

Offered in Spanish for the first time for our Spanish-speaking members...

Peer-to-Peer

*Offered in Spanish for the First Time
En Español Por Primera Vez*

Por Jul Rivera, Coordinadora Inicial de la Participación

¿Cuanto Cuesta?

Nada. El curso educativo de Persona a Persona (Peer to Peer) se ofrece por primera vez en Español. Se ofrece gratuitamente a cualquier persona que sufra de una enfermedad mental.

¿Quienes Pueden tomar este Curso?

Este curso ofrece la oportunidad de crecimiento a cualquier persona que padezca. De alguna enfermedad mental. Este program consiste de dos horas por semana. Por nueve semanas.

¿Quienes Son Los Maestros?

Los cursos han sido disenados por un grupo de tres "mentores", o "Igualmaestros", quienes han vivido con alguna enfermedad mental.

Persona a Persona se dedica a dar soporte y ayuda para los que tienen una enfermedad mental, si usted quiere manejar su enfermedad mejor!

Llame: NAMI San Diego's Albright Center para registrarse para este curso que empieza en Octubre, no pierdes esta oportunidad para registrarse!

Albright Center: 1.619.543.1434 o 1.800.523.5933

Ahora si eres un familiar que vive con una persona que padecen de un Enfermedad mental severa tambien tenemos algo para apoyar la familia entera!

Llame el mismo telefono y registrarse para Familia a Familia este curso educativo Empieza AGOSTO 30, 2006 y consiste de dos horas y medio por semana por doce Semanas.

Cont. a la derecha...

**NAMI San Diego's
First Thursday Advocacy Meeting
September 7, 2006**

*"What Do I Do If My
Family Member Becomes Violent?"*

Speaker: Robert Erb, RN, MS

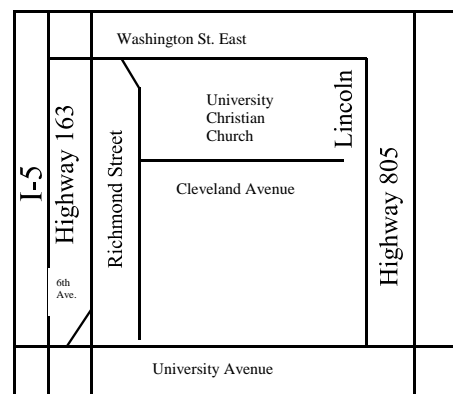
Robert Erb has over 30 years experience in the field of nursing and mental health. He currently works for Grossmont Behavioral Health as a clinical specialist and provides training and education for Board and Cares and hospital employees on verbal interventions and techniques in working with people with severe mental illnesses.

Ask the Doctor: Sanjay Rao, M.D.

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

Schedule:

- 6:30 p.m.:** Ask the Doctor
- 7:00 p.m.:** Announcements & Advocacy
- 7:10 p.m.:** Program
- 8:30 p.m.:** Refreshments & Social



Cont. de la izquierda...

Tambien tenemos tres grupos de apoyo en ESPANOL durante cada mes. Deseando lo mejor para la comunidad Latina le envio estas Buena noticias! Tome el primer paso para ser Parte de su Solucion!

NAMI's Workin'

By Bettie Reinhardt
Executive Director

Karenlee Robinson Retires

I bet that you have noticed – NAMI is more effective when we work with others. We have lots of terrific partners: the other members of San Diego Coalition for Mental Health, Mental Health Association in San Diego County, County Mental Health Services, San Diego Police Department, and the list goes on. (The only downside is that there seem to be meetings associated with all of our partners, regardless of how terrific our partners are.) One partner with whom we have a particular long and rich history is Sharp Mesa Vista Hospital. Why, we knew them when...Mesa Vista Hospital was part of Vista Hill Foundation. Helen Teisher and Jim Albright were particularly active and effective in forging that link.

We were pleased when our friend, Karenlee Robinson, became Sharp Mesa Vista's Chief Operating Officer in 2000. Now she is stepping down from being Chief Executive Officer of that hospital and looking forward to travel and further exploration of the world. It will be interesting to see what challenge she takes up next.

I had the privilege of saying a few words at Karenlee's retirement party on August 18 and thought I would share them with you.

"Maya Angelou said, 'People may not remember what you said. They may not remember what you did. But, they will remember how you made them feel.'

Karenlee, thank you for making me feel very supported. If I were the only one for whom you did that, it would be enough for me. I have heard from others, however, that the staff here, folks at NAMI, and the larger mental health community have felt that same support.

You set an example that is difficult – impossible? – to live up to. How do you

remember all of the information that you do? How do you recap it with such clarity at appropriate moments?

Yet, I have never felt "less than" because I couldn't speak as eloquently. That is your gift. You leave us feeling informed, enriched, and challenged to follow your lead.

This is why Karenlee is NAMI's first Recovery Leader *Inspiration Award* winner.

*"People may not remember what you said. They may not remember what you did. But, they will remember how you made them feel."
—Maya Angelou*

Thank you, Karenlee, for your words and deeds. Most of all, thank you for making us feel capable of forming our own words and performing our own deeds.

Maya Angelou is right, we won't forget!"

Special Needs Trust Foundation

NAMI San Diego joined the Special Needs Trust Foundation in 1999 to provide an affordable method for parents and other family members to leave money for their relatives with disabilities without causing the loss of Medi-Cal or SSI. We have sponsored several families into funding trusts or developing joinder agreements to fund trusts in the future.

After several years of careful development, SNTF has just implemented a Self-Settled Trust. People with disabilities who come into significant amounts of money through court awards, inheritances, or retroactive payments from Social Security can set up their own special needs trusts with the same protection of SSI and Medi-Cal. If you would like more information, give me a call at 619.584.5567.

Did You Know...

Study Investigates Strategies to Prevent Violence on Psychiatric Units

In "Keeping the Unit Safe," nurse-researchers describe the contexts and conditions that form the foundation for the strategies nursing staff use to prevent behavior

from escalating out of control. The authors observed staff and patients on two psychiatric inpatient units for approximately 400 hours and interviewed 38 patients and staff. The paper describes the basic social process that emerged – the dimensions of which are ideology, people, space, and time. The authors believe that "the findings from this study can be used to assess the safety of particular units and to identify changes that could potentially influence the outcome of patient and staff safety." "Keeping the Unit Safe: A Grounded Theory Study" was published in the *Journal of the American Psychiatric Nurses Association* (vol. 23, no. 1).

Read the article at <http://jap.sagepub.com/cgi/reprint/12/1/13>.

New Treatment Model For Bipolar Disorder Shows Promise

A new care model for bipolar disorder tested in veterans across the nation reduced their manic episodes and improved their quality of life, according to research led by a psychiatrist with the Providence Veterans Affairs Medical Center and Brown Medical School.

The randomized, controlled trial also showed that the model did not add to the treatment costs for bipolar disorder, which affects nearly 6 million American adults a year. Results appear in two reports published in *Psychiatric Services*, a journal of the American Psychiatric Association.

Read more: <http://www.sciencedaily.com/releases/2006/08/060810212308.htm>

Psychiatric Patients Win Medicare Part D Appeals

During the course of evaluating Medicare Part D appeals, CMS clarifies that a dosage higher than that approved by the FDA should not be considered an off-label use and is thus not grounds to deny coverage.

At least two psychiatric patients have successfully appealed medication denials under the Medicare Part D prescription drug program resulting in policy changes by the Centers for Medicare and Medicaid Services (CMS).

Read more: <http://pn.psychiatryonline.org/cgi/content/full/41/15/1>

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 - Sally Shepherd
President-Elect - Louise Groszkruger
Treasurer - Paul Cumming
Secretary - Phyllis Meagher

Directors at Large

Gay Ames
Jamila DeCarli
Gloria Harris
Charles Huff-McTyer
Patti Jakobcic
Wendy McNeill
Judy Wasik

Medical Advisory Board

Kristin Cadenhead, M.D., Chair
Neal Swerdlow, M.D., Ph.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

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 fax to (619)584-5569 or email at exudir@namisandiego.org or contact any of the people mentioned in the articles.

Congratulations...

...to All Our New Support Group Facilitators!

Kinsey McManus
Education Director

This summer can be appropriately titled the "Summer of Support Groups". With successful trainings in both our NAMI-C.A.R.E. and NAMI Support Groups, we will be expanding to a whole new level of support for the San Diego community!

NAMI Support Groups are support groups facilitated by NAMI trained family members and friends of people with mental illness. It is a support group in which family members and friends can learn from each other's experiences, share coping strategies, and offer each other encouragements, understanding, and support. The Support Group Training held in early July has allowed us

to start up two new support groups including our Spouses of Bipolar Support Group held on the 2nd Wednesday of every month from 6:30 pm to 8:00 pm at the Clairemont Lutheran Church in Luther Hall (room 13/14) (4217 Clairemont Mesa Blvd., San Diego, CA 92110) and our Family Member Support Group held on the 2nd and 4th Thursdays from 6:00 pm to 7:30 pm in La Mesa at Pegasus East in the Activity Room (7841 El Cajon Blvd, La Mesa, CA 91941). For all of our other support groups please refer to the "Meeting Schedule" page of the newsletter.

In addition, we are adding a third Family Support Group in Spanish! The group will be held in Clairemont on the 3rd Tuesday of every month from 6:30 pm to 8:00 pm at the St. David's Episcopal Church (library) at 5050 Milton St., San Diego, CA 92110. For more information, please call: 619-543-1434.

NAMI-C.A.R.E. (Consumers Advocating Recovery through Empowerment) is a peer-based, mutual support group for individuals facing the challenges of recovering from any serious mental illness.

NAMI-C.A.R.E. employs guidelines and principles of support designed to empower its members. It is a support group in which peo-



ple with mental illness learn from each other's experiences, share coping strategies and offer each other encouragement, understanding and support.

I am proud to say that this past July our 4 hard-working and dedicated NAMI-C.A.R.E. trainers successfully taught 16 tremendous new facilitators! This training allowed us to practically triple our NAMI-C.A.R.E. capabilities for the entire county and we couldn't have found a better group!!

It was a pleasure to meet all of our new facilitators and I am sure that if you choose to attend any of our NAMI-C.A.R.E. of NAMI Support Groups you will agree with me and find a wonderful, new support system. So, please keep watch for all of the new C.A.R.E. support groups that start popping up across the county! For the current list you can refer to our "Client/Consumer Resources" page. If you cannot find a C.A.R.E. group located near your area or on an evening that you can attend, please contact the NAMI Albright Center at 619-543-1434 or 1-800-523-5933 to hear the most updated list of the NAMI-C.A.R.E. groups.

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 Street
Call Joan Williams at (858) 274-3716

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

NAMI Family Support Group

2nd & 4th Thursdays, 6:00 - 7:30 p.m.
Pegasus East, 7841 El Cajon Blvd., #C
La Mesa, CA 91941
Call Carol Davis at (619) 641-6860

New support groups for families and caregivers of children and adolescents

La Mesa Group

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

San Diego Group

3rd Monday, 6:00-7:30 pm
**No meetings in Jul., Aug. & Sept., 2006
Summer Break**

NAMI San Diego Office
4480 30th Street, San Diego
Karen Malsack (858) 560-0030

Spouses of Persons with the Diagnosis of Bi-polar

Second Wednesday, 6:30 p.m.
Clairemont Lutheran Church
Luther Hall Rm. 13/14 on the 2nd Floor
4271 Clairemont Mesa Blvd., San Diego
(858) 273-7423

Spanish - South Bay

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

Spanish - Area de Clairemont -

**NAMI-SD Grupo de Apoyo
Clairemont NAMI Support Group**
Tercer Martes (3rd Tuesday) 6:30-8:00 p.m.
St. David's Episcopal Church (biblioteca)
5050 Milton Street, San Diego, CA 92110
(619) 543-1434 or (800) 523-5933

Spanish Family Support Group

Third Thursday, 6:00 - 8:00 p.m.
South Bay Guidance Center
835 3rd Avenue, Suite C
Chula Vista, CA 91911
Call Gina Osuna: (619) 425-6879

NAMI Patton

Third Sunday, 11:45 a.m. - 1:15 p.m.
c/o Patton State Hospital
(Administrative Meeting Room)
3101 E. Highland Avenue
Patton, CA 92369
Tel: (909) 425-7000 Fax: (714) 963-9961

NAMI-SIT

Schizophrenics in Transition

Board Meeting

Call for meeting time
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 (Room 4)
210 East Park Ave, Escondido
(760) 745-8381

Monday Share & Care in Fallbrook

Mondays, 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 - 8:30 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

**NAMI Facilitated Support Group
8:30 - 10:00 p.m.**

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- Ask for Sandy

*New Spanish Language Support
Group at NAMI*

**NEW SPANISH LANGUAGE NAMI
SUPPORT GROUP SOON TO START
IN THE Clairemont area of San Diego.**

In August this new support group will begin for family members. If you know someone whose primary language is Spanish and could benefit from a support group in this part of town, please show them this announcement.

OJO!! EN AGOSTO SE INICIARÁ UN NUEVO GRUPO DE APOYO PARA LOS FAMILIARES (En una parte muy centrada de San Diego - Clairemont cerca de Morena Blvd). Si Usted vive con los retos de tener un ser querido con una enfermedad mental, le invitamos (a Usted) que nos acompañe para el apoyo que todos necesitamos.

FECHA: 15 de agosto 6:30 – 8:00 p.m.

St David's Church, (biblioteca)
5050 Milton St
San Diego, CA 92110
(619) 543-1434 ó 1(800) 523-5933

Family-to-Family Class

September 12 to November 28, 2006
Tuesdays, 6:00 to 8:30 p.m.
Aurora Behavioral Health (in the cafeteria)
11878 Avenue of Industry
Poway, CA 92128
Call the Albright I & R Center at
(619) 543-1434 or 1-800-523-5933

Legislative Update

Legislative Action with GRAC!

By Jan Daugherty
GRAC Communications

"The Governmental Relations and Advocacy Committee (GRAC) of NAMI in San Diego County speaks with one voice to raise awareness of and create solutions for the mental health needs of the community."

Even though we haven't had a column in two months, our GRAC members have been active in NAMI. On June 1, Mary Jane Van Hook participated in the Disability Capitol Action day in Sacramento. The theme of the day was "Access Equals Choices," and Mary Jane reports she learned an enormous amount and was inspired by her first foray into legislative action at the state level.

In early July, Bettie Reinhart, Margaret and Jim England, and Bob Brooks attended the NAMI National Convention in Washington, D.C. Bettie reports she came back with renewed enthusiasm. And the California NAMI group did advocate on Capitol Hill with their representatives or aides. In late August, several of our members will be attending the NAMI CA convention in Burlingame.

As of press time, Laura's Law Permanent Extension (CA AB2357) is in the CA Senate to be voted on. Any contact with your CA senators in support of this extension is vital at this time. Reasons to support:

- Vote for treatment
- Vote for clarity over psychosis
- Vote for stabilization rather than incarceration
- Vote to enable California to help those who are so ill that they don't recognize the need for treatment.

For more information, contact Caroline

Hamlin at dah-crh@cox.net or the California Treatment Advocacy Coalition (CTAC) at: www.psychlaws.org/stateactivity/California

- **Vote for treatment.**
- **Vote for clarity over psychosis.**
- **Vote for stabilization rather than incarceration.**
- **Vote to enable California to help those who are so ill that they don't recognize the need for treatment.**

We are still monitoring the Campaign for Universal Health Care (includes Mental Health Care) (CA SB840). Reasons to Support:

- Sets up one health insurance risk pool for every CA resident
- Pays for high quality care with comprehensive benefits
- Allows patients, NOT plan or government to choose doctors
- Patient health comes first, NOT paperwork
- Affordable for individuals, families, and businesses
- Public oversight to cut fraud and abuse
- Ensures readiness of public health programs for emergencies

For more information or to join HCA/CA online, call Sylvia Hampton at 858-578-8852 or go to web site: <http://www.heathcareforall.org/index.html>

To join GRAC or to receive our legislative alerts, please email me at jandaugh@cox.net.

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: 11:15 a.m. - 12 Noon

Tri City Outpatient Program

510 West Vista Way
Vista, CA 92083
Call: (760) 722-3754
Every Wednesday: 2:00 - 3:30 p.m.

North Coastal Mental Health Clinic - Oceanside

1701 Mission Ave.
Oceanside, CA 92054
Call: (760) 722-3754
Every Friday: 2:00 - 3:00 p.m.

Patient Advocacy Program

5998 Alcalá Park, AW 304, San Diego, 92110
(619) 260-7660 or 1-800-479-2233
Fax: (619) 260-7680
Monday - Friday: 8:00 a.m. - 5:00 p.m.

The Consumer Center for Health Education and Advocacy

1475 Sixth Ave., 4th Floor, San Diego, 92101
Toll Free: 1-877-734-3258
Monday - Friday: 9:00 a.m. - 5:00 p.m.
If you need help getting mental health services or if
you have a complaint or grievance, call or write us.
We are ready to help you.

Bayview Clubhouse

330 Moss Street, Chula Vista, 91911
(619) 585-4646 ☎ Fax: (619) 585-4625
Monday - Friday: 8:00 a.m. - 4:00 p.m.
Once a month Saturday outing - Call for
information.

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 Ext. 109 ☎ Fax: (619) 440-8522
Mon, Tue, Thurs & Fri: 8:00 a.m. - 4:00 p.m.
Wednesday: 8:00 a.m. - 6:30 p.m.

Eastwind Clubhouse

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

Escondido Clubhouse

474 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) 450-0710
Monday - Friday: 8:00 a.m. - 4:00 p.m.

The Meeting Place, Inc.

4034 Park Blvd., San Diego, 92103
(619) 294-9582 ☎ Fax: (619) 294-9588
Monday - Friday: 8:00 a.m. - 4:00 p.m.

Neighborhood House Association (NHA) Friendship Clubhouse

286 Euclid Ave., #102, San Diego, 92114
(619) 266-2111 Ext. 106 ☎ 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
Monday - Friday: Noon - 7:00 p.m.
Saturday & 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, Suite 300
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

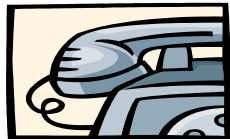
P. O. Box 3053, San Diego, CA 92163-3053
Director - July Rose
(619) 282-4627 or (619) 563-2708

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 who
have been there, done that. Listening and
talking are what we like to do.

Albright Information & Referral Center

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



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. X, Issue 8, September 2006



4480 30th Street
San Diego, CA 92116

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

1st Thursday!!!

*What If My Loved One
Becomes Violent?
September 7, 2006
6:30 p.m.*



Return Service Requested

Save the Date!

*NAMI San Diego's Annual Dinner
Recovery in Action*

*Featuring
The Inspiration Awards*

*Friday, September 29, 2006
The Marriott Hotel, Mission Valley
6:00 p.m.—9:00 p.m.*

Master of Ceremonies: Karenlee Robinson, COO, Sharp Mesa Vista

Name _____

Company _____

Address _____

Daytime Phone _____

Email _____

_____ Payment by check (made out to NAMI San Diego) *OR*

_____ Visa _____ Mastercard

_____ number _____ expiration date

_____ name on card _____ signature

_____ Vegetarian Alternative

Please make my reservation for:

_____ seats at \$60.00 per person

_____ table(s) seating ten people for \$600.00 per table

_____ I am unable to attend but please accept my tax deductible contribution of \$_____.

_____ I would like to sponsor _____ consumer(s) for the dinner at \$60.00 per person.

Please list all guests included in your payment and RSVP by September 22, 2006.

For further information please call James Starek
(619) 584-5564

Please join us



Inspiration

Awards

Dinner



Inspiration Awards

Recovery Leader The Recovery Leader Award goes to a community mental health leader who has made excellent recovery results happen over a lengthy period of time. **Karenlee Robinson**

Recovery Advocate This award goes to an individual exhibiting a strong recovery from a mental illness(es) and who has then gone on to advocate for better care or recovery for other people with mental illnesses. **Mary Lou Erwin**

Recovery Facilitator Awarded to an individual that shows excellence in facilitating recovery among one or more individuals living with mental illness. **Kevin Wilson**

Recovery Program This award recognizes programs with outstanding performance or leadership in delivering recovery services to the mental health community. **The Meeting Place & Bayview Clubhouse**

Recovery Research The Recovery Research Award recognizes meritorious research that improves the quality of life and the opportunity to enter recovery for people living with mental illnesses. **Dilip Jeste, MD**

Recovery Education Recognizing excellence in training or educating people to effectively deliver recovery services to people with mental illness. **Deborah Malcarne**

RECOVERY IN ACTION

Inspiration Awards Dinner & Silent Auction

Friday, September 29, 2006

Marriott Mission Valley

8757 Rio San Diego Dr.
San Diego, CA
(619) 692-3800

Emcee:

Karenlee Robinson,
Chief Executive Officer
Sharp Mesa Vista Hospital

6:00 - 7:00

No Host Cocktails
and Silent Auction.

7:00

Dinner and Program.



SPREAD THE WORD!!!

Gina Stevens
American Foundation for Suicide Prevention
858-254-2629
kona@adnc.com

The American Foundation for Suicide Prevention Announces Annual “Out of the Darkness” Community Walk Fundraiser

On Sunday, October 29, 2006 from about 8:00am – 12:30pm, Balboa Park will be the site for the annual signature fundraising event undertaken by the American Foundation for Suicide Prevention (AFSP) and its affiliated chapters.

One of nearly 70 community walks taking place around the country, the event will help fund the AFSP’s ongoing efforts with research, education and prevention initiatives designed to reduce the loss of life from suicide as well as provide support for survivors.

Suicide is a major health problem that takes an enormous toll on family, friends, co-workers and the entire community. With more than 30,000 lives lost and almost 1 million suicide attempts each year in this country, the importance of AFSP’s mission has never been greater, nor the work more urgent.

In the U.S. alone, approximately 20 million people suffer from serious depression. Ninety percent of the people who die by suicide have a diagnosable mental health disorder (often depression) at the time of their death. The lingering stigma attached to seeking help for mental health issues may be a contributing factor to undiagnosed depression.

The community walks are part of AFSP’s awareness strategy and will be held annually. The walk is a 5K (3 miles) and everyone, even our furry friends, is invited. There will be entertainment, exhibitors, and a remembrance area. Celebrity speakers have been invited.

You can help your community by exhibiting at our walk and recruiting individual walkers as well as teams. ***In 2005, we had over 350 walkers!! I expect to double that this year!!***

JOIN US and SAVE LIVES!!

Sincerely,

Gina Stevens
SD Walk Coordinator/Chair
For more information: www.outofthedarkness.org



Mike McNeill, ChFC
Agent
CA Insurance License #0813447

The Prudential Insurance Company
of America
4538 Cass Street
San Diego, CA 92109
Tel 858-272-7997 Fax 858-272-7930
Cell 858-688-3345
mike.mcneill@prudential.com

Dear NAMI of San Diego Member:

Making a difference. . . that's what charitable giving is all about. It's the reason why donations to your favorite charity are so important. They help support the causes and objectives you believe in and care about. Plus, you get a charitable tax deduction.

I can show you how you can make a substantial gift to NAMI of San Diego without a substantial amount of money. Through charitable giving, you can remember your favorite charity in a way that can impact the future of the people you care about.

I'd like to sit down and explore charitable giving strategies with you. Of course, as a licensed financial professional, I cannot provide legal, tax or accounting advice; but working with your attorneys and/or tax advisor for guidance in those areas, I can help you meet your financial solutions.

Please contact me to discuss your opportunity to truly make a difference!

Sincerely,

Mike McNeill, Chartered Financial Consultant

IFS-A074832 ed 01/06 exp 12/07

Offering securities products and services as a representative of Pruco Securities, LLC (Pruco), located at 751 Broad Street, Newark, NJ 07102 1 800 778-2255. The Prudential Insurance Company of America and Pruco are Prudential Financial Companies.