

First Thursday Free Education & Advocacy Meeting May 1, 2008

Program: Ray Schwartz, LCSW and Robert Stanovik, LCSW

"It's Never Too Late for Prevention and Early Intervention"

Ray and Bob developed a program for older adults called Senior Peer Counseling that has proven very successful. They will tell us how the program is run AND how "qualified" NAMI and community members can get involved.

We are proud to announce that NAMI San Diego has agreed to be the fiscal sponsor for the Senior Peer Counseling Program. Thank you to Bob and Ray for giving us this opportunity.

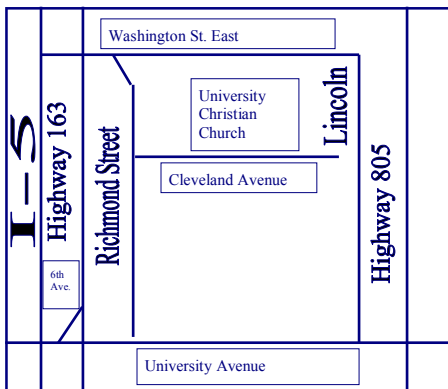
Ask the Expert: *Danielle Glorioso, M.S.W.
Manager, Geriatric Psychiatry Research Center*

Ms. Glorioso will answer your questions about opportunities to participate in current and coming projects and about the projects' value.

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

Schedule:

- 6:30 p.m. - Ask The Expert
- 7:00 p.m. - Announcements/
Advocacy
- 7:15 p.m. - Program



NOTICE OF SPECIAL MEMBERSHIP MEETING ON JUNE 5, 2008

To vote on the merger of NAMI—North Inland—San Diego County into NAMI San Diego. See Louise Groszkruger's column on **page 2**.



President's Page
By Louise
Groszkruger

Great News: NAMI North Inland recently began talks with NAMI SD to discuss the concept of merging NAMI North Inland into NAMI SD. As a result of many discussions, both Boards are very excited about this endeavor. We believe that there is lots of duplication of effort between the two organizations which increases costs and work load. For example, we both put out a monthly newsletter for our members, and both contain information about County-wide NAMI meetings. One newsletter, with contributions from North Inland volunteers and NAMI SD, will accomplish the same goal with less work and expense. NAMI SD currently collaborates with our sister organizations by using the NAMI WALK money to pay for County-wide Family-to-Family meetings, IOOV, and Peer-to-Peer. In addition, our Education Director schedules the Family-to-Family programs throughout the County. This merger not only presents an exciting opportunity for growth, it makes a lot of sense. Most importantly, from my perspective, the merger will create a bigger and stronger NAMI SD. The bigger our voice the more we can accomplish.

Both of our Boards of Directors have discussed at length the logistics and potential pitfalls of this merger. We believe that we have some very exciting ideas of how to make this work for all NAMI SD and North Inland, without geography creating barriers. Some of NAMI North Inland's Board members will join the NAMI SD Board, and North Inland will have a committee that reports to our Board to ensure that we are meeting the needs of North Inland members. For family members and consumers, there won't be any changes. Your monthly education meetings, support groups, and IOOV presentations will continue as they

do now. There will be no changes in time or location. The same is true for NAMI SD members.

On behalf of NAMISD's Board of Directors I want to invite each of you to join us at our June 5, 2008 education meeting. In addition to our normal presentation, Bettie and I will be there to answer any questions that you might have regarding this merger. At this meeting, we will also hold a mandatory election for NAMI SD members regarding this merger. For those of you who will be unable to attend the June 5, 2008 meeting, we will mail a Proxy to all members. Please remember that you must be a NAMI SD member to vote in this election. If your membership has lapsed, or if you have been thinking about joining, you have until May 15, 2008 to join in order to vote in this election. We sincerely hope that most of you will be able to attend our meeting on June 5, 2008 to hear more about this exciting proposal and to participate in the election process. Should you have any questions prior to the meeting, you can contact me at (619) 929-4340 or Bettie at (619) 584-5567.

I would like to personally thank Katie W. Cohen, Esq. of The Law Office of Katie W. Cohen for providing her legal services for this merger pro bono to NAMI SD and NAMI North Inland. This is an invaluable service she has donated.

On a very different and sad note, I wish to express my most heartfelt condolences to Shannon Jaccard and her family for the death of her brother, Jeff Christopher who died while hospitalized on Friday, 4/11/08. Jeff's battle with Schizophrenia has been a driving force in Shannon's life, as she has worked diligently to end the stigma of mental illness and improve the lives of everyone whose life is touched by mental illness. As a mother and sister, I cannot fathom their pain. The most I can say is that our hearts are with you as you journey through this difficult and dark time.

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**

Board of Directors:

- ▶ President - Louise Groszkruger
- ▶ Past President - Sally Shepherd
- ▶ Treasurer - Paul Cumming

Directors at Large

- ▶ Donald Berk
- ▶ Judy Wasik
- ▶ Chris Gorman, MD
- ▶ Gay Ames
- ▶ Karen Britt
- ▶ Wendy McNeill

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- ▶ 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**

Telephones:

(619) 543-1434 (Helpline)
(800) 523-5933 (Helpline)
(619) 584-5564 (Administration)
(619) 584-5569 (Fax)

E-mail: information@namisd.org
Web Site: 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 or contact
any of the people mentioned in the
articles.**

Education Corner
By Anita Fisher
Education Director



Congratulations to Devin Eshelman, Isabel Vidales, and Yolanda Cortez, Peer-to-Peer Mentors, for completing the first Peer-to-Peer in Spanish (Persona-a-Persona). NAMI San Diego was selected as one of four pilot affiliates in the country to conduct the class in Spanish.



Devin Eshelman, Gina Osuna, Isabel Vidales

What is Peer-to-Peer?

The National Alliance on Mental Illness's Peer-to-Peer Education Course is a nine week-two hours per week-educational course on the topic of recovery for any person with serious mental illness who is interested in establishing and maintaining wellness. The Course uses a combination of lecture, interactive exercises and structured group processes, and the diversity of experience among

course participants affords for a lively dynamic that moves the course along.

The course is designed to offer an opportunity for growth to ANY individual who experiences mental illness.

The course is taught by a team of three trained "mentors" or Peer-teachers, who are themselves experienced at living well with mental illness.

NAMI's Peer-to-Peer Education course is offered free of charge to people who experience mental illness. You do not need to be a member of NAMI to take Peer-to-Peer.

Course topics include:

- Stigma and Mental Illness
- Taking Care of Yourself Emotionally, Physically, and Spiritually
- Medication, Coping Strategies, Empowerment, Advocacy, Relationships
- Story Telling
- Create a Relapse Prevention Plan and Advance Directive

Are you interested in attending this course?

If so, please call the NAMI San Diego office at

619-543-1434 or 1-800-523-5933

C.A.R.E. Support Group
(Spanish)

Consumers Advocating Recovery through Empowerment

A peer-based, mutual support group model. It is an alliance of individuals' common experience of

living with mental illness. In NAMI-CARE we use our personal experiences as learning opportunities for ourselves and others. The purpose is to support the process of personal recovery among people who have been diagnosed with a serious mental illness.

Casita de Salud
 486 Camino de la Plaza
 San Ysidro, CA 92173
 2nd Saturday of the month/
 9:30am-11:30am

ANNOUNCEMENT
F2F CLASSES
(Family to Family Class)

NEXT CLASS: (English)
 May 13, 2008 - July 29, 2008
 TUESDAYS

LOCATION:
 Christ The King Lutheran Church
 1620 South Stage Coach Lane
 Fallbrook, CA. 92028

TO REGISTER:
 Kathy McKernan 760-550-0419

ANNOUNCEMENT
P2P CLASSES
(Peer to Peer Class)

NEXT CLASS: (English)
 Coming Soon in May 2008
 Exact date to be determined

LOCATION:
 To be determined

TO REGISTER:
 Sign up for the waitlist to be notified of class startup at the helpline 619-543-1434 or 1-800-523-5933

Newly Diagnosed...Again
 By Julie Benn
 Communications Specialist

Mental illness is a strange thing. Of all the illnesses, it seems to be the most mutable, permeable, changeable and illusive, which can be frustrating and freeing at the same time.

I have had mental illness in the form of depression and anxiety for most of my life. It has mutated into other forms of expression, such as anorexia and cutting in my teen years and PTSD and OCD in my early adult years. With each decade, I seem to drag along with me another diagnosis of some sort and my thirties have been no different.

Recently, to both my surprise and relief, I was diagnosed with a disorder that is new to me, but that I have most likely suffered from all most of my life—attention deficit disorder (ADD/ADHD). Must be the journalism degree in me, but ever since I got my diagnosis I've been the news hound on the hunt for information on ADD and particularly in women.

What I found was symptoms and stories that seem to fit my past behaviors and habits to a tee. Some of the stuff I didn't relate to at all (such as the aggressive behavior, usually found in males with ADHD) but other stuff I did (the inattention, restlessness and impulsivity) and it felt like pieces of a puzzle finally fitting together. And it also explains why I hate doing puzzles, by the way—I get bored too easily and can't concentrate. Those 500-piecers we dug out at Christmas vacation just about did me in!

All these years of not understanding why I don't "get" things like other people seem to. Why I have

had to repeat things (conversations, classes, mistakes!) over and over again. Why I trip over both highly creative unfinished projects and massive clutter in my home. All of this seems to now have a scientific explanation. Not an "excuse," but rather a reason that makes sense to me.

And with this "reason" comes medication and therapy. I was surprised at how quickly the new medicine helped me focus and helped lift my endless depression. I can now get out of bed and actually accomplish things (although the house is still a wreck—one thing at a time, right?).

With the help of my trusty psychiatrist and psychologist, I have hope that this new understanding of an old brain disorder can help me redefine myself in a more positive way. Putting a real name on a cluster of symptoms actually helps me do just that. I'm not just the lazy and dumb person I have thought I was for so long.

Being part of the Stigma Busting team with the NAMI Outreach department is a huge part of my life and my acceptance of myself. When I go out and do presentations in the community, I have started talking about ADHD when I discuss why I work for NAMI and my own brain disorders. I have had amazing response with many coming up to me afterwards and comparing notes (usually written on our hands and scraps of napkin!) about what it is like to suffer with this and other mental illnesses. This is rewarding work that I am proud to do.

So, I have yet another diagnosis. Sometimes I feel like a walking Diagnostic and Statistical Manual of Mental Disorders (DSM). However, I do know that I am not

merely the sum of my mental illnesses. I am a person who is trying to live well with what I've got. And I'm very glad I've got NAMI to help me do just that.

In Our Own Voice Spotlight
 By Diana Waugh
 IOOV Coordinator

This month the spotlight is on Katrina Mathews, one of our newest presenters.

Katrina worked in public radio for ten years, as a graphics designer with her own company, Kaleidoscope Arts, and has been an educator in a variety of fields.

She is currently employed as a Payee Representative at NAMI San Diego and is enrolled in the Doctoral Program at Alliant International University, working on her Masters Degree in Marital and Family Therapy.

Katrina is interested in researching the biological cures of Major Depression with which she has lived for 25 years; had her first episode at age 11 and was hospitalized in her teens for a suicide attempt. She is passionate in her need to educate in order to erase the stigma surrounding mental illness.

She'll tell you, with a twinkle in her eye, that she loves to spend time with her husband and "tormenting" her cat. As you can tell, Katrina has a "quirky" sense of humor and brings her spirit of fun, as well as her passion, to her In Our Own Voice Presentations. We are lucky to have her on our team.

I hope you all get a chance to hear her story.

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

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

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
e-mail: 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

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

Vol. XII, Issue 5, May 2008



4480 30th Street
San Diego, CA 92116

Non-Profit
Organization
U. S. Postage
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San Diego, CA
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Return Service Requested

FREE
Education & Advocacy
1st Thursday!!!

May 1, 2008
University Christian
Church

= **DETAILS INSIDE** =



Alice Nelson Thompson
By Janice Karsh
Helpline Specialist

Each month this newsletter you are reading is written, edited, formatted, delivered to the printer, printed, folded and delivered to our NAMI office. On the fourth Wednesday of each month at 9:00 am (or thereabouts), the Newsletter Crew gathers in the conference room to complete the mailing process. This process includes taping the edges closed and placing the address label on the front and then of course delivering to the bulk mailing center at the post office.

This crew consists mostly of NAMI old timers, folks who have been involved in NAMI activities for several years. As we are not growing any younger, we are starting to lose some of our faithful volunteers. Some can't drive anymore or have other obligations or have passed on.

We lost Hank Teisher last November and now, just last month, we have lost another volunteer.

Alice Thompson attended almost every month to tape and place labels.

She suffered macular degeneration, but very carefully placed those labels on the NAMI newsletters. She always verified the method of taping closed the newsletters because she also helped with a Women's club letter and each group had a different method. Her husband Tom always drove her and picked her up afterward but eventually he joined our group, also. Afterward they would go to Perry's Cafe on Pacific Highway for lunch.

Unfortunately, Alice fell at home and sustained a severe injury from which she did not recover. A Memorial was held on April 5th. We will sorely miss her and hope that Tom will once again join us when he is ready.

Perhaps others of you would like to join us also. Contact information@namisd.org



***2008 San Diego County NAMI Walk dedicated to activist
Shannon Jaccard and her late brother, Jeff***

Shannon Jaccard is not only the Walk Manager and the Communications Director at NAMI San Diego (National Alliance on Mental Illness), she is also a loving, caring sister to a young man with schizophrenia who died April 11, 2008 in a hospital where he was being treated for his mental illness. NAMI dedicated the 2008 NAMI Walk to Shannon, the vital work she does and the memory of her brother, Jeff Christopher.

The 2008 2/5K NAMI Walk/Run in San Diego held Saturday, April 19 at Balboa Park is the organization's biggest fundraiser, and is actually held nationwide to raise money and awareness about our country's need for a world-class treatment and recovery system for people with mental illnesses.

Shannon's story about her brother is endearing, if not tragic. In an open letter to the public about why she walks and works with NAMI, she recently wrote: "He is my brother and only sibling. Growing up, I am the one who taught him to ride a bike, tie his shoe, and shield him from monsters in his closet. Of course we had the normal sibling rivalry but we were each other's companions."

"Years (later) his brain started to struggle. For the past six years, we have fought hard with many barriers to help him recover. One of the biggest barriers is the lack of education in the community on mental illness, which is one of the main missions of NAMI and the reason we as a family support this cause. My brother has to be one of the bravest persons I know. Each day he fights to fit in, to understand what is happening to him, and to overcome the loss he has experienced due to his illness, as does the rest of my family." This was written prior to Jeff's death on Friday, April 11, 2008.

Jeff was not alone in his struggle. To put it in perspective, more than 244,000 people are living with mental illness in San Diego alone. In the state of California, 600,000 children, adults and elderly are in need of mental health services that aren't readily available. In our nation, one in five people will suffer from a serious mental illness in their lifetime.

Your participation in the walk will help many who are in desperate need of diagnosis and care. NAMI San Diego is our city's own voice on mental illness. Your support will shine a light on stigma attached to mental illness—a stigma that comes from fear due to lack of knowledge. NAMI is at the center of education, support and advocacy regarding these brain disorders.



Walk Feedback!

We were all there bright and early with the excitement of walking For The Mind of America. We want to thank you all for joining us and helping us make a difference and a stand for better mental health services.

Thank you friends and family. Thank you to Scott Peters and to Geni Cavitt (Channel 10 news) for joining us to give us a stronger voice. Thank you Adrian Grenier (Entourage, The Devil Wears Prada) for surprising us and walking in support of his cousin who helped us raise money and reach our goal. Thank you Gay Men's Choir, you sang beautifully. And, thank you staff and volunteers, without you this would be impossible.

Don't forget to send your pictures to information@namisd.org We'd love to post our digital memories on our website and possibly future printings. We love you!