

First Thursday Free Education & Advocacy Meeting November 6, 2008—6:30 p.m.

Ask the Expert: New Federal Mental Health Insurance Parity Law – what it does and how it affects California residents (speaker to be determined)

Program: Pathways to Restraint Free Facilities – Why and How
Lisa St. George, LCSW, CPRP, Regional Vice President
Recovery Innovations of California (RICA)

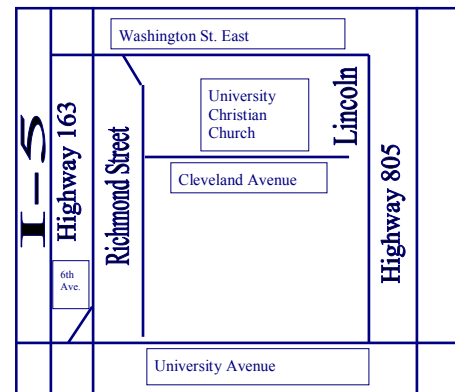
1 to 3 deaths per week occur across the Nation due to seclusion and restraint. - Harvard Center for Risk Analysis

Note: Our December meeting is our Annual Membership Meeting/Potluck Dinner. NAMI California President Karen Henry will join us for dialogue about state and local NAMI partnership.

Schedule:

- 6:30 p.m. - Ask The Expert**
- 7:00 p.m. - Announcements/Advocacy**
- 7:10 p.m. - Program**
- 8:15 p.m. - Refreshments**

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



NAMI San Diego, North Inland Tuesday, November 11, 2008—5:00 p.m.

ANNUAL HOLIDAY AUCTION

Our Holiday Auction is the biggest fundraiser of the year benefiting holiday events for clients in North County. Great holiday shopping and donate to a good cause at the same time. Featuring a silent auction, Hugo's Bird-houses, Winnie's dolls, Lois' fudge and the wonderful baked goods and items donated by our families and friends.

Please drop off your items and stay for the fun. We need your donations of new or gently used items, baked goods, gift certificates or cash donations.

As an added feature the client artists and crafters will be offering their beautiful creations for sale. Please contact Liz at 760 723-3102 if you have any questions. Snacks and Goodies will be served. Come join the fun.

Directions: From Center City Parkway go east on Felicita and turn right first light (Escondido Blvd). Turn right next light (Vermont). Kinesis North (474 W. Vermont) is on the right side almost at the end of the street.

**Meetings held at Kinesis North
474 W Vermont Ave., Escondido, CA 92025**



*Education Corner
By Anita Fisher
Education Director*

Sharp Mesa Vista Hospital, In
Conjunction With NAMI San Diego and
County of San Diego Mental Health
Services, Presents:

SCHIZOPHRENIA: A FAMILY EDUCATION CURRICULUM

6:00pm - 8:00pm (Groups will begin and
end on time)

Presenters: Patti Jakobic, LCSW and
Guest Speakers

Purpose of Group: Provide education to
family members and friends of persons
diagnosed with schizophrenia or
schizoaffective disorder on Monday
evenings.

- * November 3, 2008: Schizophrenia: A
Brain Disease
- * November 10, 2008: Course, Causes
and Prognoses of Schizophrenia
- * November 17, 2008: Treatment and
Recovery
- * November 24, 2008: Anti-Psychotic
Medication
- * December 1, 2008: Psychosocial
Rehabilitation
- * December 8, 2008: Helpful Family
Roles
- * December 15, 2008: 'In Our Own
Voice: Living with Mental Illness'

Classes will be canceled if less than
10 registrants

Location: Sharp Mesa Vista Hospital
7850 Vista Hill Avenue, San Diego, CA.
92123 at the Executive Conference Room

Parking: Sharp Mesa Vista Parking Lot
For reservations and information please
contact the NAMI San Diego Helpline:
619-543-1434 or 800-523-5933

For Directions only call 858-278-4110

**The Criminal Justice Family Support
Group (CJFSG)** is for people whose
family member has mental illness and is
incarcerated now or has been in the
past. The CJFSG mission is two-fold:

- To assist each other when having to
deal with the systems involved when a
loved one with a mental illness is ar-
rested and jailed.
- To combine our collective experiences
and voices to help promote needed
changes to those systems in San Diego
County and California.

DATES: Monthly- 3RD Thursday's
starting October 16, 2008

LOCATION: Spring Valley Youth &
Family Coalition (former site of Spring
Valley Elementary School) ROOM 31

ADDRESS: 3845 Spring Dr, Spring
Valley, CA 91977 (Hwy 94 - Bancroft
exit)

TIME: 6:00pm-8:00pm

For more information and to sign-up for
these groups, call NAMI Education
Director, Anita Fisher, at (619) 398-9851
or contact the NAMI helpline at
(619) 534-1434.

NAMI FAMILY-to-FAMILY EDUCATION IN VIETNAMESE!

- All class materials are provided
- All instructions are in Vietnamese
- This course is designed for family
members and care-givers only
- All classes are entirely free

Time & Dates:

1st class begin Sunday, Nov. 2, 2008

9:30am – 12:00pm

Classes will meet weekly for 12 Weeks

Location:

UPAC Counseling and Treatment Center
5348 University Ave., Room #120
San Diego, CA 92105

To reserve, contact: Tri Nguyen (619)
229-2999 x109

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:

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- ▶ Secretary - Wendy McNeill

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- ▶ 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.**

NAMI 30TH ANNIVERSARY DINNER TO BE HELD NOVEMBER 7th, 2009

NAMI San Diego's 30th Anniversary Dinner will be held Friday, November 7 at the beautiful Kona Kai Resort on Shelter Island. This special event promises to be an evening full of good friends and good memories.

In addition to the 2008 Inspiration Awards presentation, attendees will enjoy a sumptuous hors d'oeuvre buffet during the no-host cocktail hour followed by a gourmet dinner (vegetarian entrée available) chosen just for NAMI by Chef José Martinez. Door prizes will be available to all attendees. Those who purchase a \$1.00 raffle ticket will have a chance to win a two-night stay at the Kona Kai *and* two Hornblower Seafarer's Passes, good for a two-hour Harbor Cruise and Sea Lion Adventure, *or* a Weekday Whale and Dolphin Watching Adventure.



The 2008 Inspiration Awards will honor the following individuals and organizations:

- **Geni Cavitt**, Channel 10 News
Media Champion
- **Richard Conklin**, LCSW, San Diego Sheriff's Department
Mission Champion
- **Ellen Frudakis**, Co-founder – Impact San Diego
Young Adults Role Model
- **Community Alliance for Healthy Minds**, Connie & Rex Kennemer, founders
Innovative Awareness
- **Multicultural Advisory Board** – Advising NAMI San Diego
Multicultural Enhancement
- **Vista Hill**
Organizational Support

Registration is available at the door, but please call now and let us know you will be joining us.

- Registration:** Kimberly Estrada, 619-398-9854
kimberlyestrada@namisd.org
- Place:** Kona Kai Resort
1551 Shelter Island Drive
San Diego, CA 92106
- Time:** 6:00 p.m. – 9:30 p.m.
- Cost:** \$75 per person (\$30 tax-deductible)
- Dress:** Business Attire



Moving Forward
By Devin Eshelman
Consumer Prog. Coord.

First off, my specialty is mentoring and coordinating the NAMI Peer-to-Peer program; this is a nine week class for people with a diagnosed mental illness. I enrolled in my first class over four years ago following a recommendation from my mom who took the first step into NAMI's Family to Family program. Since graduating my class and becoming a Peer-to-Peer mentor (teacher), I have lead over four successful classes in English and have even lead one in Spanish. While mentoring the Spanish Persona-a-Persona class, the materials/translations were all in Spanish and I tried very hard to keep up with the material I thought I knew so well.



What I learned from that experience was how important community is. Before the nine week session was over, every participant felt safe to be themselves in the room. Real healing took place when the members understood that they were a part of something bigger than his or her own self.

That is the best thing for me to do at this point, to promote a sense of community with each person I come in contact who has a diagnosed mental illness. We have been ostracized too much from our families, schools and other environments that it is easy to feel despair and want to give up. If you can promote unity and togetherness in your circles of influence, you may save somebody's life.

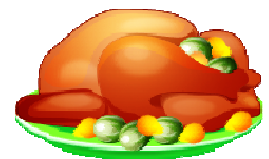
For your information, just over five years ago I attempted suicide by jumping off a three story balcony head first. I survived but lost the use of my legs as I am now a paraplegic. I remember at the time feeling so alone and that nobody on earth could relate to what I was thinking or going through. Now I believe it was a lot of inner pride built up over time as well as not getting in a proper environment where I felt safe to share.

Through this juncture of my life I came to the following conclusion: only when I accept that I have a mental illness, which did not happen until after I was paralyzed, can I move forward on my recovery journey. I also believe that my life experience has given me a gift that I can share and give to others. I am looking to impart this gift in the consumer programs at NAMI San Diego which include not just the Peer to Peer class but also the NAMI CARE groups.

If you don't know already, the information about classes and support groups for Consumers and Family members can be found in the Meeting and Support Group section of this Advocate or the www.namisandiego.org website.



Give Thanks:
The McNeill's Are Born
Wendy McNeill -Board Member



Thanksgiving in my family is just one big birthday party. My brother, Mike "Ike" McNeill (turning 40!), was born on November 21, my sister-in-law, Melinda "Mindy" McNeill, on the 24th, me, Wendy "The Whirl of Swing" McNeill, on the 28th, and my mother, Lee "Mom" McNeill-West, on the 29th. This year, Thanksgiving falls on the 27th. Cosmic, yes?

Given that I'm a firm believer in the fundamental principle of chaos and the haphazard nature of the universe, the season of giving thanks always gives me pause. Despite any family differences or drama, I am always reminded that the Man Upstairs took the time to design one week out of the year that the McNeills think of each other like this: Wow! We made it!

That is certainly something to be thankful for.

Meeting Schedule and General Support Groups

NAMI San Diego

FREE mtgs. & open to the Public.
Phone #'s provided if more information is needed.

NEW! Criminal Justice Family Support Group

3rd Thursday, 6:00 p.m. - 8:00 p.m.
Spring Valley Youth & Fam. Coalition
3845 Spring Dr. Room 31
Spring Valley, CA 91977
Call (619) 543-1434 or
(800) 523-5933

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

COMING SOON!

ECT Support Group
Contact Anita Fisher 619-398-9851

NAMI San Diego, North Inland

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

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

Rcho Bernardo Swim & Tennis Club

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

**For more information on TARA
mtgs. call Sandy (760) 729-5748
or 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 (2nd floor-reception)

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.

COMING SOON!

ECT Support Group
Contact Anita Fisher 619-398-9851

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

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.

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 Drive, Ste. C-E, Oceanside 92054
(760) 439-2785 ✕ Fax: (760) 439-6902
Monday - Friday: 8:00 a.m. - 4:30 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.

Mental Health America 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

8885 Rio San Diego Dr. Ste. 131 San Diego 92108
(619) 293-3500 ✕ Fax: (619) 293-3508
Monday - Friday: 8:30 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 11, November 2008



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San Diego, CA 92116

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IOOV Spotlight
By Diana Waugh
IOOV Coordinator

This month's spotlight is focused on all the presenters who stepped forward to a new challenge.

Julie Benn, an IOOV presenter and NAMI SD Communications specialist, and I developed and gave our first group training for "Foot in the Door".

This presentation will be given when In Our Own Voice is not appropriate due to time, and more in depth information about NAMI SD programs is wanted. The presentation combines our "NAMI 101" and the presenter's reason for volunteering for NAMI and a brief version of the presenters' recovery story. It can be given in 20 to 30 minutes. IOOV takes 1 to 1 1/2 hours.

The program has four purposes; 1. Getting our "foot in the door" so we can schedule future In Our Own Voice presentations, 2. Gives an opportunity for consumers who think they would like to be In Our Own Voice presenters a chance to speak while they are waiting for the next In Our Own Voice Training, 3. Presenters build their self-esteem and speaking skills and 4. NAMI SD reaches a greater audience. I love Win-Win situations.

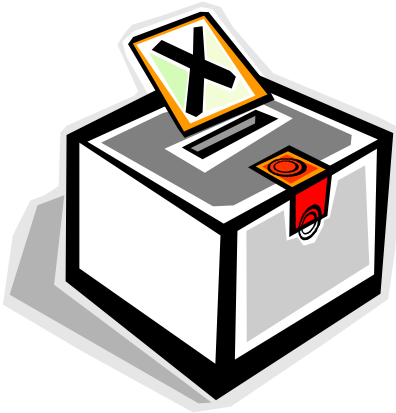
As you know, NAMI SD has merged with NAMI No. Inland so we now have expanded our geographical area to include Fallbrook, Bonsall, Rainbow, San Marcos, Escondido, Rancho Bernardo, Poway, and Rancho Santa Fe.

Please welcome our new No. Inland presenters: Christine Warwick, Kersten Sutter, Kathy Landis, Annie Tustison, Scott Monroe, Norman Bradford and Bill Madden.

Thank you, Annie Tustison, for stepping up to the challenge of helping coordinate IOOV for the No. Inland area.

If you have any suggestions for places for us to give either IOOV or "Foot in the Door" presentations, please contact me at (619) 398-8557 if it's the San Diego area, or Annie Tustison at (760)724-9251 if No. Inland.





ELECTION TIME

Pursuant to the NAMI San Diego Bylaws, below is a list of the Board-approved proposed slate of Board Directors to be elected at the general membership meeting on December 4, 2008. The Bylaws specify that Board members should be on staggered terms. That is, half of the current 12 positions are continuing through December, 2009. Note that "any member present at a meeting of the members at which directors are to be elected may nominate one or more persons."

The Slate below includes five people to fill two-year terms that end December, 2010. Please take a moment to review the brief bios of the proposed slate.

- ✓ **Liz Bernbeck** Currently the representative from NAMI San Diego, North Inland on Board Executive Committee (Board appointment during 2008). Master's degree in Marriage and Family Therapy.
- ✓ **Angela Billing** A director on current NAMI SD Board. Previously President of Board of Directors, NAMI North Inland (Board appointment during 2008).
- ✓ **Wendy McNeill** Currently the Board Secretary and frequent community speaker and newsletter columnist. Previously NAMI SD Newsletter editor.
- ✓ **Lisa Ponfick, MD** A director on current NAMI SD Board (Board appointment in 2008). Board certified psychiatrist. Has also completed MBA and fellowship in child and adolescent psychiatry.
- ✓ **Judy Wasik** Recently retired from career as trainer for Navy and returned to NAMI SD Board during 2008.

Board members who continue filling positions with two-year terms that end December, 2009:

Gay Ames, Don Berk, Karen Britt, Louise Groszkruger, Sally Shepherd, and David Miller.

Mental Illness in the Family: Coping Strategies, Current Treatments, & Paths to Wellness

Wednesday, November 5, 2008 * 7:00 - 9:00 p.m.

Join Jewish Family Service for a panel discussion featuring several esteemed professionals in mental health treatment. The panel will consist of:

- Rabbi Nathaniel Helfgot, a well-known teacher and author who will speak about his own depression
- Marc R. Sternberg, M.D., a psychiatrist with expertise in electroconvulsive therapy
- Daniel Sewell, M.D., Clinical Professor of Psychiatry at UCSD with expertise in geriatric psychiatry
- David Feifel, M.D., Ph.D., Professor of Psychiatry at UCSD with expertise in ADHD
- Sidney Zisook, M.D., Professor of Psychiatry at UCSD, Director of Residency Training Program

This Event is Free of Charge * Registration Required * CEUs available for LCSWs and MFTs
Congregation Beth Israel * 9001 Towne Centre Drive * San Diego, 92122

This event is sponsored by the Mental Health Committee at Jewish Family Service in Collaboration with Congregation Beth Israel

The Mental Health Committee of Jewish Family Service of San Diego provides resources and services for coping and living with mental illness and seeks to eliminate the stigma by increasing community awareness.

Linda Janon—Founder of the Mental Health Committee

Register Online: www.jfssd.org * (858) 637-3231
