

## Review of "Puzzle of Schizophrenia"

By Karen Ross  
Board Member

On August 5, 2004, Dr. Kristin Cadenhead spoke at the education and advocacy meeting on "Solving the Puzzle of Schizophrenia." Dr. Cadenhead is the Clinical Consultant for the Consortium on the Genetics of Schizophrenia at UCSD.

Dr. Cadenhead emphasized the importance of understanding the genetic components of schizophrenia and how crucial this is to finding out about the risk factors and heritability of the illness. The study looks for individuals with a primary diagnosis of schizophrenia. Specific attention has been focused on identical twins and adoption studies.

Dr. Cadenhead stated one in 100 people will develop schizophrenia. A child of a schizophrenic parent has a 10% chance of developing the disorder and an identical twin has a 50% chance. Genetics play an important role in determining who will develop schizophrenia. It is important to note that relatives of those with schizophrenia have a higher risk but the vast majority do not develop the disorder.

Dr. Cadenhead's study focuses on the chain of psychiatric genetic research including family studies, contribution of genes and environment, and genetic factors which cause a vulnerability to Schizophrenia.

We thank Dr. Cadenhead for this most informative talk. The lecture was followed by many questions related to the topic and attendance was large!!!!

### NAMI's First Thursday Advocacy Meeting, September 2, 2004:

## Panel Discussion: Overcoming Loneliness & Alienation

Panelist Wendy McNeill will share her experiences as a person diagnosed with bipolar disorder I. She brings a sense of humor and insight into the process of recovery and is dedicated to helping others achieve better quality of life.

Panelist Karen Ross has a masters in Social Work and is currently the manager of Intake Services for Sharp Behavioral Health, Mesa Vista and Grossmont Hospitals. She has over 25 years experience in working with consumers and families. She is on the Board of Directors for SD NAMI and is able to speak on isolation from her own perspective as a family member.

Panelist Rose Wilson has worked in human services for over twenty years with schools, families, and nonprofit organizations regarding social services, mental health, academic and behavioral issues and concerns. Ms. Wilson has a Master's in Counseling and an undergraduate degree in recreational administration at SDSU. Rose has an undetermined diagnosis.

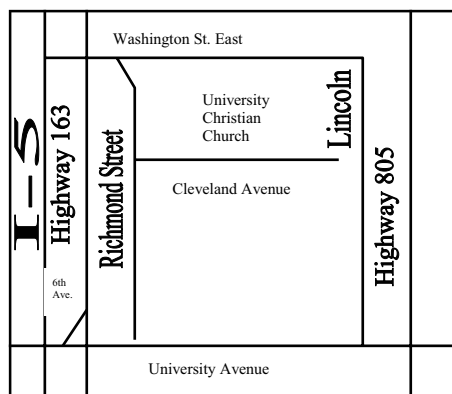
### \*New Program Schedule\*:

- 6:30 p.m.: *Business and Advocacy*
- 7:00 p.m.: *Program*
- 7:45 p.m.: *Ask the Doctor*
- 8:00 p.m.: *Social*

*Refreshments Courtesy of Sharp Mesa Vista*



# Find Hope & Laughter!



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

# August At-a-Glance

By Bettie Reinhardt  
Executive Director

I have used this column this year to talk about recovery – what it is, what the opportunities are for achieving it, some treatment modalities that help it along, and how treatment for children affects it. This month, I would like to share NAMI San Diego's strategy for helping our community members achieve that better life that is a part of recovery.

## First Goal:

Residents of the greater San Diego area are aware of NAMI San Diego and the ways in which it can help everyone affected by mental illnesses. The goal is based on our vision that *San Diego residents will recognize NAMI San Diego as their voice on mental illness.*

Some of the key indicators that we are getting closer to our goal would be that the Albright Information and Referral Center handles 4500 contacts in 2004, that eight Family-to-Family classes are filled and held in 2004, and that attendance at the monthly *Education and Advocacy* meetings averages 75 in 2004.

## Second Goal:

NAMI San Diego's membership and leadership reflect and draw strength from the cultural diversity of the San Diego community, therefore, *NAMI San Diego provides culturally sensitive services to all those dealing with mental illnesses.*

The key indicators for this goal include offering three Family-to-Family classes in Spanish and one in the African-American community in 2004, providing two NAMI Support Groups in Spanish and one in the African American community in 2004, and having active Latino and African-American Task Forces.

## Third Goal:

Families, mental health consumers, and others in the greater San Diego region will receive excellent education and support services provided by NAMI San Diego. The vision is that *families and consumers are empowered to strive for recovery.*

*“San Diego residents will recognize NAMI San Diego as their voice on mental illness.”*

For this goal, some of the key indicators would be all Family-to-Family and Peer-to-Peer teachers and mentors participate in a class and complete training before leading a class and

that 75% of NAMI C.A.R.E. facilitators and 50% of NAMI Support Group facilitators participate in a group and complete training before facilitating a group.

## Fourth Goal:

NAMI San Diego has the resources required to meet its constituents' needs for ongoing, reliable, and excellent education, support, and advocacy services and, thus, *community members in the greater San Diego area can rely on NAMI San Diego to help improve the quality of life of everyone affected by mental illnesses.*

The key indicators for this goal are more long-range: Undesignated and unrestricted reserves equal 25% of annual operating budget by 2006. Unrestricted endowment funds equal one year's annual operating budget by 2006.

## Fifth Goal:

NAMI San Diego advocates for improved science and evidence-based programs/mental health care services. This last but important goal is based on the vision that *residents of the greater San Diego region have services accessible to them that are based on ever-improving science and are evidence-based.*

Indicators would be that evidence-based programs/services (EBP) are described in NAMI San Diego publications. Members of NAMI San Diego and the community are provided education about need for and benefit of EBP. Members of NAMI San Diego and the community are encouraged to support clinically sound research in order to improve available science.

And, though we didn't write it into the strategic plan last fall, the most important indicator and predictor of success in this area is PASSAGE OF PROPOSITION 63.

Watch for a score card of how we are doing on all of our indicators at the end of the year. \*

## Meet Lynn Riggs

Lynn Riggs has joined the NAMI San Diego staff as Programs Manager. Her job is to manage those programs that fall within our mission category "support services" and that receive federal block grant and realignment funding. She will take over the contract and subcontract management that I have been doing for those programs including budgets, claims and reports, and personnel. I look forward to spending more time on development and, maybe, a few extra hours with my grandchildren.

*Always wear a  
Silver Ribbon™*

to show you care about someone with a brain disorder!  
Available at NAMI meetings  
and our office. \$3.00 donation  
helps cover our costs

# The Advocate

NAMI San Diego, a non-profit organization, provides education, support services, and advocacy to improve the quality of life of everyone affected by mental illnesses.

NAMI San Diego is an affiliate of NAMI and NAMI California

## Board of Directors:

President - Karen Gurneck  
Vice-President - Sally Shepherd  
Treasurer - David Charapp  
Secretary - Judy Wasik

## Directors at Large

Alan Abrams, M.D., J.D., FCLM  
Tony Alkire  
Paul Cumming  
Gloria Harris, Ph.D.  
Wendy McNeill  
Karen Ross  
Mary Wilson

## Medical Advisory Board

Neal Swerdlow, M.D., Ph.D., Chair  
Alan Abrams, M.D., J.D., FCLM  
Kristin Cadenhead, M.D.  
Dan Sewell, M.D.  
Carol Matthews, M.D.

## Executive Director

Bettie Reinhardt  
exudir@namisandiego.org

The NAMI San Diego Advocate is a monthly publication of

NAMI San Diego  
4480 30th Street  
San Diego, CA 92116  
Mailing Address:  
P.O. Box 710761  
San Diego, CA 92171-0761

Phone: (619) 543-1434 (Albright Center)  
(619) 584-5564 (administration)  
800 523-5933 (peer support)  
Fax: (619) 584-5569

E-mail: [namisd@sbcglobal.net](mailto:namisd@sbcglobal.net)  
Web Site: [www.namisandiego.org](http://www.namisandiego.org)

The NAMI San Diego Advocate Editor:

Wendy McNeill  
E-mail: [wendymcneill@sbcglobal.net](mailto:wendymcneill@sbcglobal.net)  
Fax: (619) 584-5569

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

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

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

# NAMI's Fundraising Dinner!

## Come Celebrate with NAMI San Diego!

By Marcallee Jackson  
Dinner Sponsorship Chair

Last November NAMI San Diego celebrated 25 years of success in our mission of providing education, support services and advocacy to improve the quality of life for everyone affected by mental illnesses. Our Silver Anniversary Celebration was a resounding success! Over 200 people joined together to share in our history of accomplishment and to thank all of you who make NAMI San Diego's broad range of education and support programs possible.

The event was held at the beautiful Tom Ham's Lighthouse on Harbor Island. The delicious food, relaxing music, and time spent with friends was enjoyed by all. So much so, that we are making our dinner an annual event!

This year we celebrate our Unity through Diversity.

Cultures come in many forms . . . the neighborhood where we grew up, our family, our friends, socioeconomic group and lifestyle . . . each of these play a part in creating our beliefs and make the way in which we are affected by mental illnesses unique. At NAMI San Diego, we come together in an environment that embraces each of us as individuals while welcoming each other into a community of acceptance and understanding. We draw strength from the knowledge of those who came before us. We come to know that our experiences are not so far apart. We begin to understand the ways in which our culture impacts our ability to direct our lives. Through our participation we contribute to the well being of our community. We learn that though each of us is unique, we are not alone. And we are part of a strong

and supportive network that improves the way we live our lives and the way we impact the lives of others.

The cocktail hour will begin at 6:00 p.m., and will be followed by a sit down dinner. Ten individuals will be seated at each table. Tables can be reserved completely, or parties as small as four can be accommodated by the planning committee. We encourage your business or group to plan ahead of time so that you and your colleagues, families, and friends can be seated together.

The keynote speaker for the evening will be Bill Maheu, Assistant Chief of Police for San Diego. He will be addressing the topic of mental health as it relates to issues of diversity.

In addition to hearing the excellent speakers, guests at the dinner will also have the opportunity to participate in a silent auction. Silent auction items will include an array of merchandise: dinners, tickets, gift baskets, art, gift certificates. Guests will be able to go home with exciting stuff. Better than ebay!

Tickets for the dinner are \$50.00, and remember, this is the only fundraising dinner of the year. Your presence is a must!

Please join NAMI San Diego in celebrating diversity that unites us.

*NAMI San Diego  
Annual Dinner & Silent Auction  
Unity through Diversity  
Thursday, October 7, 2004  
Tom Ham's Lighthouse*



# NAMI San Diego Meeting Schedule

## NAMI San Diego

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

### Evening NAMI-SD Support Group

Originally meeting on Third Thursday, at 6:45 p.m. will be rescheduled.

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

As of August 5, 2004, meetings will be moved to Thursdays from 6:00-7:30 p.m.

### Morning NAMI-SD Support Group

Third Tuesday, 10:00 a.m. - 12:00 p.m.  
NAMI-SD Office, 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)

As of the second Wednesday of August, 2004 this meeting will no longer be held.  
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  
Tel: (909) 425-7000 Fax: (714) 963-9961  
Third Sunday, 11:45 a.m. - 1:15 p.m.  
Administrative Meeting Room

## NAMI-SIT

### Schizophrenics in Transition

#### Board Meeting

1st Wednesday at Noon  
144 Copper Avenue, Vista 92083  
(760) 941-2153 or  
(858) 481-7069

NAMI-SIT includes the following :

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

## NAMI North Inland

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

### Education Meeting

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

### Tuesday Share & Care Meeting

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

### Weekly Share & Care in Fallbrook

Wednesdays, 5:00 - 6:30 p.m.  
Fallbrook Healthcare Foundation  
Corner of Mission and Fig  
Call for address (760) 745-8381

## NAMI North Coastal

P. O. Box 2235  
Carlsbad, CA 92018  
(760) 722-3754

### Education Meeting

Third Thursday, 7:00 p.m.  
Sidney Zisook, M.D.  
Treatment Challenges in Mood Disorders  
and Schizophrenia

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

Education Meeting followed by

1. Share & Care,
2. Share & Care/Living with Spouses
3. NAMI C.A.R.E.  
at 8:30 p.m.

### Share & Care

Fourth Tuesday - 5:00 - 6:30 p.m..  
North Coastal Mental Health Clinic  
1701 Mission Avenue, Oceanside  
(760) 967-4475 or (760) 722-3754

### Share and Care

Second Thursday at 12:30 - 2:00 p.m.  
Tri-City Medical Center, Behavioral Health  
Unit, 4002 West Vista Way, Oceanside  
(760) 639-1433

### Share and Care

Second Thursday at 6:00 - 7:00 p.m.  
Tri-City Medical Center, Behavioral Health  
Unit, 4002 West Vista Way, Oceanside  
(760) 940-7396

### TARA Borderline Personality Disorder Support Group

First Tuesday monthly at 6:30 - 9:00 p.m.  
Carlsbad Community Church  
3175 Harding Street, Carlsbad CA 92008  
(760) 729-2331

## Legislative Update

By Caroline Hamlin

### Governor Signs Budget

Governor Schwazenegger signed a \$105.4 billion budget but used his line-item veto to cut \$116 million, largely from health and human services. The Children's System of Care was reduced by more than \$19.6 million. Proposition 63 would restore the funding for the children's services which is all the more reason for us to work for the passage of this important bill.

### Healthcare for All

State Senator Kuehl's Healthcare for All bill, AB 921, has now successfully passed the assembly health committee and been sent to Appropriations. This bill would provide health insurance to all Californians under a single payer system. NAMI-CA supports this bill so we will be watching its progress carefully.

### Register for November Election

Our power as a democracy lies in our ability to vote. NAMI is urging all its members to vote in the November election. You can obtain registration forms in the NAMI office.

### *Brain Tissue for Research on Schizophrenia and Bipolar Disorder: Assistance Needed from Families in San Diego NAMI Chapters*

In 1994, The Stanley Medical Research Institute started a brain bank to collect and provide tissue to researchers trying to find the causes of schizophrenia and bipolar disorder. This brain bank, which now numbers more than 600 specimens, has become the largest collection in the world of brain tissue from individuals who had bipolar disorder and one of the largest from individuals who had schizophrenia. More than 170,000 sections and blocks of tissue have been distributed without charge to over 140 research laboratories worldwide, including laboratories in Canada, England, France, Belgium, Germany, Italy, Switzerland, Denmark, Sweden, Finland, Russia, Israel, Japan, and Australia. (next page)

# NAMI California Conference

## NAMI State Conference, San Francisco

By Wendy McNeill  
Board Member

I must admit that it was with some fear and trepidation that I went back to San Francisco. The last time I was there I had an unpleasant encounter with the business end of a syringe filled with Risperdal. This was followed by a month long stay at the less-than-prestigious Santa Clara Medical Center for a serious manic episode brought about by an intense romance that was not adequately buffered by lithium. This was in 1997.

Oh, the irony, that I returned to San Francisco Airport Marriot in 2004 as a NAMI Board member, the editor of the newsletter, and an (almost) fully functioning person with a diagnosis of bipolar I.

My first question for this conference: What are you going to do for me, and (with respect to the organization) what can I do for you? What I observed right off the bat is that our organization is still driven by family members who are supporting their sons and daughters who have mental illnesses.

These long time members are dedicated and determined, which is naturally the primary strength of NAMI. For example, I went to an "Ask the Doctor" workshop with a prominent psychiatrist from Irvine who specializes in medicines for schizophrenia, and the room was packed. They kept bringing more chairs. Question after question was fielded; it sounded like a plug for the pharmaceutical industry. I finally weaseled my way into the queue to ask a question.

What did I get? Applause. A consumer finally asked a question in a crowded room.

So NAMI is a heavy weight in the parent-support area, of course, but this incident illustrated my main take-home message: People who have diagnoses like mine who have overcome their symptoms must step up the advocacy effort. There was a clear shortage of clients representing themselves, and we need new blood in a serious way.

Furthermore, NAMI must make more noise. I feel that unless "the wheel gets squeakier" that NAMI will not have the same kind of power as a social mover that other causes have

had.

Other than that, the conference was a kick in the pants. I had the pleasure to room with Rose Wilson, who is a member of the African-American

*"What I observed right off the bat is that our organization is still driven by family members..."*

task force.

Our affiliate was also represented by Bettie Reinhardt, our fearless leader, Board President Karen Gurneck, Board Members Dr. Alan Abrams, Paul Cummings, and Sally Shepherd, and Peer-to-Peer mentors Ann Cumming and Carolyn Tomocelli. We were by far the most entertaining and charismatic bunch at the conference.

We also had the pleasure of experiencing the slowest deli/taco shack in history where Bettie was served a chef salad with "hamburger pickles." It was a historical moment.

In closing, I want to encourage all NAMI members to attend the next conference. In order to move forward with our organizational goals, it is imperative to have a powerful membership that is constantly seeking wellness and equality and exchanging information and ideas.

# your community Resources

## PARTY!

Thursday, October 7  
NAMI's 2nd Annual  
San Diego  
Fundraising Dinner  
"Celebrating Unity  
Through Diversity"  
At Tom Ham's Lighthouse  
Harbor Island  
Call (619) 584-5564  
& Ask for Jim  
to Reserve Tickets,  
Donate Gifts, Sponsor

(cont from five...) The San Diego County Medical Examiners Office has cooperated with Dr. Torrey's research program since it started in 1994. Mr. Joe Davis, the Chaplain for the office, is currently the person who coordinates the program and contacts the families to obtain permissions.

Families in San Diego County can help in this project by notifying Mr. Davis if a death of someone with schizophrenia or bipolar disorder has just occurred or is pending (e.g. a person dying of cancer). Brain tissue can be used for research purposes if it is obtained within four days of death.

If you have any questions or notifications you may contact Mr. Davis as follows:

Chaplain Joe Davis  
San Diego County Medical Examiner's Office  
5555 Overland Ave. Bldg. 14  
San Diego, Ca. 92123-1270  
858-495-5019

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

Consumer Support Group  
NAMI San Diego Meeting room  
4480 30th Street, San Diego, 92116  
As of August 5, 2004, meetings will be moved to Thursdays from 6:00-7:30 p.m.

### **Client Warm Line**

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

### **Patient Advocacy Program**

5998 Alcalá Park, AW 304  
San Diego, 92110-2492  
(619) 260-7660 or 1-800-479-2233  
Monday - Friday: 8:00 a.m. - 5:00 p.m.

### **The Consumer Center for Health**

**Education and Advocacy**  
1475 Sixth Ave., 4th Floor, San Diego, 92101  
Toll Free: 1-877-734-3258  
Mon, Wed, Thurs & Fri: 9:00 a.m. - 5:00 p.m.  
Tuesday: 8:00 a.m. - 6:00 p.m.

If you need help getting mental health services or if you have a complaint or grievance, call or write us. We are ready to help you.

### **Corner Clubhouse**

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

### **East Corner Clubhouse**

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

### **Escondido Clubhouse**

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

### **Friend to Friend**

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

### **Friends In Hands (Clubhouse)**

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

### **Mariposa Clubhouse**

560 Greenbrier, Suite. 102, Oceanside, 92054  
(760) 439-6006  
Monday - Thursday: 8:00 a.m. - 4:00 p.m.  
Friday: 8:00 a.m. - 1:00 p.m.  
Saturday: 10:00 a.m. - 2:00 p.m.

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

**Friendship Clubhouse**  
286 Euclid Ave. San Diego, CA 92114  
(619) 263-6269 Ext. 106  
Monday - Friday: 8:30 a.m. - 5:30 p.m.

### **The Bayview Clubhouse**

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

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

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

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

499 "H" Street, Chula Vista, 91910  
(619) 420-8603  
Mon, Thurs, Fri & Sat: Noon - 7:00 p.m.  
Sunday: Noon - 5:00 p.m.

### **The Access Center of San Diego**

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

### **Employment Services**

1202 Morena Blvd., Suite 201, San Diego, 92110  
(619) 276-8071  
Monday - Friday: 8:00 a.m. - 4:30 p.m.

### **Job Options**

3465 Camino del Rio South, San Diego, 92108  
(619) 688-1784 (Valorie)  
Monday - Thursday: 8:00 a.m. - 5:00 p.m.  
Friday: 8:00 a.m. - 4:00 p.m.

### **San Diego 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

### **The Creative Arts Consortium**

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





# NAMI Membership

## Add your voice to ours

Let's work together to improve the quality of life for everyone affected by mental illnesses in San Diego.

Membership Application - - Each membership is for twelve months starting the month we receive your payment.

Name \_\_\_\_\_

Please indicate below how many voices are represented by the membership. If no indication is made NAMI San Diego will assume that this membership represents two voices. Number of voices \_\_\_\_\_.

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Prefer newsletter by mail \_\_\_\_\_, to read newsletter on the web site \_\_\_\_\_.

\_\_\_\_\_ Check (please make payable to NAMI San Diego) \_\_\_\_\_ Cash

\_\_\_\_\_ Regular Member \$40.00

\_\_\_\_\_ Professional \$75.00

\_\_\_\_\_ Local Member \$20.00

\_\_\_\_\_ Newsletter Only \$15.00

\_\_\_\_\_ Open Door Member \$\_\_\_\_\_ any amount under \$40.00

\_\_\_\_\_ Donation\* \_\_\_\_\_

\_\_\_\_\_ Please contact me/us with information about volunteering.

\*Unless you instruct us otherwise, the first \$40.00 of a donation will be treated as payment for a membership if you are not already a member of NAMI San Diego. This will also apply if your current membership needs to be renewed.

### Check relationship to a consumer

- \_\_\_\_\_ Parent of Adult
- \_\_\_\_\_ Parent of Child (under 18)
- \_\_\_\_\_ Sibling
- \_\_\_\_\_ Spouse
- \_\_\_\_\_ Professional
- \_\_\_\_\_ Other
- \_\_\_\_\_ Self
- \_\_\_\_\_ None

**NAMI San Diego**  
*Unity Through Diversity*  
**Silent Auction & Fundraising Dinner**



RSVP and pay by credit card online at: [www.namisaniego/events](http://www.namisaniego/events) or send check by mail.

Please reserve \_\_\_ seats (\$50 per person. Please list attendees on reverse side).

Please reserve \_\_\_ tables for 10 (\$500 per table. Please list attendees on reverse side)

Please select your entrée and indicate the number for each. Steak: \_\_\_\_\_ Seafood: \_\_\_\_\_

Enclosed is my check for \$ \_\_\_\_\_

I would like to sponsor a consumer. Enclosed in my check for \$ \_\_\_\_\_

Sorry, I am unable to attend. Please accept my tax-deductible contribution of :

\$ \_\_\_\_\_

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

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

**Reservations must be received no later than September 30, 2004**  
**Make checks payable to NAMI San Diego, 4480 30<sup>th</sup> ST., San Diego, CA 92116**  
**For further information please contact Jim Starek at 619.584.5564**  
**The cost in excess of \$26 per person is tax deductible as allowed by law.**

To find out more, contact Jim Starek at (619) 584-5564. To RSVP for the dinner, please complete the form to the left and mail to the following address:

NAMI San Diego  
P.O. Box 710761  
San Diego, CA 92171-0761

# The Advocate

Vol. VIII, Issue 8, September 2004



**NAMI**  
San Diego

4480 30th Street  
San Diego, CA 92116

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

## Save the Date!!!

*Superfun Fundraiser!*

*Unity Through*

*Diversity Dinner*

*October 7, 2004*



*Return Service Requested*

## *Schedule Changes!*

**Tues. Evening NAMI C.A.R.E.**

**Moves to Thurs.!**

Same time, 6:00-7:00 p.m. See you there!

**3rd. Thurs. Evening NAMI-San Diego Support Group** at 6:45 p.m. will be rescheduled.

4480 30<sup>th</sup> Street, San Diego 92116  
619.543.1434

## *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.

## **DBSA Support Groups Depressive Bipolar Support Alliance Support Groups**

Monday night at the VA hospital on the UCSD campus in La Jolla. Meet consumers, parents, and friends. For more information email Wendy at [wendymcneill@sbcglobal.net](mailto:wendymcneill@sbcglobal.net)

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)

## **You Need Help? Our Helpers Need You!**

The Meeting Place, Inc. is seeking Transitional Employment Placements for clients who have mental health diagnoses.

Call Jeanette Hilton or Sharron Hedenkamp at (619) 294-9582 to find out how your business can benefit while benefiting the community.

## *Awesome Conference!*

DBSA Western Regional Conference.  
Mission Valley Town & Country  
October 22-23, 2004  
For more information/registration, call 909-686-5047.



# Register NOW and Vote on Nov. 2nd

## The Mental Health Services Act

Proposition 63 expands mental health care for children and adults, using programs proven to be effective. It is paid for by a 1% tax on taxable personal income over \$1 million. It requires strict financial accountability. Prop. 63 is supported by nurses, mental health professionals, law enforcement, educators and many others including NAMI California and NAMI San Diego.

Proposition 63 has been reviewed by an independent, non-partisan legislative analyst. The report objectively characterizes the many benefits of the initiative, in addition to assessing related costs.

### Summary of Legislative Analyst's Estimate of Net State and Local Government Fiscal Impact

- Additional state revenues of about \$275 million in 2004-2005 (partial year), \$750 million in 2005-06, \$800 million in 2006-07, and probably increasing amounts annually thereafter, with comparable annual increases in expenditures by the state and counties for expansion of mental health programs.
- Unknown state and local savings from expanded county mental health services that partly offset the cost of this measure, potentially amounting to as much as the low hundreds of millions annually.

The Attorney General of California has prepared the following title and summary of the chief purpose and points of the proposed measure:

MENTAL HEALTH SERVICES EXPANSION AND FUNDING. TAX ON INCOMES OVER \$1 MILLION. INITIATIVE STATUTE. Provides funds to counties to expand services and develop innovative programs and integrated service plans for mentally ill children, adults and seniors. Requires state to develop mental health service programs including prevention, early intervention, education and training programs. Creates new commission to approve certain county programs and expenditures. Imposes additional 1% tax on taxable income over \$1 million to provide dedicated funding for expansion of mental health services and programs. Current funding for mental health programs may not be reduced because of funding from new tax. Summary of estimate by Legislative Analyst and Director of Finance of fiscal impact on state and local governments: Additional revenues of approximately \$250 million in 2004-05, \$680 million in 2005-06, \$700 million in 2006-07, and increasing amounts annually thereafter, with comparable increases in expenditures by the state and counties for the expansion of mental health programs. Unknown savings to the state and local agencies potentially amounting to hundreds of millions of dollars annually on a statewide basis from reduced costs for state prison and county jail operations, medical care, homeless shelters, and social services programs that would partly offset the additional cost of this measure.

*For more information, go to [www.YESon63.org](http://www.YESon63.org)*

*To help make this dream come true, turn the page and help support the campaign!*

# CampaignforMentalHealth.org

Community Mental Health Providers, Families and Consumers, and Other Supporters of Increased Mental Health Services Funding

Please print this form, fill it out completely, enclose it, along with your contribution, in a stamped envelope addressed to :

The Campaign for Mental Health

ID# 1254533

1127 11<sup>th</sup> Street, Suite 925

Sacramento, Ca 95814

Please accept my contribution of: \$25 \$50 \$100 \$500 Other \$\_\_\_\_\_

Name (please print or type)

Mailing Address

City

State

Zip Code

Home Phone

Business Phone

Occupation

Employer-If Self-Employed, Name of Business

FPPC I.D. Number (If California Committee)

Make checks payable to: Campaign for Mental Health

ID# 1254533

1127 11<sup>th</sup> Street Suite 925

Sacramento, CA 95814

THE ABOVE INFORMATION IS REQUIRED BY LAW

Contributions or gifts to this organization are not tax deductible. \*

Please Charge my:

VISA

MasterCard

Contribution Type:

Business

Personal

Amount: \$\_\_\_\_\_

Account# \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_ Name on card: \_\_\_\_\_

Tracking

NAMI San Diego