

## First Thursday Education & Advocacy Meeting April 3, 2008

### Program: FREE Screening of the Movie *CANVAS*

During the next Education and Advocacy meeting we will feature a **free** screening of the award-winning film *Canvas*. This moving film features Joe Pantoliano (of *Soprano's* fame), Marcia Gay Harden and young up-and-coming actor Devon Gearhart.

The movie is an intimate view inside the life of a family living with schizophrenia. The mother (Harden's character) has the brain disorder and the story is loosely based on the life of director Joseph Greco, whose own mother had schizophrenia.

The portrayal of schizophrenia in the film has been praised by mental health experts as unusually accurate and sympathetic; the story of the boy and his dad is a portrait of love under enormous stress.

Film critic Roger Ebert writes, "*Canvas* is a serious film about mental illness and a sentimental heart warmer, and succeeds in both ways...it is a touching story of these people for whom the only response to mental illness is love."

Please mark your calendar for this very special evening.

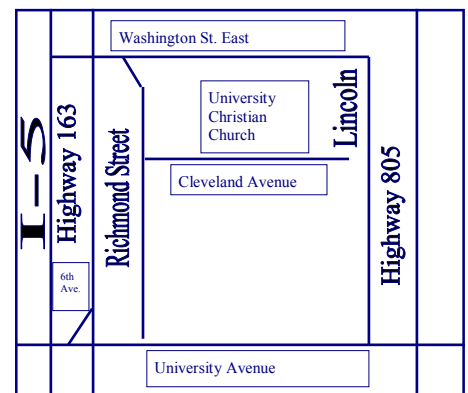
Be sure to be on time. ~ Popcorn provided



### Schedule:

**6:30 p.m. -  
Announcements and Advocacy  
Immediately Followed by *Canvas***

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





**President's Page**  
By Louise  
Groszkruger

Today, March 12<sup>th</sup>, 2008, I met with President Muffy Walker MSN., MBA, of the California Bipolar Foundation. This foundation's mission is to **eliminate Bipolar Disorder through the advancement of research; to provide and enhance care and support services for all affected; and to erase associated stigma through public education.** Muffy and I have many things in common, most particularly the desire to educate the non-affected public about mental illness and recovery. The California Bipolar Foundation has already held a Gala and raised \$160,000 for research and other services.

Muffy asked that I invite NAMI members to attend their **free** Mental Health Fair on May 3, 2008 at the Ecke Family YMCA. The YMCA is located in Encinitas, and the Fair will be held from 10:00 a.m. – 2:00 p.m.

On a more personal note, I am still hoping that San Diego will have a Mental Health Court in the near future. I continue to be overwhelmed and frustrated each week in the DBSA (Depression and Bipolar Support Alliance) Family Support group when new families come in with more horror stories of loved ones who are incarcerated.

Each time the story is the same, or at least similar. The family tried every means of getting help for their adult child. Sometimes their calls for help end up with

their loved one being hospitalized for 72 hours or less, but often nothing is done. However, when the individual's symptoms reach the point that they break the law, they quickly end up incarcerated.

Those of us who have had the unfortunate experience of having our loved ones incarcerated know too well that the system is broken. As family members our hands are tied.

It is my deepest wish that the introduction of a strong Mental Health Court will erode our culture's "criminalization" of individuals who are living with serious and life-long mental illnesses.

**You can help make a Mental Health Court in San Diego County a reality!**

County Mental Health is proposing that the latest Community Services and Supports Enhancement portion of the Mental Health Services Act (Prop. 63) be used to fund the clinical portion of a Mental Health Court pilot project. You can speak in favor of that proposal at the Mental Health Board on Thursday, April 3<sup>rd</sup>. The meeting is at 4 p.m. in Room 301 of the County Administrative Building, 1600 Pacific Highway. If you don't want to make that trip to make a three minute statement, send it to Bettie Reinhardt and she will read it on your behalf. Don't forget to send a letter to your representative on the Board of Supervisors.

A Mental Health Court is more than the right thing to do. It is the economically wise thing to do.

## Making It Happen

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

**The NAMI San Diego Advocate is a monthly publication of**

**NAMI San Diego**  
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San Diego, CA 92116

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**E-mail: [information@namisd.org](mailto:information@namisd.org)**

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

**The NAMI San Diego Advocate**

**Staff: Rita Navarro**  
**Patrick Cremeens**

**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) 584-5567 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.**

**Education Corner**  
**By Anita Fisher**  
**Education Director**



NAMI San Diego is proud to congratulate Devin Eshelman, P2P (Peer-to-Peer) Coordinator on his "This Person" award at the annual San Diego Wellness and Recovery Summit on March 10, 2008. Devin was unaware he would be receiving this award.

Devin was nominated by Renee Garrett, NAMI SD P2P Mentor. Here is Renee's introduction:

There are and have been many people in my life that have been instrumental as a supporter of my recovery journey.

One person that holds a special place in my heart, and who is currently supporting me in my recovery, is Devin Eshelman. Last year I attended a NAMI Peer-to-Peer training. Devin was one of my mentors. He listened to what I had to say. He even took time after class was over to speak with me about concerns that I had. Devin was very helpful in supporting me when I was having a hard time filling out my "Relapse Prevention Plan." Devin taught me many things that I am so thankful for. Because of his mentoring me, my quality of life has been enhanced. I'm so grateful that he is a part of my life. He has not only helped me but many others as well, and he

continues to work as a mentor for NAMI today.

Devin always encouraged me and gave me hope! As a result, I am now teaching Peer-to-Peer as a mentor and I am offering hope to my peers today.

**Recovery Happens**  
**By Devin Eshelman**  
**Peer-to-Peer Coordinator**



The date of the 2008 San Diego Wellness and Recovery Summit was Monday, March 10, 2008. The location of this all day event was the prestigious Sheraton Four Points off of Aero Drive in Kearny Mesa. Top professionals in the mental health field spoke on instrumental topics such as the importance of hope, emotional closeness with patients, the reality of resilience, and an introduction to a common vision for the future when the whole world will recover.

There were also "this person"

awards given to those individuals in San Diego who have made a significant difference in another's recovery journey. I found myself being presented with one of these awards in front of a microphone, two translation booths and video screens, and a very large auditorium. All I could say in front of such a large audience was that God's power working in me made this happen and that all of us can recover if we are real with each other and break down the walls of stigma. As a last note, I saw everyone who attended make connections and kindness and care was being spread all over. It is clearer to me now that we are a "civil rights movement" and are improving greatly. Here is the proof: people are recovering.

**ANNOUNCEMENT**  
**P2P CLASSES**

**NAMI North Inland P2P**  
**(Peer to Peer class)**

NEXT CLASS:

Rancho Bernardo Community  
 Presbyterian Church

17010 Pomerado Road,  
 San Diego, CA 92128

Wednesday, June 4, 2008 to  
 Wednesday, August 6, 2008

10 a.m. to 12 p.m.

TO REGISTER:

Call Lois at 760-745-8381 or  
 Ann Cummings (760) 722-3754

***Twenty Three Years of Mary***  
***By Rita Navarro***  
***Operations Manager***

Twenty - Three - Years! Whew! If you sit down and say the number slowly and think of it as a timeline of your own life, you only begin to understand how long a time frame that is. How many children you've seen grown and possibly have their own, how many places you've lived, where you've visited and how much your life has changed.

Yet no matter what changes happened, ***Mary Miesner*** offered her time, support, love, dedication, and a listening ear to all of those who contacted our NAMI San Diego Helpline.

Every Tuesday morning you could

count on Mary whizzing into the office to start working on our voice mails. She called back with a smile you could actually hear over the phone.



She has seen our office grow from no staff, to a paid staff, moved with us from one location to the next and seen many other volunteers come and go. And, after all this time, Mary has decided it is her time to retire

from our Helpline. The staff who enjoyed chatting with her, the families who received comfort in her kind words, the people who walked into our office not knowing what else to do, her fellow volunteers and I thank Mary for everything.

Mary, we wish you well and hope you come back to NAMI some day and teach us some computer tricks you've learned from your courses. Love, NAMI San Diego.

Mary Miesner  
 without a doubt is one  
 of the most down to earth,  
 sensible people I know  
 who at the same time is just a  
 lot of fun. She is a terrific gal  
 who I would be happy to run  
 into anytime anywhere.

- Sally Quinter Zoll  
 Albright Director  
 1988-1997

***Consumer Center Offers Free***  
***Help with Medicare Part D***  
***By Cindy Graves***

If you missed our first Thursday meeting last month, you missed hearing about a free project of the Consumer Center for Health Education and Advocacy.

In July 2007, the Consumer Center received a two-year grant from the Alliance Healthcare Foundation (Alliance) for its Medicare Part D Low-Income Subsidy (LIS) Enrollment Project. Established in 1988, the Alliance is a private, nonprofit foundation that works to increase access to healthcare for medically under-served populations through grant making, primarily in San Diego County.

To augment the Alliance's grant, The California Wellness Foundation (TCWF) awarded the Consumer Center a parallel grant. Created in 1992 as an independent, private foundation, TCWF's mission is to improve the health of the people of California by making grants for health promotion, wellness education, and disease prevention.

"We are thrilled to have the Alliance and TCWF's support for this important project," said Gregory E. Knoll, Executive Director of the Consumer Center. "These grants will enable us to reach and help a greater number of African-American, Latino, Vietnamese and Filipino beneficiaries," Greg explained. "We will collaborate with a variety of community organizations, and NAMI is one of our primary partners."

The Consumer Center's LIS Enrollment Project's objective is to provide education on the prescription benefits programs and enroll eligible individuals into the LIS and the Medicare Savings Programs (MSPs). Bilingual advocates are available to help individuals choose drug plans, enroll in the LIS or MSPs, and understand various Medi-Cal programs that they may be eligible for. Since the project began, their advocates have assisted nearly 500 individuals with applying for the LIS or MSPs and advising them on other programs including the 250% Working Disabled Program. Advocates also assist dual eligible's (those that have both Medicare and Medi-Cal) choose the best drug plan as each benefit year brings new challenges due to formulary and drug plan changes.

There are over 400,000 Medicare beneficiaries in San Diego County, and it is estimated that 29,000 are eligible for LIS. Yet only 40% of these individuals have enrolled. Many individuals are thought to be minorities or individuals with disabilities who believe there is a stigma attached to receiving government assistance or are simply unaware of these programs. The LIS Enrollment Project's goal is to enroll all eligible beneficiaries. For more information or training on Medicare Part D, contact Cindy Graves at [CindyG@cchea.org](mailto:CindyG@cchea.org) or (619) 471-2654.

## Meeting Schedule and General Support Groups

### *NAMI San Diego*

Meetings are FREE and open to the Public. Phone #'s provided if more information is needed.

#### **NAMI San Diego Support Group**

3rd Tuesday, 10:00 a.m. - 12:00 p.m.  
NAMI San Diego Office  
4480 30th Street  
San Diego, CA 92116  
Call (619) 543-1434 or  
(800) 523-5933

#### **Clairemont NAMI Support Group**

2nd Monday, 7:00 - 8:30 p.m.  
St. David's Episcopal Church (Library)  
5050 Milton Street  
San Diego, CA 92110  
Call Joan Williams at (858) 274-3716

#### **La Jolla NAMI Support Group**

1st Tuesday, 7:15 - 9:00 p.m.  
La Jolla Presbyterian Church  
7715 Draper Ave.  
La Jolla, CA 92037  
(Life Center Building, Rm 9, Upstairs)  
(Park on Draper, go up steps, turn left  
and go into building facing you, climb  
stairs and turn right, follow short hall until  
come to room.)  
Call (858) 457-5057

#### **Rancho Bernardo Support Group**

3rd Tuesday, 7:00 - 8:30 p.m.  
Rancho Bernardo Community  
Presbyterian Church  
17010 Pomerado Road  
San Diego, CA 92128  
Call Ellie Taylor (858) 485-0703 or  
Judy Mapston (858) 603-4085

#### **Sibling and Adult Children's Group**

2nd Wednesday, 7:00 - 9:00 p.m.  
Scripps-Mende Well Being Center  
Adjacent to the Westfield (UTC) Mall  
San Diego, CA 92122  
Call Michelle Cauble at  
(858) 756-3140

#### **Spouses of Persons with the Diagnosis of Bipolar**

3rd Tuesday, 6:30 - 8:00 p.m.  
Clairemont Lutheran Church  
(Luther Hall, Room 2 on the 1st Floor)  
4271 Clairemont Mesa Blvd.  
San Diego, CA 92117  
Call (858) 273-7423

#### **Spanish Support Group-South Bay**

1st Monday, 6:00 - 8:00 p.m.  
South County Family Resource Center  
690 Oxford Street  
Chula Vista, CA 91911  
Call Luz Fernandez (East County Clinic)  
at (619) 401-5500 for more information

#### **Spanish Family Support Group**

3rd Thursday, 6:00 - 8:00 p.m.  
South Bay Guidance Center  
835 3rd Avenue, Suite C  
Chula Vista, CA 91911  
Call Gina Osuna at  
(619) 425-6879 or (619) 288-3133

#### **NAMI Patton**

3rd Sunday, 1:00 - 3:00 p.m.  
c/o Patton State Hospital  
(Administration Annex - Room 148)  
3102 E. Highland Ave.  
Patton, CA 92369  
Tel: (909) 425-7392  
Fax: (909) 425-0160

### *NAMI-SIT*

#### **Schizophrenics in Transition Board Meeting**

144 Copper Avenue  
Vista, CA 92083  
Call (858) 481-7069 for meeting time

NAMI-SIT includes the following:

- Copper Hill Living & Learning Center
- Creative Arts Consortium
- Friends - (760) 631-2206
- Vet to Vet
- Advocacy Works
- Jardin Cesar Chavez

### *NAMI North Inland*

P.O. Box 300386  
Escondido, CA 92030-0386

#### **Education Meeting**

2nd Tuesday at 7:00 p.m.  
Kinesis North  
474 W. Vermont Ave.  
Escondido, CA 92025  
Call (760) 745-8381 or (800) 523-5933

#### **Monday Share & Care in Fallbrook**

Mondays, 5:00 - 6:30 p.m.  
Fallbrook Healthcare Foundation Bldg.  
Corner of Mission and Fig  
Fallbrook, CA 92028  
Call (760) 745-8381

#### **Tuesday Share & Care Meeting**

1st, 3rd, 4th, 5th Tuesday,  
4:00 - 5:30 p.m.  
Joslyn Senior Center  
210 East Park Avenue  
Escondido, CA 92025  
Call (760) 745-8381

### *NAMI North Coastal*

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

#### **Education Meeting**

3rd Thursday, 7:00 - 8:30 p.m.  
St. Michael's by the Sea Episcopal  
Church 2775 Carlsbad Blvd.  
Carlsbad, CA 92008  
Call (760) 722-3754 or (800) 523-5933

***Education Meeting followed by  
NAMI Facilitated Share & Care  
Support Group 8:30 - 10:00 p.m.***

### *TARA Borderline*

### *Personality Disorder*

*Support Meetings for Family Members*

#### **UCSD Outpatient Psychiatric Services (Gifford Clinic)**

1st Monday, 6:30 - 9:00 p.m.  
140 Arbor Drive, San Diego, CA 92103

#### **Tri-city Medical Center**

3rd Wednesday, 6:30 - 9:00 p.m.  
4002 Vista Way, Oceanside, CA 92056

#### **Rancho Bernardo Swim and Tennis Club**

3rd Thursday, 6:30 - 9:00 p.m.  
16955 Bernardo Oaks Drive  
San Diego, CA 92128

#### **THE GROUP BELOW HAS BEEN CANCELLED**

#### **Sunrise at La Costa**

2nd Thursday, 6:30 - 9:00 p.m.  
7020 Manzanita St.  
Carlsbad, CA 92009

**For more information on above meetings please call Sandy at (760) 729-5748 or e-mail: sboone@compuidusa.com**

# Client/Consumer Support Groups and Resources

## **NAMI C.A.R.E. Support Groups**

Consumers Advocating for Recovery through Empowerment  
NAMI San Diego Helpline at  
(619) 543-1434 or 1-800-523-5933

### **NAMI San Diego Office**

4480 30th Street  
San Diego, CA 92116  
2nd & 4th Thursday:  
6:00-7:30 p.m.

### **Gifford Clinic (Cafeteria)**

140 Arbor Dr.  
San Diego, CA 92103  
1st & 3rd Wednesday:  
2:00 - 3:30 pm.

### **Sharp Mesa Vista Hospital**

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

### **Mariposa Clubhouse**

560 Greenbrier, Suite D  
Oceanside, CA 92054  
Call: (760) 722-3754  
Every Wednesday:  
1:00 - 2:30 p.m.

## **GROUP BELOW CANCELLED PERMANENTLY**

**St. Michael's By The Sea  
Episcopal Church** (Parish Hall)  
2775 Carlsbad Blvd.  
Carlsbad, CA 92008  
3rd Thursday: 5:30 - 6:30 p.m.

## **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. Fellow consumers who have been there, done that. Listening & talking are what we like to do.

## **NAMI San Diego Helpline**

1-800-523-5933, 1-619-543-1434  
Volunteer resource specialists provide information & support to callers & visitors, including consumers, family members & professionals.

## **Albright Center**

Hosts the NAMI San Diego Helpline, lending library & take-home materials.

### **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 Ctr. for Health Ed. & Advocacy**

1475 Sixth Ave., 4th Floor, San Diego 92101  
Toll Free: 1-877-734-3258 ✕ Fax: (619) 471-2782  
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.  
Evenings/Weekends - Call for Schedule

### **Casa Del Sol Clubhouse**

1157 30th Street, San Diego 92154  
(between Coronado Ave. & Beyer 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., San Diego 92104  
(North Park at Utah Street)  
(619) 683-7423 ✕ Fax: (619) 683-7428  
Monday - Friday: 8:00 a.m. - 4:00 p.m.

### **East Corner Clubhouse**

1060 Estes Street, 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 W. Vermont Ave., Ste. 105  
Escondido 92025  
(760) 737-7125 ✕ Fax: (760) 737-6129  
Monday - Friday: 8:00 a.m. - 4:30 p.m.  
1st Saturday of month: 10:00 a.m. - 2:00 p.m.

### **Mariposa Clubhouse**

560 Greenbrier, Ste. A-F, Oceanside 92054  
(760) 439-2785 ✕ Fax: (760) 439-6902  
Monday - Friday: 9:00 a.m. - 3:00 p.m.



### **Friends In Hand Clubhouse**

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

### **The API Discovery Clubhouse**

5550 University Ave., San Diego 92105  
Membership Information: (619) 667-6176  
Saturday & Sunday: Noon - 4:00 p.m.

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

4034 Park Blvd., San Diego 92103  
(619) 294-9582 ✕ Fax: (619) 294-9588  
M-TH: 8 a.m. - 6 p.m. FR: 8 a.m. - 4 p.m.

### **The Oasis Clubhouse**

3635 Ruffin Road, Ste. 101, San Diego 92123  
(858) 300-0470 ✕ Fax (858) 300-0471  
Monday - Friday: 10:00 a.m. - 7:00 p.m.  
Serving Transitional Age Youth (16-25)

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

#### **Friendship Clubhouse**

286 Euclid Ave., #104, San Diego 92114  
(619) 266-2111 Ext. 106 ✕ Fax: (619) 266-0496  
Monday - Friday: 8:30 a.m. - 5:30 p.m.

#### **Visions**

226 Church Avenue, Chula Vista 91910  
(619) 420-8603 ✕ Fax: (619) 420-0385  
Mon - Fri: Noon - 7 p.m.; Sat & Sun: Noon - 5 p.m.

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

1295 University Ave., Ste. 10, San Diego 92103  
(619) 293-3500 ✕ Fax: (619) 293-3508  
Monday - Friday: 9:00 a.m. - 5:00 p.m.

### **Employment Services**

1202 Morena Blvd., Ste. 201, San Diego 92110  
(619) 276-8071 ✕ Fax: (619) 276-3542  
Monday - Friday: 8:00 a.m. - 4:30 p.m.  
(Must be receiving serv. from a county funded mental health prog. & approved by Dept. of Rehabilitation)

### **San Diego Employment Solutions**

10981 San Diego Mission Road Ste. 108  
San Diego 92108 ✕ (619) 521-9569  
For people with history of long-term unemployment

### **Job Options**

3465 Camino del Rio South, Ste. 300  
San Diego 92108  
(619) 688-1784 (Valorie) ✕ Fax: (619) 688-9884  
Mon - Thurs: 8 a.m. - 5 p.m.; Fri: 8 a.m. - 4 p.m.

### **San Diego Park and Recreation Therapeutic Recreation Services**

3325 Zoo Drive, San Diego 92101  
(619) 525-8247 ✕ Fax: (619) 299-9304  
Monday - Friday: 8:00 a.m. - 5:00 p.m.  
Provides year round recreational experiences for individuals with disabilities.

### **The Creative Arts Consortium**

P. O. Box 3053, San Diego 92163  
(619) 282-4627 or (858) 481-7069

### **Compeer San Diego**

(858) 361-3632  
Offering support, information, and friendship!  
website: [www.compeersandiego.org](http://www.compeersandiego.org)  
e-mail: [info@compeersandiego.org](mailto:info@compeersandiego.org)

### **DBSA-Depression Bipolar Support Alliance**

There are meetings in different regions of the county.  
Call for meeting info: 1-800-826-3632  
or go to the DBSA website at: [www.dbsalliance.org](http://www.dbsalliance.org)

## Become a Member and/or Make a Donation

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

Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Green Friendly/E-mail my Newsletter

Fax Phone: \_\_\_\_\_

### Become a Member

- Membership \$40.00  
 New Member  Renewal
- Professional Membership \$75.00
- Organizational Membership \$100.00
- Please contact me about a Scholarship Membership**

### Make a Donation

- Platinum Donation - \$1,000 or More Amt. Donating: \_\_\_\_\_
- Gold Donation - \$500 - \$999 Amt. Donating: \_\_\_\_\_
- Silver Donation - \$100 - \$499 Amt. Donating: \_\_\_\_\_
- Bronze Donation - \$1 - \$99 Amt. Donating: \_\_\_\_\_

#### To pay by Credit Card:

\_\_\_\_\_

Print Name As It Appears On Card

\_\_\_\_\_ / \_\_\_\_\_

Card Number

Expiration Date

\_\_\_ Visa \_\_\_ MasterCard \$ \_\_\_\_\_

Amount

\_\_\_\_\_

Signature

#### Please Mail To:

NAMI San Diego  
 Attn: Membership  
 4480 30th Street  
 San Diego, CA 92116

#### Or Fax To:

619.584.5568  
 (ONLY if paying by credit card)

### Planned Giving

Leaving something behind to help future generations is one of the most gratifying things we can ever do. It is possible to provide for your heirs while at the same time continuing your support of NAMI San Diego. If you would like advice on charitable bequests, charitable remainder trusts or charitable lead trusts, contact your personal attorney or call NAMI volunteer and chartered financial consultant Michael McNeill (858-272-7997) of Prudential Financial to assist you in choosing what plan works best for you.



### Endowment

An endowment is a special investment fund in which the principal can never be spent. The investment return (interest) is used to provide income for a nonprofit organization, in perpetuity. If you would like information on contributing to the NAMI Endowment Fund, call Bettie at 619-584-5567

# The Advocate

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4480 30th Street  
San Diego, CA 92116

Non-Profit  
Organization  
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Education & Advocacy  
1st Thursday!!!

April 3, 2008  
University Christian  
Church

= **DETAILS INSIDE** =



*In Our Own Voice  
Living with a Mental Illness  
Presenter Spotlight  
By Diana Waugh  
In Our Own Voice Coordinator*

I've been telling you about the In Our Own Voice Program for several years. Now, I'd like to start telling you about our wonderful presenters. Each of them is willing to share their pain, struggles, fears, as well as their successes, hopes & dreams with you.

**Virginia (Ginny) Biewer** has been a payee representative for Project Payee at NAMI San Diego for eight years. She became an In Our Own Voice presenter a year ago in memory of Kamala Castle, NAMI's first IOOV presenter. Ginny's father was a naval officer and she lives surrounded by his travel memorabilia. She has four sisters; one her twin. She loves playing with her cat, Sweetie.

Ginny was diagnosed with Bipolar 1 in 1987. She says she had to accept that she has to take meds on a daily basis and be involved in helpful interaction with her psychiatrist and therapist. She feels it's important to discuss recovery as an option for everyone who lives with mental illness. She loves speaking before Family-to-Family classes and wants to share that it is possible to live a normal life while living with a mental illness.

I am so grateful that this dedicated woman has chosen to share her passion to educate and erase the stigma about brain disorders by being part of the IOOV team.



APRIL 19, 2008  
Balboa Park – 6<sup>th</sup> Ave and Quince St.

<i>Raised to Date</i>	<i>\$64,446!!!</i>
<i>Number of Walk Teams</i>	<i>45</i>
<b>GOAL</b>	<b><i>\$150,000 and 60 TEAMS</i></b>

San Diego County's NAMI WALK Kick-Off event was a great success!! Thank you all for attending and showing off your tremendous team spirit!! I especially enjoyed the conga line! To all of our speakers and honoraries, a special thank you for your support of NAMI in our community! We have **32 days** (at this writing) left until the Walk. It is time to put everything you've got into raising awareness about the Walk. If you need registration brochures, fliers to hang at local grocery stores, fundraising letters, etc. just let us know.

A special thank you to **Union Bank of California** for sponsoring our 4th Annual Kick-Off event!

Right now, **Team Ann Potocki** is in the lead with **29** members, though I heard at the kick-off event **Team Walk the Talk** has a goal of 100 members, can they do it?!? I bet they can!! We want to show San Diego that mental health in our community is important, let's get at least **1500** people at the walk this year. There are 3 million people in San Diego and if **one in five** families are struggling with mental illness that means there are a lot of people to reach out to. Talk to your neighbor, banker, friends, co-workers! Remember there is no cost to be a part of the Walk!!

**RAISE \$600 in 6 days!!**

**Day 1**

After registering donate \$25 towards your team.

**Day 2**

Ask 5 co-workers for \$10

**Day 3**

Ask 5 friends for \$15

**Day 4**

Ask 5 neighbors for \$20

**Day 5**

Ask 4 family members for \$25

**Day 6**

Ask 5 businesses for \$50