

Free Education & Advocacy Meeting
March 5, 2009
Prop. 63 & Restorative Justice

Schedule:

- 6:30** Prop. 63 (MHSA) Innovations Input
Guidelines by Marshall Lewis, MD and Ann Park, County Mental Health
Brainstorming by Audience
- 7:00** Announcements & Advocacy
- 7:15** Restorative Justice
Claudio Cabrejos, MD



Criminal justice drug (and thus mental health) policies are often revenge-based rather than therapeutic. Dr. Cabrejos will talk about both the problem and about policies that restore the victim and the damage done while benefiting the person living with mental health problems.

- 8:30** Tea and Comfort (socializing)

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

WANTED!

We'll take your old (in working order please) DVD player off your hands. Or would be happy to accept a new one. We need a DVD player for our outreach presentations and the In Our Own Voice program. Help us get the word out about NAMI San Diego and Mental Health Services. Contact Rita Navarro at: 619-398-9850 or ritanavarro@namisd.org



NAMI San Diego, North Inland
Behavioral Health Services in San Diego County
Tuesday, March 10, 2009—7:00 p.m.
Kinesis North, 474 W. Vermont, Escondido, CA

Speaker: Marshall Lewis MD, DFAPA
Clinical Director, Behavioral Health Division,
San Diego County HHSA

Topic: Behavioral Health Services in San Diego County
What that means. What's new. What isn't. The current and future opportunities and challenges.

How To Make A Complaint About a Board and Care By Ray Schwartz



Often a family wishes to make a complaint regarding an issue at a board and care facility in which their family member lives.

If they call Community Care Licensing's local phone number they will probably ask for the "duty worker" for that day. Because CCL has undergone a great budget crisis in the past few years, fewer Licensing staff are available. So you will wait for a duty worker, and wait, and wait.

Instead of this wait, ask for the name of the worker who is responsible for the facility you wish to make a report on. Probably they will not be in the office. Then ask the operator to ring her phone, and leave a voice message on that worker's phone.

You will get a faster response, because that worker must by regulation respond to any complaint in their caseload of facilities in a reasonable time (usually the next working day)!

And you may make this complaint anonymously.

SMHP's 3rd Semi-Annual Conference Review

The Senior Mental Health Partnership hosted it's 3rd semi-annual conference on February 6th, called "Connecting the Dots: A 2009 Update on Caring for Older Adults in San Diego County."

Roughly 100 participants learned about issues ranging from the demographics of the older adult community to geriatric medicine and exercise. Our next conference is scheduled for October 2009.

Please check our website for more information:

www.namisaniego.org/seniormental



Teaching Family-to-Family By Bettie Reinhardt Executive Director

I'm going back to my roots and looking forward to it! Three of us made up the first group from NAMI San Diego trained to teach Family-to-Family back in 2000. I thoroughly enjoyed every class I taught and know that I learned as much as the participants every time.

It's been a few years since I last taught but Sam Wright and I are teaching a class at Grossmont Health Care Library in La Mesa on Monday evenings beginning March 9th. We would like to have you join us! Call the Helpline at 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@namisaniego.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.namisaniego.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@namisaniego.org or contact
any of the people mentioned in the
articles.**



*Education Corner
By Anita Fisher
Education Director*

Peer-to-Peer

We want to extend a heartfelt thank you to Ann Cummings and Kathy Lutes for conducting the Peer to Peer Mentor Training, and Devin Eshelman for his coordination efforts. The training took place over the weekend of January 23-25, 2009 at the Doubletree Hotel in Mission Valley. We now have 16 new Peer to Peer Mentors in San Diego County. Check out our website for upcoming classes at www.namisaniego.org

Ann Cummings & Kathy Lutes



Peer-to-Peer Mentors



Family-to-Family

We are in the process of setting up Family to Family Classes in the following areas.

Please contact our Helpline (619) 543-1434 or (800) 523-5933 for details and registration.

English-
Rancho Bernardo Presbyterian Church

English-
Grossmont Health Care Library – La Mesa

English- VA Hospital-La Jolla (Veteran Families Focus)

Spanish- Southeast Mental Health Clinic-San Diego

Arabic- El Cajon

English- Gateway Community Church-Escondido

English- City of Ramona

English- City of Coronado

2009 San Diego Wellness and Recovery Summit March 24, 2009

Recovery Innovations of California (RICA) will present its 2nd annual San Diego Wellness and Recovery Summit at the Town and Country Resort and Convention Center on March 24th from 8:00 a.m. to 3:30 p.m. This year's theme is "Making San Diego a Wellness City with Freedom from Restraints." The purpose of the event is to bring together the mental health community of San Diego County--consumers and providers--for a day of learning, sharing, inspiration, and hope.

Continued To The Right...

Featured speakers will be

- Kevin Ann Huckshorn, RN, MSN, CAP, ICADC, Director, National Technical Assistance Center, National Association of State Mental Health Program Directors, and National Coordinating Center for the Prevention of Violence, Trauma, and Seclusion and Restraint.
- William Anthony, Ph.D., Executive Director, Center for Psychiatric Rehabilitation.
- Gene Johnson, LCSW, President and CEO, Recovery Innovations.
- Lori Ashcraft, Ph.D., CPRP. Executive Director, Recovery Opportunity Center, LLC.

A Recovery Resource Fair will also be offered, to provide information on educational, recreational, and other opportunities available in the community. Winners of the "This Person Awards" will be honored in appreciation of their continuing support for and encouragement of those of us in recovery.

Participation in the event is FREE, but registration is required. Continental breakfast and lunch will be provided.

For additional information and registration materials, contact Trang Do, Support Services Coordinator, at 619-542-1660 or trang.do@recoveryinnovations.org

The Town and Country is located at 500 Hotel Circle North. Parking will be available in designated hotel areas for \$6. Participants are encouraged to take bus or trolley to the Fashion Valley Transit Center, which is a short walk from the hotel along a pedestrian pathway.

Funding for this event is provided through the County of San Diego Health and Human Services Agency Adult and Older Adult Mental Health Services.

The United States Of Tara By NAMI National



Speaking of television, a new series, *The United States of Tara*, on the Showtime cable channel has sparked broad discussion about disassociative identity disorder (DID), portrayals of mental illness, and the limits of humor-which Newsweek covered recently in one of the best articles on stigma in quite awhile.

Some StigmaBusters hate the show. Others love it.

In the adult comedy-drama, "Tara" struggles with DID (once called "multiple personalities"). Her family is loving and supportive, but don't know what identity, age, mood, or gender she will have on a given day. Showtime has already announced that the show will be extended to a second season in 2010.

Television is never 100% accurate and addressing mental illness with comedy is always controversial, but it is also unusual that a person with a mental illness is portrayed positively as a lead character.

Before the first episode aired, NAMI received complaints about the show based on advance promotion. Since then, reaction has been mixed. Some praise it for helping to reduce stigma and opening public dialogue. Others believe it reinforces stigma and is insensitive and inappropriate, using a serious condition, often rooted in child abuse, as a vehicle for comedy.

Also controversial is Tara's decision to stop taking medication-which causes alternate personalities to emerge. Diablo Cody, the creator and producer, argued in an interview that it represents a choice to try live with the disorder without side-effects of drugs-and to not hide the condition.

Declared one reviewer, "What makes Tara unusual is that D.I.D. isn't treated as frightening and isolating, as a medical conundrum, or as the shortest route to laughs. Tara's alternate identities are accepted by her family and by the community, and, in a way, she's just the town eccentric."

However, the owner of a closed online discussion forum for people who live with DID counters: "Although the show is factually based, the woman's presentation is clearly sensationalist and presents those with DID in an extremely poor light...I can testify to the dramatic negative impact this show is causing those with DID."

To some degree, the discussion is similar to that sparked several

years ago by the premiere of the television series, *Monk*, about a detective living with obsessive-compulsive disorder (OCD). SAMHSA has since honored *Monk* with a Voice Award, but some episodes still get complaints.

What do you think?

Watch the first episode of *Tara* on-line, and if possible, one or two more recent episodes. Let Showtime know your views.



Ms. Diablo Cody
Executive Producer
United States of Tara
SHOWTIME

10880 Wilshire Boulevard, 16th Floor

Los Angeles CA 90024

You can also send comments through their Website question box.

Let NAMI know also.

Should mental illness and comedy ever mix?

smarch@nami.org

National Alliance on Mental Illness
2107 Wilson Blvd. ~ Suite 300
Arlington, VA 22201

Meeting Schedule and General Support Groups

NAMI San Diego

FREE mtgs. & 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

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

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 Disorder

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

Changed from South Bay Guidance Ctr Spanish Family Support Group

2nd & 4th Monday, 5:45—7:45 p.m.
Maria Sardiñas Center
3025 Beyer Blvd. Ste. E-102
San Diego, CA. 92154
Call Gina Osuna at (619) 288-3133 or
Kika Cortez (619) 397-8835 or
Adela Soto (619) 852-2309

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, 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.

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.

ECT Support Group

NAMI San Diego Office
4480 30th Street San Diego, CA.
Every 2nd Tuesday
5:30 - 7:00 p.m.
Consumer Support Group for people
who have had or may be beginning
Electroconvulsive Therapy (ECT).

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.

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
info. & support to callers & visitors,
including consumers, family members &
professionals.
Albright Center
Hosts the Helpline, lending library, and
take home materials.

Patient Advocacy Program

5998 Alcalá Park, AW 304, San Diego 92110
(619) 260-7660 / 1-800-479-2233 F:(619) 260-7680
Monday - Friday: 8:00 a.m. - 5:00 p.m.

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.

East Wind Clubhouse

8745 Aero Dr. Ste 330, San Diego 92123
(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: _____

We are a green friendly organization. Please help us save trees and postage. By submitting your e-mail address you will get your newsletter via-e-mail when you are a new member or renewing your membership. Paper newsletter will ONLY be sent if specifically requested.

I understand and agree

I Request My Paper Newsletter

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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E&A Meetings

March 5, 2009
University Christian Church
San Diego

March 10, 2009
Kinesis North
Escondido



**It's never too early to take a step forward for
mental health;
Sign up for the NAMI Walk today**

**NAMI Invites You To Walk For Life
GOAL: 100 TEAMS / \$150,000 RAISED**



As the recession deepens, symptoms and manifestations of the mental health crisis worsen, affecting many of us. Today mental health issues are on the rise and cutting across all economic, social and cultural boundaries. This is one reason why this year's biggest fundraiser for the National Alliance on Mental Illness (NAMI)—the upcoming 5K NAMI WALK in Balboa Park—is crucial and a great opportunity for the entire community.

Last year's NAMI walkers helped raise financial support to augment NAMI in San Diego County's family, teen and corporate outreach services and programs. These include support groups, educational classes, newsletters, and the helpline. Without our community financial support, NAMI in San Diego County would simply not be able to help many who struggle with brain disorders and coping skills for themselves and their loved ones.

The goal for the 2009 walk is 2,000 walkers, 100 teams and \$150,000 raised for programs geared towards servicing the San Diego community. You can walk as an individual, join an existing team or form your own team (highly recommended for groups like families, co-workers, schoolmates) and show your NAMI spirit by raising money as a group and even creating team T-shirts. In fact, the first team to hit \$1,000 in donations will receive coupons towards their team T-shirts.

While you are marking April 18 on your calendar, don't forget to pencil in the Walk Kick-Off brunch date on Saturday, March 7, 2009 at St. David's Episcopal Church. This is always a fun morning filled with great food, team-building games, prizes and a team t-shirt fashion-show. The event is free and for anyone interested in learning more about NAMI and the walk.

[Register Today: nami.org/namiwalks/CA/sandiego](http://nami.org/namiwalks/CA/sandiego)