

*First Thursday Free Education & Advocacy Meeting  
Will NOT be Held for the Month of August*

**Please note that during the month of August NAMI San Diego does not hold a Board Meeting or the First Thursday Education & Advocacy Meeting. If you have any questions, feel free to call our helpline at 619-543-1434 or 800-523-5933**

**In order to keep our members informed, we have created this newsletter to be distributed via PDF format and e-newsletter.**



*NAMI SD Needs You  
By Louise Groszkruger  
Board President*

NAMI SD is first and foremost a "membership" organization, and your membership is important to us and the greater San Diego mental health community. As a member you are supporting NAMI SD's advocacy, education, and support of everyone affected by mental illness in our community. Your membership helps us provide valuable community outreach and education designed to eliminate the stigma of mental illness. By joining or renewing your membership to NAMI SD your voice can be heard as part of NAMI California and NAMI National; you will receive our monthly newsletter; have the right to vote in NAMI SD and NAMI CA elections. For example, Shannon Jaccard, NAMI SD's Communication Director, is running on the NAMI California Board. Shannon's presence on the NAMI California Board will make our voices even stronger. Most of all, your membership will help us achieve our goal of making NAMI SD a household word when it comes to mental illness.

Merger Update: The Merger of NAMI SD and NAMI North Inland is well under way. NAMI North Inland will publish their last newsletter in the month of August. Beginning in September North Inland will contribute to the NAMISD Newsletter. In addition I want to emphasize that all North Inland programming will continue as always with no changes in scheduling. Membership dues are currently being sent to NAMI SD.



**Save The Date**  
30TH ANNIVERSARY DINNER  
NOVEMBER 7, 2008  
KONA KAI RESORT



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

I would like to extend a great big Thank You and Congratulations to all of the Family-to-Family Volunteer Teachers who taught classes this fiscal year. The Family-to-Family Teachers are people who took the class themselves, and found it so valuable in helping them; they volunteered to be trained and teach classes. Volunteer F2F Teacher candidates attend a free intense 3-day training workshop that includes lodging and meals.

Between the months of July 1, 2007 and June 30, 2008 over 200 family members and loved ones of persons with a mental illness diagnosis took the 12 week Family-to-Family course. We offer the F2F course throughout San Diego County (North Coastal, North Inland, and San Diego). Classes are also taught in Spanish, Vietnamese, and Arabic.

We are ready to accept registrations/wait list for our Fall/Winter 2008 classes. Check your monthly newsletter or contact us at the Helpline (619) 543-1434 as new classes may be added throughout the month.

Family to family is an Education Program for Families and Friends of individuals who experience mental illness

This 12-week class series is taught by trained family members who have lived with the experience of having a family member diagnosed with mental illness. This class is free of charge and all materials are provided. The Family-to-Family course topics include:

- Learning about feelings, learning about facts
- Schizophrenia, Anxiety Disorder, Obsessive-Compulsive Disorder, Borderline Personality Disorder, Bipolar Disorder and Depression
- Basic brain biology/new research
- Problem solving workshop
- Medication review
- Empathy workshop - what it's like to

have a brain disorder

- Communication skills workshop
- Self-care
- Rehabilitation services-what's available
- Advocacy: fighting stigma

**FAMILY TO FAMILY**

Language: English

Dates: 8/28 - 11/13, 2008

Day of Week: Thursday's

Times: 6:00pm-8:30pm

Location: EAST-Pegasus East-Dual Recovery Center

7841 El Cajon Blvd.

La Mesa, CA 91941

To Register (619) 543-1434

Language: Spanish

Dates: 9/11-12/4, 2008

Thursdays 9:00am-11:30am

Location: Southeast Mental Health Clinic-

3177 Ocean View Blvd.

San Diego, CA 92113

To Register (619) 543-1434

To Register in Spanish contact Rita Navarro (619) 398-9850.

We are accepting registration for our Fall 2008 NAMI Basics Education Program listed below.

**NAMI Basics Education Program**

The fundamentals of caring for you, your family and your child with mental illness. 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.

**NAMI BASICS**

Dates: Oct 7,14, 21, 28, Nov 4, 11, 2008  
 Tuesdays 6:30pm-8:30pm

Location: North Central Family & Youth Roundtable

3434 Midway Suite 2005

San Diego CA 92110

To Register (619) 543-1434

***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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**Executive Director**

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

**Telephones:**

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 (619) 584-5569 (Fax)

**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.**



*Everyone Knows Bettie: NAMI National Conference 2008*  
*Wendy McNeill -Board Member*

No, Wendy, we're not in Kansas anymore, and that's not a tornado. It's a downpour at 4:13 p.m. on June 14, 2008. And it's still upper-80-something degrees.

It's not Kansas, or San Diego--it's Orlando, Florida--and to reiterate, it's raining and hot. This is where Bettie, Rita, and I spent four days at the NAMI National Conference. All I can tell you about the specific location is that it was at a conference center near I-Hop and Red Lobster (went to both), and off of International Drive, a swanky, neon-laden avenue resembling the Strip in Vegas (went there, too.)

Let me start by saying that my overwhelming discovery at this conference was that Everyone Knows Bettie. In fact, though my name tag read, "Wendy McNeill: San Diego," I would have been more appropriately labeled, "Wendy McNeill: Knows Bettie." Assuredly, not absolutely everyone who attended the conference knew or knew of Bettie. Maybe five people at the conference of 2,000 or so did not, but that worked in my favor. Everyone wanted to talk to me. I knew Bettie.

And talk I did. I did some listening, too. (Surprise! Personal Growth!) It was my pleasure and privilege to meet people from all over the country who shared the same mission. However, a big surprise to me was that the NAMIs

across the country were not replicas of NAMI San Diego. Rather, each state has its own configuration, implementation of services, and of course, resources. A couple of observations/opinions here:

- NAMI Western Pennsylvania was the most cutting-edge NAMI I encountered. They have advanced Web technology, heavy legislative ties in their state, and strong membership. Moreover, the youngest NAMI member I met (22 years old) was from W. Penn and declared, "NAMI saved my life."

- The Executive Director for NAMI Oklahoma was the only paid staff person in that state. Volunteers often would drive over 60 MILES to attend their events.

- A strong focus of NAMI St. Louis was the collaboration with law enforcement. NAMI St. Louis has a paid staff member who follows up with families whose loved ones have been 5150ed. Follow-up can last for up to 6 months.

- Two peer advisors with the VA were in attendance from Florida and Louisiana. They reported the difficulties with fragmentation of services for veterans, particularly the separation in services between mental health and chemical dependence.

- I met the Executive Director from NAMI New Jersey at the hot tub. She and Bettie were working on a grant together. Go figure.

- I was extremely fortunate to be included in an elegant dinner with Bettie, Dana Garel from Eli Lilly, Grace McAndrews, Executive Director of NAMI California, and President of NAMI California, Ralph Nelson and his wife, Denise. What struck me forcibly at this gathering: I was there. And I was sitting next to...Bettie.

In addition to the networking opportunities were the offerings of

the conference itself. A selection of particularly memorable bits here:

- I attended a workshop on the relationship between physical health and mental health. The most grueling statistic from this workshop was the following: People with mental illness live 10 years less on average than people without. (Good news: forget about that LTC insurance!) More than anything, this statistic was a call to action. Take care of your teeth. Lose weight. Walk around the block. Eat your Wheaties. If you can't quit smoking, smoke less. The advice in this workshop was not ground-breaking by any means, but the message was clear. People with mental health issues are more vulnerable to a host of health problems, and extreme preventative measures must be taken. As a result, I made an appointment with my dentist, have been eating lots of salmon, and am rationing my cigarettes. Investigation of The Patch around the corner.

- We went to a Big Meeting. A judge from Florida spoke on the horrors of the prison system, and we watched a film clip showing people in cells in grotesque conditions. Obviously, this is not unique to Florida. I think everyone in the room knew why NAMI was necessary and why we need to build more power in our communities to prevent these kinds of atrocities. The first step in San Diego is the mental health court.

- Sub-point. We were sitting in the back of the room. I scanned the crowd and checked out the demographic. My overarching feeling was that NAMI needs new blood. We need to start growing like the Obama fundraising phenomenon.

## *NAMI San Diego and UCSD release new documentary on depression and seniors*

Depression is often thought as a "normal" part of aging, but it is not. A new documentary video from NAMI San Diego sheds light on what depression in seniors looks like and what can be done to help. Partnering with UCSD's Dr. Sidney Zisook, a Professor of Psychiatry and a leading researcher on depression, this collaborative video puts a face on senior depression and dispels many of the myths that surround it. Copies will be available on August 1, 2008 from NAMI San Diego.

Consider these facts:

Of the 35 million Americans age 65 and older, about 2 million suffer from clinical depression. Another 5 million suffer from less severe forms of the illness.

Around 17% of suicide deaths in the United States occur in the population over the age of 65.

Depression predicts increased rates of death after a stroke, heart attack, hip fracture, and a variety of medical disorders. Depression is considered a risk factor for heart disease equivalent to smoking and diabetes.

Depression often goes undetected and untreated especially among older adults because they may be less willing to talk about their feelings of grief and sadness with others, and doctors may be less likely to suspect it.

Depression is highly treatable and living in recovery is possible. Medications, talk therapy, support groups, and electro-convulsive therapy are highly successful means of dealing with depression.

Some individuals do well with one type of treatment while others require a combination of treatments at the same time. Support from family, friends, and the faith community can also be very important.

Every other month NAMI San Diego's Senior Mental Health Partnership hosts a one-hour educational presentation at County Behavioral Health. They also offer an all-day workshop on different senior issues three times a year. The next will be held in September and the subject is older adults, PTSD and Veterans' needs. A monthly e-newsletter on local and national senior issues is also available from NAMI San Diego.

For more information on the video, depression in seniors, or NAMI San Diego services, call (800) 523-5933. Or visit [www.namisandiego.org](http://www.namisandiego.org)

### **Continued from page 3...**

We need people who speak more than one language. (I can play pool and buy produce in four languages, including Latin.) We need to have as many people at our conference as Comicon, though maybe not the same people.

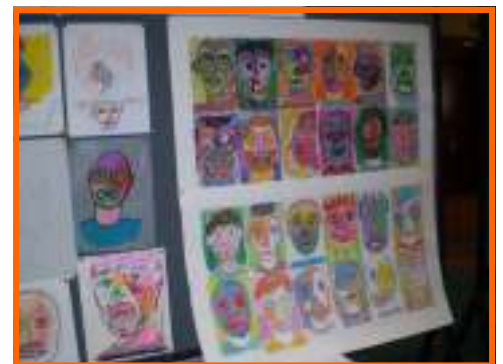
• I went to a workshop about the definition of recovery. Many variations were presented on this theme, including holistic definitions of recovery. I was interested to see that many definitions did not over-emphasize employment. In our you-are-what-you-do culture, I think it is important to impart to people that personal value is not just about your job. This workshop successfully broadened the notion of "wellness."

• I heard three "testimonials." One woman stayed with her extremely ill husband over a period of decades. One man was a prominent lawyer in Oklahoma who suffered from bipolar disorder, lost his career, and then built it back up again. Another young woman had been struggling to keep her head above water for many years and was still committed to graduating from college. This workshop reminded me how these stories of illness can be so unique and so common at the same time.

The biggest deal about the conference for me, apart from the details, was the overall atmosphere of equality. No one knew who had a diagnosis or who did not, and no one really cared. It was rare that I had to answer the question, "What meds do you take?" and when I was asked, it was in the context of an appropriate conversation. Who would have thought I would go to a NAMI National Conference and be a normie?

On the flight home I sat next to a Navy officer named Steve who had once been stationed in San Diego.

I breathed a sigh of relief.  
He didn't know Bettie.



*A Journey Through Self Portraits  
NAMI Convention 2008  
Orlando, Florida*

## 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 San Diego in North Inland Area*

#### **Education Meeting**

2nd Tuesday at 7:00 p.m.  
Kinesis North  
474 W. Vermont Ave.  
Escondido, CA 92025  
Call (619) 543-1434 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 (619) 543-1434 or  
(800) 523-5933

#### **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 (619) 543-1434 or  
(800) 523-5933

### *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.**

### *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

### *TARA Borderline Personality Disorder*

*Support Meetings for Family Members*

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

1st Thursday, 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  
Every Wednesday:  
1:00 - 2:30 p.m.

### EN ESPAÑOL—Casita De Salud

4486 Camino de la Plaza  
San Ysidro, CA 92173  
Llame: (619) 270-6652 o  
(619) 665-3178  
Cada Segundo y Cuarto Sabado  
Del Mes: 10:30 a.m. - 12:00 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 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

## 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  
information@namisd.org  
Volunteer resource specialists provide information & support to callers & visitors, including consumers, family members & professionals.

## Albright Center

Hosts the Helpline, lending library, and take home materials.

### 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: \_\_\_\_\_
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 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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***IOOV Spotlight**  
By Diana Waugh  
IOOV Coordinator*



This month the spotlight is on an exciting new training for the Speakers Bureau to be held in September.

The outreach team: Shannon Jaccard, Communications Director; Julie Benn, Communications Specialist; Brandi Marcoe, Outreach Specialist; and myself have been discussing new ways to introduce NAMI and the message of recovery to a wider audience.

The In Our Own Voice Presentation takes between one to one and a half hours. We are finding that many places that would like a speaker have time constraints, so IOOV is not appropriate. Julie Benn and I have been developing a two fold plan- 1. find new speaking venues and 2. train speakers.

I am a California State Trainer for IOOV so I've been able to utilize training techniques, and Julie has been doing "NAMI 101" presentations that have more in-depth information about NAMI programs than is offered by IOOV. Together we've been developing a new training package that combines the best of both.

Anyone with a mental illness who wants to speak about NAMI and share their brief story may apply. Also, if you know any places that might want to hear about NAMI and recovery please let me know.

You may call me at (619) 398-8665 or e-mail [dianawaugh@namisd.org](mailto:dianawaugh@namisd.org)

Tune in next month for another speaker spotlight

# Mindfulness Study - Participants With Bipolar Disorder Needed



## Want to participate?



## A Study of Emotional and Cognitive Processing

Investigators: Steven Hickman, Psy.D., Colin Depp, Ph.D.  
UCSD Department of Psychiatry

The purpose of this study is to investigate whether a brief focused breathing exercise impacts how people mentally process emotion

### Who is Eligible?

- You may be eligible if you:
  - Have been diagnosed with bipolar disorder
  - Are at least 18 years of age
  - Are willing to come to the UCSD Campus in La Jolla for a two hour meeting

### What will Research Participants be Asked to Do?

In a single 1.5-2 hour session you will –

- Complete several questionnaires and a short Mental health assessment
- Participate in a 20 minute focused breathing activity or be asked to let your mind wander for 20 minutes
- Perform a small set of cognitive tasks on a computer

\*\*\* Participants will receive \$20 and a free CD of mindfulness-based relaxation activities\*

To Find Out More About this Research Study, please contact Ashley Cain at (858) 822-7485 or email [mindlab30@gmail.com](mailto:mindlab30@gmail.com). Thank You!

Emotional & Cognitive Study  
Contact Information  
Ashley Cain: 858-822-7485  
[mindlab30@gmail.com](mailto:mindlab30@gmail.com)

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