

First Thursday Free Education & Advocacy Meeting July 3, 2008

Ask the Expert: John McNamany

Back at popular request to answer your questions, John has the unique ability to combine his own experience with manic depression with outstanding research and an understanding of the disease and its personal devastation from listening to the hundreds of followers of his website, McMan's Depression and Bipolar Web, and newsletter, McMan's Depression and Bipolar Weekly.

Program: Supportive Employment Services

San Diego County has reached the point of having more programs to help people find, get, and hold jobs than we can present to you in one evening. Three very good programs comprise this panel but please tell us about other programs you would like to hear more about.

Kay Masyrk Davis, Mental Health Employment Services, MHS, Inc.

Employment Services assists mental health consumers become successful and satisfied in permanent part-time and full-time jobs. Through our partnership with the Department of Rehabilitation we offer a FREE instructional program that assists consumers entering the workforce.

Juan Medina, San Diego Employment Solutions, MHS, Inc.

Employment Services assists seriously mentally ill individuals to obtain and keep competitive employment in jobs of their choosing. It is fully integrated with the clients' treatment providers to ensure that clients have access to the full array of community resources for themselves and their families.

Judi Patterson, STRIVE, Second Chance.

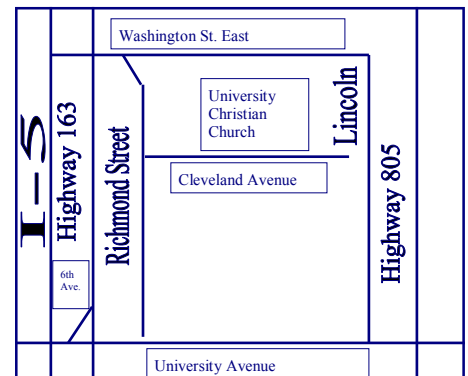
Originally pioneered in Harlem in the 1980s, STRIVE has graduated over 33,000 individuals internationally. Second Chance is one of the largest and most successful STRIVE affiliates in the world, helping change the lives of some of the most "difficult-to-serve" populations in the region, including at-risk youth, people who are homeless, recovering addicts, and former prisoners reentering the community.



Schedule:

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

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



Back to our regular location



Education Corner
By Anita Fisher
Education Director

This month we are highlighting our Education & Support Programs related to children's mental health: Parents and Teacher's as Allies and NAMI Basics.

Parents and Teachers as Allies

This program is designed for teachers, administrators, school health professionals and others in the school community. NAMI is also developing a program module for parents and caregivers in the school community on the early warning signs of mental illnesses.

The components of the in-service education program for school professionals include the following:

I. Welcome & Intro. – an education professional, who is also a family member, welcomes the school professionals and introduces the topics to be covered, often with a personal story.

II. Early Warning Signs of Mental Illnesses – a facilitator walks the school professionals through the early warning signs of mental illnesses, closely following the P&TA publication.

III. Family Response – a parent or caregiver of a child with mental illness covers the predictable stages of emotional reactions among family members dealing with the challenges of mental illness and the lived experience of raising a child with a mental illness.

IV. Living with Mental Illness – a

mental health consumer that experienced the early onset of mental illness shares a view from the inside, including a discussion about the positive & negative impact that their school experience had on their life.

V. Group Discussion

VI. Closing Remarks and Evaluation

NAMI Basics Education Program The fundamentals of caring for you, your family and your child with mental illness

What is NAMI Basics?

NAMI Basics is a new NAMI national signature education program for parents and other caregivers of children and adolescents living with mental illness. The six session course is taught by trained teachers who are also parents/caregivers of individuals who developed the symptoms of mental illness in childhood. The course provides the fundamentals a caregiver needs to care for themselves, their family, and their child who is living with a mental illness.

The program was developed around elements that have been extensively tested & found to be highly effective in the field, including:

- Recognition of mental illness as a continuing traumatic event for the child and the family
- Sensitivity to the subjective emotional issues faced by family caregivers and well children in the family
- Recognition of the need to help ameliorate the day-to-day objective burdens of care and management

Continued on Page 3

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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The NAMI San Diego Advocate is a monthly publication of

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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.

- Gaining confidence and stamina for what can be a lifelong role of family understanding and support
- Empowerment of family caregivers as effective advocates



NAMI Basics course is taught by trained teachers who are parents or other caregivers of individuals who developed symptoms of mental illness prior to the age of 13 years. All instruction and course materials are free to class participants.

What are the goals of the NAMI Basics program?

- 1.To give the parent/caregiver the fundamental information necessary to be an effective caregiver.
- 2.To help the parent/caregiver cope with the traumatic impact that mental illness has on the child living with the illness and the entire family.
- 3.To provide tools for the parent/caregiver to use even after completing the program that will assist in making the best decisions possible for the care of the child.
- 4.To help the parent/caregiver take the best care possible of the entire family – especially themselves.

What does the course include?

- Introduction to the normative stages of emotional reactions of

the family to the trauma of mental illness

- Insights into an empathic understanding of the subjective, lived experience of the child living with the mental illness
- Current information about Attention Deficit Disorder, Major Depression, Bipolar Disorder, Conduct Disorder, Oppositional Defiant Disorder, Anxiety Disorders, Obsessive Compulsive Disorder, Childhood Schizophrenia and Substance Abuse Disorders
- Current research related to the biology of mental illness and the evidence-based, most effective treatment strategies available, including medications used to treat mental illness in children and adolescents
- Workshops to learn problem solving, listening and communication skills
- Examples of strategies that have been found helpful in handling challenging behaviors in children and adolescents
- Information about the systems that are major players in the lives of children and adolescents with mental illness – the school system and mental health system
- Exposure to personal record keeping systems that have proven to be effective for parents/caregivers in their interactions with the school and healthcare systems
- Information on planning for crisis management and relapse
- Information on locating appropriate supports & services within the community
- Information on advocacy initiatives designed to improve and expand services, with an emphasis on personal advocates for the parent/caregiver and child on an individual level.

Please let your school know about the NAMI Parents and Teacher's as Allies Presentation. They can request a presentation by contacting Anita Fisher, NAMI San Diego at 619-398-9851.

Any parents or caregivers interested in attending our NAMI Basics class starting in the fall 2008 can also contact us at the NAMI San Diego Helpline at 619-543-1434 to have their names added to the wait list.



Schizophrenia: Education for Families and Caregivers

A seven-week free educational program for families, loved ones and caregivers of people with schizophrenia. This lecture series is designed to help families and caregivers make a positive difference in the life of a person with schizophrenia.

For information and to register for classes, call the NAMI San Diego Helpline at (619) 543-1434 or 1-800-523-5933

NAMI San Diego member Phyllis Carlson invites you to the Showcase at the Salvation Army Kroc Center on July 25th at 7 pm. Phyllis will be presenting an entertaining monologue that evening. The Kroc Center is located at 6845 University Avenue, San Diego, CA 92115.



My Stroke of Insight
Book Review
 By *Julie Benn*
Communications Specialists

My Stroke of Insight
offers unique view into brain
chemistry and compassion

I discovered an amazing book called "My Stroke of Insight" by Dr. Jill Bolte Taylor. Now this is a big deal because I am not one who reads books, or, at least entire books (thanks, in part, to my newly diagnosed Attention Deficit Disorder!), but this was one that I just couldn't put down.

Dr. Taylor is a Harvard-trained brain scientist, former National NAMI board member, and current President of NAMI Indiana's Greater Bloomington affiliate who also has a brother that lives with schizophrenia. In fact, it is her brother's diagnosis that spurred her career in studying the brains of those who lived with mental illness. She was also recently recognized by TIME magazine as one of "the world's 100 most influential people" alongside the likes of Hillary Clinton and Steve Jobs.

At the young age of 37, Dr. Taylor had a stroke that affected the left hemisphere of her brain—the center of language, judgment and linear thinking. In her book, she tells the blow by blow story of how it happened as the observer inside of her own head. With great consciousness she describes how her mind deteriorated to the point that she could not walk, talk, read, write or recall any of her life, all within the space of a few hours.

Now this alone would be compelling, but Dr. Taylor goes onto tell

how it felt to live in the more unifying, euphoric and intuitive right hemisphere of the brain, away from the detail and time-oriented left side. She alternated between two opposite



realities as her brain circuitry switched between the left and right hemispheres during her eight-year-long healing process.

She also describes, with great fondness, the care she received from her mother, G.G. Taylor, during this fretful time. In fact, in many ways, it is truly a love story between a hurting daughter and her attentive, hopeful and affectionate mother.

Ultimately, though, Dr. Taylor's story is one of recovery and coming to terms with the compassionate consciousness, including feelings of well-being and peace and nirvana, that we all can attain by tapping into our right hemisphere—even without having a stroke!

In order to get a taste of what the book is about and a view into the enthusiasm and wisdom that is Dr. Jill Bolte Taylor, go to the TED (Technology, Education and Design) Conference website at this link: www.ted.com/talks/view/id/229 and watch her video.

You can also see her on Oprah's Soul Series webcast at: www2.oprah.com/spiritself/oss/guest/oss_guest_jboltetaylor.jhtml

In Our Own Voice Spotlight
 By *Diana Waugh*
IOOV Coordinator

This month we are spotlighting In Our Own Presenter, Gigi Kraus. Gigi is tri-lingual (English, French, Spanish) and graduated from UCLA with a BA in French. She also earned a California Professional Clear Multiple Subject teaching credential. Gigi is well traveled and lived in Paris for years.

As a presenter, she shares her battles with bi-polar, mostly with major depression, but she also talks about her delusional episodes. She shares her family history with mental illness and her father's difficulty in understanding and accepting her illness. She also talks about her disappointment in having to give up her teaching career and her search for how to build a new life while living with her illness.

Gigi was recently hired by Partners in Care as a Consumer Representative for the North Central Region and says she looks forward to being an advocate for adults and older adults in the mental health system of care.

Congratulations, Gigi. We're glad you will still be giving In Our Own Voice Presentations. Your story inspires and lets people know that one can live a productive life while living with a mental illness.

She is volunteering to help NAMI's Gina Osuna in her Spanish Outreach as well as coming on board with NAMI's new program "Parents, Teachers as Allies" this July.

In addition, she is finally back on stage after a 10 year absence and is performing in the musical "Annie Get Your Gun". She is very happy to be back in the game of life again!

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 Thursday (July 3), 6:30 - 9:00 p.m.
140 Arbor Drive, San Diego, CA 92103
2nd Floor Rm 247

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@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

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

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San Diego, CA 92116

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FREE
Education & Advocacy
1st Thursday!!!

July 3, 2008
University Christian
Church

= **DETAILS INSIDE** =



Tell Us Your Story!

We want to hear your story of recovery and how NAMI has been a part of your life and that of your loved one's.

We will be adding stories to our e-newsletter version (at times our paper newsletter). A good way to read the journey of others.

E-mail: information@namisd.org

For confidentiality, please note that we will be referring to the authors only by the first letter of their name and content may be modified.



Go green! Sign up for our e-newsletter and request to stop your paper newsletter by contacting us: ritanavarro@namisd.org



Schizophrenia: Twice as Common as HIV/AIDS, But Survey Shows Americans Misinformed

Twice as many Americans live with schizophrenia than with HIV/AIDS, but a major report by the National Alliance on Mental Illness (NAMI) reveals most Americans are unfamiliar with the disease.

"There are many misconceptions and misunderstandings regarding schizophrenia," said NAMI San Diego Communications Director Shannon Jaccard. "These gaps in knowledge have led to stigma, poor access to care, and a public health care crisis."

The report is available at:

www.nami.org/schizophreniasurvey

It is based on an on-line survey conducted by Harris Interactive among the general public, caregivers and individuals living with schizophrenia.

Approximately two million Americans live with schizophrenia. Two-thirds do not receive treatment, even though the disease can be managed successfully.

The survey found the average age at onset was 21, but a nine-year gap exists between symptoms and treatment.

- 85% of Americans recognize schizophrenia as an illness, 79% believe that with treatment, people with the diagnosis can lead independent lives, but only 24% are familiar with it. Many cannot recognize symptoms or mistakenly believe they include "split" or multiple personalities (64%).

- 79% want friends to tell them if they have schizophrenia, but only 46% say they would themselves. Even with treatment, 49% are uncomfortable with the prospect of dating a person with schizophrenia.

- Among people living with schizophrenia, 49% said doctors take their medical problems less seriously, even though the report notes that the death rate from causes like heart disease or diabetes is 2-3 times that of the general population.

- A vast majority believe that better medications (96%) and health insurance (82%) would be most helpful to improving their condition

"These gaps in knowledge have led to stigma, poor access to care, and a public health care crisis."

- Caregivers agree better medications are needed. Approximately 80% have difficulty getting services for loved ones, 63% have difficulty finding time for themselves, and 41% have provided care for more than 10 years.

The report offers five recommendations:

- Public education
- Closing the gap between symptoms and treatment
- A welcoming healthcare system
- Education and support for caregivers and individuals living with the illness
- Greater investment in medical research

On a local level, NAMI San Diego offers support, advocacy and education about many mental illnesses, including schizophrenia. In fact, the agency holds a class solely on the illness called "Schizophrenia: A Family Education Curriculum" for family members, friends and caregivers. Understanding schizophrenia as a biological brain disease, treatment and recovery, medication and helpful family roles are just a few of the topics .

The class on schizophrenia is just one of many support programs offered by NAMI San Diego. Others include: Family-to-Family, Peer-to-Peer, and NAMI C.A.R.E support groups. "Our idea is that the more we educate, the less stigma there will be surrounding mental illness, which, as this national report indicates, is a huge barrier for individuals with mental illness seeking and receiving treatment," Jaccard said.

The In Our Own Voice program is another of NAMI San Diego's stigma-busting offerings that features two people who have mental illness speaking about their experiences going through the five stages of recovery: dark days, acceptance, treatment, coping skills and success, hopes and dreams. It is a powerful presentation that the organization is taking to San Diego institutions, hospitals, corporations, churches, schools, crisis centers—basically anywhere they can to get the message out that people can and do live well with mental illness, including schizophrenia.

NAMI (National Alliance on Mental Illness) is a non-profit organization that provides education, support services and advocacy to improve the lives of everyone affected by mental illnesses. For more information, visit:

www.namisandiego.org or call 619-543-1434 or 1-800-523-5933.

NOTE TO EDITORS: NAMI San Diego has people who live with schizophrenia and other serious mental illnesses and/or their family members available for interviews, simply call Shannon Jaccard at (619) 584-5564 or email shannonjaccard@namisd.org for more information.



San Diego Health Care Coverage Initiative (CI)

The Health Care Coverage Initiative (CI) will enroll eligible uninsured San Diego residents into a chronic disease management program targeting the medical conditions of diabetes and/or hypertension.

Eligibility Criteria:



Targets residents suffering from:

- *Diabetes
- *Hypertension

No co-payment or monthly premiums

- * Diagnosis of diabetes and/or hypertension
- * No linkage to Medi-cal via children or disability, no other health insurance
- * No access to health insurance in the last 3 months (with some exceptions)
- * 21 thru 64 years of age
- * Residents of San Diego County
- * US Citizen or Legal Permanent Resident
- * Gross income up to 200% of the Federal Poverty Level (Single adult \$1,702)
- * No property limit

Patient selects a medical home from list of clinics participating

Contact a Certified Application Assistant (CAA) for additional information Neighborhood Healthcare – El Cajon Maria Abarca – (619) 440-7616 ext. 218 Neighborhood Healthcare – Escondido Damaris De La Torre – (760) 690-5907



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www.nhcare.org