 Estes Street  
(off Chase)  
Dale or Judi at (619) 401-5500

**South Bay Spanish**  
Fourth Monday, 6:00 - 8:00 p.m.  
Call Luz Fernandez (East County clinic)  
for location (619) 401-5500

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

**NAMI Patton**  
c/o Patton State Hospital  
3101 E. Highland Avenue  
Patton, CA 92639  
Fax:(714) 963-9961 Tel: (909) 425-7000  
Third Sunday, 11:45 a.m. - 1:15 p.m.  
Administrative Meeting Room

## NAMI-SIT

### Schizophrenics in Transition

Board Meeting  
1st Wednesday at Noon  
144 Copper Avenue, Vista 92083  
(760) 941-2153 or  
(858) 484-7069

NAMI-SIT includes the following :

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

## NAMI North Inland

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

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

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

**Wednesday Weekly in Fallbrook**  
Wednesday, 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

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

Thursday, September 18, 2003 at 7:00 p.m.  
Speaker: David Braff, M.D.  
Professor, Dept. of Psychiatry  
at UCSD, Director of  
Schizophrenia Program  
Education Meeting followed by  
Share & Care at 8:40 p.m.

**Share & Care**  
Fourth Tuesday - 5:00-6:30 p.m..  
North Coastal Behavioral 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, Vista  
(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**  
First Tuesday monthly—6:30-9:00 p.m.  
Carlsbad Community Church  
3175 Harding Street, Carlsbad CA 92008  
(760) 729-2331

*(Watch for Borderline Personality  
Disorder story in October  
newsletter)*

Sponsor *The Advocate*

By *Marjie Joramo*  
Development Director

Last year we received a foundation grant for \$10,000 that we did not receive this year.

One way we could replace those funds is to give you the opportunity to sponsor one of our newsletters. We figured it out and last year the cost to print and mail each newsletter was \$784.

Our newsletter is one of our regular ongoing expenses. I have heard from many of you that you consider it, as I do, to be one of our most valuable services. I know that the newsletter is the only service many of our members and donors are exposed to regularly.

Would you like to sponsor our newsletter? You could have your name or the name of your company in the sponsor's box in our newsletter (see the box in this issue). If you don't want us to use your name we can indicate that the issue was paid for anonymously.

If you would like to take the opportunity to pay for one of our newsletter issues send a check for \$784 and indicate that it is for an issue of the newsletter. If you have a certain issue you'd like to sponsor indicate which month it would be. We have been publishing 10 issues each year: Jan, Feb, Mar, Apr, May, June, July, Sept, Oct, and Nov. We'll get back to you as soon as we hear from you.

## DBSA Support Groups

Depressive Bipolar Support  
Alliance Support Groups

Meetings in La Jolla, El Cajon, La Mesa, and Rancho Bernardo  
For more information, call  
(800) 826-3632 or  
See [www.dbsalliance.org](http://www.dbsalliance.org)

# First Thursday

## Education & Advocacy Meeting

### Aging & Mental Illness, Deadly and Ignored

Older adults fight two stigmas--mental illness and aging. The combination can be deadly especially for those living alone.

Speaker:

**Alison R. Cook, MSW, LCSW**

**Project Coordinator, Geriatric Mental Health Case Management Services,**

**Adult Protective Services, Inc. since 1990.**

Alison is passionate about the need to provide mental health care to older adults.

**Thursday, September 4, 2003**

**Social and New Visitors – 6:30 pm**

**Business and Advocacy – 7:00 pm**

**Program – 7:30 pm**



The monthly meeting is open to anyone interested in learning about mental illness.

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

We will Celebrate our 25 Years of Success on the  
First Thursday of November.

## HELP! HELP! HELP!

By Mary Lou Erwin

The Peer-to-Peer (P2P) Education Program for consumers needs your help. This education program is currently involved in a research study. The P2P students are asked to fill out follow up surveys three months after completion of their class and again six months after their class. The students are not paid for taking the class or for filling out the follow up surveys.

NAMI would like to encourage these students to participate in the follow up surveys by offering them an incentive for each of the follow up surveys that they complete and return to us.

This is where all of you *wonderful people can help us*. We need funds to acquire some global types of incentives such as movie tickets, 7-11 gift cards, Starbuck's gift cards, fast food gift card, gas cards and anything else that might be an incentive to those consumers to complete their follow up surveys.

If you have connections within the community to provide some gift cards to our consumers that would be of great help as well. Your much needed donations can be mailed to the NAMI San Diego office, Attention P2P Incentives Committee, 4480 30<sup>th</sup> Street, San Diego, CA 92116.

**Your financial support is crucial** in gathering information from these students. The follow up surveys will give statistics to NAMI for our use in acquiring funds for future consumer education programs, in determining what needs to be improved in the consumer relapse prevention curriculum and to generally provide consumers with more skills to manage their mental health issues.

What could be more fulfilling and beneficial than helping consumers improve their quality of life?

You can make a difference!!!

If you have questions about this project, please contact Mary Lou Erwin, NAMI Education Director at (619) 584-5564.

# your community Resources

### **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**

2864 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 - Friday  
6:00 a.m. - 6:00 p.m.  
Sunday 8:00 a.m.—5:00 p.m.  
An SSI advocate is available  
Monday—Friday*

### **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., Thurs., Fri., Sat.  
Noon - 7:00 p.m.  
Sun. -- Noon - 5:00 p.m.*

### **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

### **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**

1060 Estes Street (off Chase Avenue)  
El Cajon, 92020  
(619) 440-5133  
Fax: (619) 440-8522

*Open: Mon & Fri. 8:00 a.m.- 4:00 p.m.  
Tues & Thurs - 8:00 a.m.- 2:00 p.m  
Wednesday 8:00 a.m. - 6:30 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

### **Scholarship Funds**

Call the Albright Center for information about scholarship funds.  
(619) 534-1434

### **Friends (Clubhouse)**

144 Copper Ave. Vista  
(760) 941-2153  
*Open Wednesdays 1:00 p.m.-4:00 p.m.  
Saturdays 9:00 a.m. - 4:00 p.m.*

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

Consumer Support Group  
Second and Fourth Tuesday of Month, 6pm—7pm.  
NAMI San Diego Meeting room  
4480 30th Street, San Diego

### **The Bayview Clubhouse**

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



# NAMI Membership

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: \_\_\_\_\_ E-mail: \_\_\_\_\_

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

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

**Dues 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
- \_\_\_\_\_ Silver Donor – \$100.00–\$249.00
- \_\_\_\_\_ Gold Donor – \$250.00–\$499.00
- \_\_\_\_\_ Benefactor – \$500.00 – \$999.00
- \_\_\_\_\_ Patron – \$1,000 +
- \_\_\_\_\_ I prefer my contribution to be anonymous
- \_\_\_\_\_ Donation for Open Door Memberships (\$ \_\_\_\_\_)  
*(to help consumer, consumer family & friends in financial need)*

### Check relation to client:

- \_\_\_\_\_ Parent of Adult
- \_\_\_\_\_ Parent of child (under 18)
- \_\_\_\_\_ Sibling
- \_\_\_\_\_ Spouse
- \_\_\_\_\_ Professional
- \_\_\_\_\_ Other \_\_\_\_\_
- \_\_\_\_\_ Self
- \_\_\_\_\_ Please send me volunteer information and application.

# Bulletin



### The Access & Crisis Line

1-800-479-3339

### The Warm Line

Consumer to Consumer Talk Line

1-800-930-WARM (9276)

The Warm-Line is now in operation 7 days a week, between the hours of 5:00 p.m. and 11:00 p.m.

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

The Warm-Line looks forward to hearing from you.

### Network of Care Website

The County has formally unveiled its new website to assist the mental health community. You can find it most easily by opening our website, [www.namisandiego.org](http://www.namisandiego.org), going to the Links page and clicking Network of Care.

### In Our Own Voice: Living with Mental Illnesses

Do you think you can't find hope in an hour and a half? Then you haven't been to an In Our Own Voice presentation. This interactive trip from the Dark Days to Successes, Hopes and Dreams could change your life or the life of someone you love or care for.

To schedule a presentation for your group or to learn more, call Kamala Castle at (619)584- 5564, ext. 104.

# The Advocate

Vol. VII, Issue 8, September 2003



4480 30th Street  
San Diego, CA 92116

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

First Thursday!



See you Sept. 4th!



*Return Service Requested*

## 25th Anniversary Celebration!

Thursday, November 6, 2003  
6:00—9:00 p.m.

### Tom Ham's Lighthouse

2150 Harbor Island Drive

Honoree: Channel 10's Carol LeBeau

Look for your invitation in the mail.  
Tickets are \$50.00 per person.