

A Tale of Recovery

By Alicia Fitzpatrick

I appreciate this opportunity that NAMI has given me to share my experience of recovery from chronic schizophrenia. Yes, you read that correctly—I have recovered from that most horrendous of all the mental illnesses.

Starting in my infancy, I felt uncomfortable within myself, and as I grew older, I became withdrawn, isolated, and increasingly depressed. At 16 years old, thoughts of suicide were a daily pastime. At 17, I began years of self-mutilation, developing my own inner world and constantly hearing voices.

After seeing the aftermath of just one self-inflicted cutting, my mom called my guidance counselor who pointed me to a psychiatrist who pointed me to the local psychiatric unit. The diagnosis of schizophrenia was made at age 17. This was 1970 and Thorazine and Haldol introduced themselves to me as I began my career as a “professional schizophrenic.” Hospitalizations became my life and suicide attempts became my near-death experiences.

In 1983 I moved from Illinois to California to work with a therapist who had been schizophrenic herself. Dr. Moira Fitzpatrick, who continues to be close to my heart, taught me what was required to graduate from “psychotic state university.”

I met all the prerequisites, an elaborate delusional system, auditory hallucinations, self-mutilation, giddy, out of touch with myself/feelings, depressive, suicidal, some paranoia, active fantasy life, a distinct hatred of the words “start taking responsibility for your life.” That particular combination of words directed toward me always elicited a response of my own particular combination of words. (Unfortunately, they are not fit to be printed in this public forum.) I was so self absorbed in the illness that other people only existed to give me cigarettes, money, or the name of the local drug dealer.

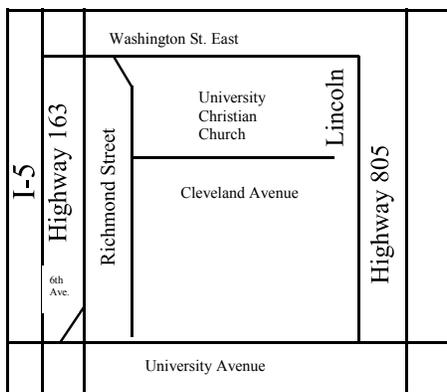
“Recovery,” cont. at right...

Mental Health Services in San Diego County's Jails

NAMI San Diego's First Thursday Education & Advocacy Meeting

Earl Goldstein, M.D., Medical Director, Detention Medical Services, San Diego County Sheriff's Department

Richard Conklin, LCSW, Chief Social Worker, Detention Medical Services, San Diego County Sheriff's Department



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

Thursday, September 1, 2005

Schedule:

6:30 p.m.: Ask the Doctor

7:00 p.m.: Speakers

8:00 p.m.: Social Hour

9:00 p.m.: Closing

...Cont. from left

Dr. Fitzpatrick used alternative therapeutic techniques—the two that were most impactful were high level confrontation and unconditional love. I was so highly defended/internally psychotic that it took many years just to locate and then disassemble a distorted core belief system. After that work was done, I started to learn new and extremely important ways of thinking. I learned that I could **THINK** and **FEEL** at *the same time*. When I finally learned how to feel my feelings and express them directly, I stopped hearing voices. When I learned how to ask **DIRECTLY** for what I needed I stopped acting out.

And finally, I learned the 2 most important life lessons that everyone on this planet needs to learn.

- ☐ I learned *how to love myself*.
- ☐ I learned that *I was capable of loving other people*.

It was my choice to learn all these invaluable things. I didn't have to. No one made me. I chose to be open to learning.

I leave you with this piece of wisdom:

We are each responsible for the choices we make or don't make. ☐

July/August

At-a-Glance

By Bettie Reinhardt
Executive Director

NAMI Going Full Speed

Ah, summer. Lolling in the hammock. Strolling on the beach. Reading a book a day. Does anyone really do that or is it just a tantalizing fantasy? If you're a NAMI worker, staff or volunteer, reality seems to be: planning our annual dinner, finding a meeting place for the walk volunteers to meet, scheduling the walk kick-off luncheon, meeting with the Family-to-Family teachers, working on the Meeting of the Minds conference, reaching out to the community, providing help to callers and visitors, mentoring a Peer-to-Peer class, making In Our Own Voice presentations, attending the NAMI California conference. Where IS that hammock?

Plan for October!

No kidding; it is going to be a busy year. October is such a humdinger that you need to begin planning now.

The 57th Institute on Psychiatric Services meets at the Sheraton on Harbor Island, October 5 – 9. For more information about the entire program, put the title in your search engine.

Do plan on bringing the ENTIRE family to Celebration Recovery, the Institute's Saturday event, 3 pm to 7 pm. There will be lots of entertainment, exhibits, and food – all free and all for the purpose of celebrating success and creating hope.

Have you missed hearing Dr. Fred Frese or Dr. Suzanne Vogel-Scibilia (both consumers and both members of the NAMI National board) speak? They are great. Don't miss them again.

NAMI Walk Starts Running!

Our NAMIWALK Volunteer Meeting is 7:00 p.m., Tuesday, October 11, Doubletree Hotel, I-5 & Carmel Valley Road. We want to build on the success of this year's walk and this meeting will get us well on the way to more sponsors, teams, and con-

NAMI Celebrates Community & Recovery...

The Annual Banquet *Thursday, November 3, 2005*

Tom Kam's Lighthouse
2150 Harbor Island Drive
(619) 291-9110

Save the Date!

tributors. Planning on getting a team together or raising some money? Join us and get a packet of information and some training that will make it easy. I went to the Volunteer Meeting last fall and raised over \$1,000 at this year's walk. You can do that, too.

Meeting of the Minds

Meeting of the Minds is Thursday, October 20, Mission Bay Hilton. The program committee has worked to make some of the breakout sessions particularly relevant to NAMI members. Homelessness and the Law, an overview with an "ask the lawyer" done by Steve Binder of Public Defender's office and Jack Dailey of Legal Aid Society is one very good example. If you don't receive your registration form shortly, call the Mental Health Association, 619.543.0412, and ask for one.

New Education Director

We miss Mary Lou and we welcome Jean. Mary Lou Erwin resigned her position as Education Director for health and family reasons. She is continuing some volunteer work as a skilled NAMI C.A.R.E. facilitator and will do some training for us later in the year.

Fortunately, our energetic and organized Family-to-Family coordinator agreed to move up into the Education Director's position on August 16. Our education and support group programs continue to expand and we are giving them more room by moving their offices into the "back" building that had been leased to a tenant. The expansion also gives us two meeting rooms.

NARSAD Artworks

In case you are wondering why we have a greeting card catalogue in this month's newsletter – we support NARSAD and NARSAD Artworks and we hope you will also. Completing the order form and sending it back to us helps us as well as NARSAD Artworks. Read about this special non-profit organization on the inside cover of the catalogue.

There are **H**100's
of ways
to do Your
Part.
NAMI
needs you!
d
s Call!

The Advocate

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

NAMI San Diego is an affiliate of NAMI and NAMI California

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Bettie Reinhardt
exudir@namisandiego.org

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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
Web Site: www.namisandiego.org

The NAMI San Diego Advocate:

Editor: Wendy McNeill
Staff: Patrick Cremeens
James Starek

E-mail: 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 or contact any of the people mentioned in the articles.

Sally's Update

Sally Asks You to Step Up to the Plate

By Sally Shepherd
NAMI San Diego Board President

When Illness Hits Home

Last week my son was diagnosed with clinical depression. I had always known that our children were at risk, not only because of my illness, but also because of the enormous prevalence of depression and bipolar disorder in our extended family.

My first reaction was a great sense of sadness, since I had allowed myself to believe that at 27, he might have escaped the illness.

My second reaction was two-fold: to hope that he would do well and not have to go through my miserable experience, and to hope that he himself would not be sick with worry about what the future holds

On the bright side, however, NAMI has taught our family to be very open about mental illness. My children are very aware of the signs and symptoms of the illness – in fact, we all noticed my son's symptoms around the same time. We all encouraged him to seek treatment, which he did. He found a physician with a solid understanding of mental illness, and he is now on medication.

The family is very aware of the need to love and support each other, as well as to be mindful of each person's triggers.

I am proud to say that my children take advantage of every opportunity to correct misapprehensions and reduce the stigma related to mental illness. I write all this, not to boast about my family, but to demonstrate how important NAMI's support and education programs are to everyone dealing with mental illnesses. NAMI helps the process of recovery for clients and their families.

Membership Campaign Needs You!

And now to the membership campaign (funny how I can tie that in with everything these days!) My goal is to get everyone fired up about asking every one they know to support what we do. The appeal letters are signed and being mailed out. Surely you can find someone – even just one – who believes enough in what we do to spend \$40 for such a great cause. NAMI San Diego is counting on YOU!

“My goal is to get everyone fired up about asking everyone they know to support what we do!”

Seeking New Board Members

The Board – it is critical that we recruit new board members at this time. We are particularly interested in recruiting someone who has extensive contacts in the community at large. We are also looking for an attorney to keep us on the straight and narrow as we move NAMI forward. Healthcare providers with a special interest in mental health would help us to be more effective in reaching out to the provider community. Of course, we would welcome any one who feels passionate enough about our cause to put in some honest-to-goodness work! Our Board is definitely a “working” Board – not a rubber stamp. Am I asking a lot? Absolutely!



NAMI San Diego Meeting Schedule

NAMI San Diego

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

Morning NAMI-SD Support Group
Third Tuesday, 10:00 a.m. - 12:00 p.m.
NAMI-SD Office, 4480 30th Street

Sibling and Adult Children's Group
Second Wednesday, 7:00 - 9:00 p.m.
Scripps-Mende Well Being Center
Adjacent to the UTC Mall
Call Michelle Cauble at (858) 756-3140

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

South Bay - Spanish
First Monday, 6:00 - 8:00 p.m.
South County Family Resource Center
690 Oxford Street, Chula Vista
Call Luz Fernandez (East County clinic)
(619) 401-5500

New support groups for families and caregivers of children and adolescents

La Mesa Group
2nd & 4th Tuesday, 6:30-8:00 pm
Lake Murray Evangelical Free Church
5777 Lake Murray Boulevard, La Mesa
1st Floor, Fellowship Hall
Peggy & Bob Chambers: (619) 464-0476

San Diego Group
1st & 3rd Wednesday, 7:00-8:30 pm
NAMI San Diego Office
4480 30th Street, San Diego
Not Meeting in September
Karen Malsack (858) 560-0030

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

Rancho Bernardo NAMI Support Group
Third Thursday, 7:00 - 8:30 p.m.
Community Presbyterian Church
(Upper Fireside Room)
17010 Pomerado Road, San Diego
(corner of Pomerado Road & Rancho
Bernardo Road)
Contact Jim at (858) 487-0519

NAMI Patton
c/o Patton State Hospital
3101 E. Highland Avenue
Patton, CA 92369
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
2nd 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
- Jardin Cesar Chavez

NAMI North Inland

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

Education Meeting
Second Tuesday at 7:00 pm.

Bradley Center (Kinesis North)
474 W. Vermont Ave, Escondido
(760) 745-8381 or 1-800-523-5933

Tuesday Share & Care Meeting
Every Tuesday Except the 2nd Tuesday of
each month., 4:00 - 5:30 pm.
at Joslyn Senior Center
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.

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
at 8:30 p.m.

Share and 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

Medicaid Cuts

As part of a budget “reconciliation” measure, Congress will decide this month how to reduce Medicaid expenditures by \$10 billion over the next five years. NAMI is very concerned that the cuts could seriously hurt treatment support services for Medicaid beneficiaries living with mental illness.

State treatment and support services are deemed “optional” for state Medicaid programs, including prescription drugs, intensive case management, and assertive community treatment (ACT), which makes these programs vulnerable.

We urge all our members to contact their national legislators and ask that these mental health services not be cut. Remind your congressman that:

1. Medicaid is the largest and most important source of funding for public section mental illness.
2. Changes in Medicaid should not give state Medicaid programs the ability to limit access to medications which are vital in the treatment of mental illness.
3. What is termed “optional” Medicaid services are, in fact, indispensable services in keeping many individuals with mental illness well.

To find your congressperson go to:

Go to Google and type in **Contacting the Congress**.

Reflections on Recovery

Eradicating Stigma From Within & Without

By Wendy McNeill
Media Coordinator

Stigma...

Yuck. Even the word itself is ugly. It sounds like something you want to spit out, like a loogie. Eesh.

Well, I guess I’ve become a tomboy (metaphorically, of course) ‘cause I can spit out stigma like a bad-butt ballplayer. Seriously, I am a person who easily discloses that I have a mental illness, bipolar disorder specifically, and I try my best to pull a Pollyanna and make any conversation on this topic a productive one.

This is not to suggest that, as my mother would say, I “keep all of my goods in the shop window.” For example, I don’t tell the cashier at In n’ Out burger that my hands shake because I’m on lithium. Or when I’m introduced, I don’t say, “Hi, my name is Wendy—I’m bipolar.”

However, there are appropriate, disclosure-producing, stigma-busting opportunities every day.

A few days ago, I admitted to someone that I had a “health issue.” Most polite people don’t take that invitation any further, but this brassy gal pushed the dialogue. She asked me straight up what kind of health problems I had. I felt comfortable (she was nice), so I told her. It turned out she had a visual disability, and we bonded over that.

I feel like that conversation was fruitful for all concerned, and it taught me once again that people at large are not as judgmental as we think.

On another occasion, I was wearing my silver ribbon, and a guy asked me what it stood for. When I mentioned my affiliation with NAMI, he became inter-

ested and revealed that his father was bipolar. It turned into a great conversation, and I was gratified that I could be a resource for this man and his family.

A few weeks ago, I encountered another young woman who asked me what I did. After I related that I worked with NAMI and had a disorder, she said that she had a friend, a lawyer, whose friends were ready to cut her off due to her irrational behavior. The friend thought this woman was probably bipolar. Ultimately, the conversation focused on how the friends of the lawyer might get help for her.

Truly, what I find when I disclose is that someone either has a disorder or

knows someone that has a disorder. With mental illness, *everyone knows someone*.

Of course in order to be able to disclose your diagnosis to someone else, you must transcend the stigma in yourself. Only then will you

become a diplomat for the mental health community.

However, forget helping everybody else. The real benefit in “coming out” is that it gives personal power; it reduces shame, and enables you to accept yourself more fully.

One of my favorite “coming out” experiences is doing an “In Our Own Voice” presentation for the CRT (Crisis Response Team) for the SDPD. I feel so gratified that I can tell my stories of illness and recovery to an audience of “Supreme Normies” and receive kudos aplenty.

Though helping the community is commendable, I want the diagnosed individual to know that acceptance and disclosure will ultimately erase the stigma residing in the mind and heart.

Take it from a Bipolar I. ♠

The real benefit in “coming out” is that it gives power, reduces shame, and enables you to accept yourself...

Client/Consumer Resources

NAMI C.A.R.E. Support Groups

Consumer Support Groups
For more information call the
Albright I & R Center at
(619) 543-1434 or 1-800-523-5933

NAMI San Diego Office

4480 30th Street
San Diego, CA 92116
Every Thursday: 6:00 - 7:30 p.m.

Gifford Clinic (Cafeteria)

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

Sharp Mesa Vista Hospital

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

Joslyn Sr. Center

210 Park Ave
Escondido, CA 92025
1st & 3rd Tuesdays: 4:00 - 5:30 p.m.

Patient Advocacy Program

5998 Alcalá Park, AW 304, San Diego, 92110
(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.

Bayview Clubhouse

330 Moss Street, Chula Vista, 91911
(619) 585-4646 • Fax: (619) 585-4625
Mon, Tue, Wed & Fri: 9:00 a.m. - 3:00 p.m.
Thursdays: 9:00 a.m. - 5:00 p.m.

Casa Del Sol Clubhouse

1157 30th Street, San Diego, 92154
(between Coronado Ave. & Del Sol Blvd.)
(619) 429-1937 • Fax: (619) 429-5205

Monday: 8:30 a.m. - 6:00 p.m.
Tue, Thurs & Fri: 8:30 a.m. - 4:30 p.m.
Wednesday: Noon - 8:00 p.m. (Bilingual)

Corner Clubhouse

2864 University Ave. (at Utah)
San Diego, 92104 (North Park, #7 Bus Line)
(619) 683-7423 • Fax: (619) 683-7428
Monday - Friday: 8:00 a.m. - 4:00 p.m.

East Corner Clubhouse

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

Eastwind Clubhouse

2359 Ulric Street, San Diego, 92111
(858) 268-4933 • Fax: (858) 268-0244
Monday - Friday: 8:30 a.m. - 5:00 p.m.

Escondido Clubhouse

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

Friend-to-Friend

1009 "G" Street, Suite A, San Diego, 92101
(619) 238-2711 • Fax: (619) 238-1127
Monday - Friday: 8:00 a.m. - 4:00 p.m.
An SSI advocate is available

Friends In Hand Clubhouse

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

Mariposa Clubhouse

560 Greenbrier, Suite 102, Oceanside, 92054
(760) 439-6006 • Fax: (760) 721-8542
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.

The Meeting Place, Inc.

4034 Park Blvd., San Diego, 92103
(619) 294-9582 • Fax: (619) 294-9588
Monday - Friday: 8:00 am. - 4:00 p.m.
1st & 3rd Saturdays: 10:00 a.m. - 2:00 p.m.

Neighborhood House Association (NHA)

Friendship Clubhouse
286 Euclid Ave., #104, San Diego, 92114
(619) 266-2111 Ext. 105 • Fax: (619) 266-0496
Monday - Friday: 8:30 a.m. - 4:30 p.m.

Visions

226 Church Avenue, Chula Vista, 91910
(619) 420-8603 • Fax: (619) 420-0385
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 Park and Recreation Therapeutic Recreation Services

(619) 525-8247
Monday - Friday: 8:00 a.m. - 5:00 p.m.
Serves over 50,000 participants each year. The goal of the program is to provide year round recreational experiences for individuals with disabilities.

The Creative Arts Consortium

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

DBSA-Depression Bipolar Support Alliance

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

Access & Crisis Line

1-800-479-3339
24 hours a day / 7 days a week

Client Warm Line

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

NAMI-C.A.R.E. NEEDS YOU!

C.A.R.E. Consumers Advocating Recovery through Empowerment is a self-help consumer support group led by consumers for consumers with any mental health diagnosis. The C.A.R.E. program is looking for consumers in recovery that are ready to help others by becoming support group facilitators. There will be a free training offered soon that will teach you the skills to co-facilitate groups that will help you to help others. If you are interested in being a facilitator, please contact the NAMI office.



Membership

NAMI San Diego relies on its membership and your generous contribution to continue providing education and other services to people with mental illnesses, their families, and the community. To join NAMI San Diego, renew your membership, or make a contribution, complete the information below and enclose your check payable to: **NAMI San Diego.**

Name _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

____ Please mail my newsletter via post office

____ Please email my newsletter

____ Membership \$40.00
() New Member () Renewal

____ Professional Membership \$75.00

____ Organizational Membership \$100.00

____ **Please contact me about a Scholarship Membership**

____ Donation* _____

____ Please contact about volunteer opportunities

To pay by Credit Card:

print name as it appears on card

card number / expiration date

____ Visa ____ MasterCard \$ _____ amount

signature

The Advocate

Vol. IX, Issue 9, September 2005



4480 30th Street
San Diego, CA 92116

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

1st Thursday!!!

*Mental Health Services
in Jails...*

September 1, 2005

6:30 p.m.

Return Service Requested

You're invited to...

NAMIWALKS for the Mind of America

Volunteer Meeting

Tuesday, October 11, 2005

7:00 p.m.

Doubletree Hotel

I-5 & Carmel Valley Road

Get Motivated!