

San Diego County Employees Give to NAMI

In March, 2010, NAMI San Diego received a \$300 grant from San Diego County Employees' Charitable Organization's (CECO).

CECO is funded by the generosity of the employees and retirees of County of San Diego and Superior Court. Contributions are entirely voluntary and are in the form of biweekly donations (via automatic payroll deduction) and one-time donations.

Donations to local non-profit organizations are made in the name of County of San Diego and Superior Court employees/retirees, as their way of showing the San Diego community that they go above and beyond everyday to make this county a better place for all.

CECO supports local agencies by way of grants. The Allocation Committee reviews all grant applications and recommends to the Board of Directors organizations to be supported and how funds should be distributed. The Board of Directors must approve fund allocations for the disbursement of funds.

We are honored that NAMI was chosen as a recipient of the CECO grant.

The money will be used to print more of our fold-over quick information cards that give the helpline number and outline our programs and services. These cards are used at all outreach events and presentations.

NAMI San Diego

Free Education & Advocacy Meeting

Thursday, May 6, 2010 6:30 p.m.

What's Coming Up For NAMI San Diego

Schedule:

6:30 p.m. Meet the Doctors – Join us for an extra long discussion group with psychiatrists Steve Koh, MD, MPH, MBA Chief Resident SD VA Hospital, University of California San Diego, Dept. of Psychiatry and Kristine Munoz, MD, with the Naval Medical Center in San Diego. Ask the questions you've wanted to ask a psychiatrist. Learn from other members of the group, too.

7:30 p.m. Let's talk WALK! Come and see photos from this year's 2010 NAMI WALK. We will also be spending some time to do a debriefing on the NAMI WALK. Afterwards, join us to learn about some of the upcoming events NAMI San Diego is putting on from a Senior Mental Health Conference to a NAMI San Diego Summer Fun Fest — Shannon Jaccard, Executive Director and Annie Dunlop, Development and Events Manager

8:00 p.m. Tea and Comfort

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

A SPECIAL THANKS TO THE FOLLOWING WALK SPONSORS



Heritage Clinic





Education Corner
Anita Fisher
Ed. Director

When our family started this journey 10 years ago with our son, one of the most pressing questions I had surrounding Mental Health Treatments is: What's the difference between Psychiatrist/Psychologist/Licensed Clinical Counselors etc? Below is a little reference tool for your use.

Psychiatrists are trained in the medical, psychological, and social components of mental, emotional, and behavioral disorders. They order diagnostic tests, prescribe medications, practice psychotherapy, and help patients and their families cope with stress and crises. Psychiatrists often consult with primary care physicians and psychotherapists, such as psychologists and social workers.

Educational requirements: Must have an M.D. or D.O. degree from an accredited school of medicine or osteopathy (or international equivalent) and must complete at least 4 years of accredited residency training, including a minimum of 3 years in psychiatry.

Examination requirements: Must pass a daylong written examination that covers the basic sciences, the clinical science of psychiatry, and psychiatric subspecialties. They must also pass an oral examination that assesses clinical skills through the observation of an actual patient history and examination. Board certification: After completing educational and examination requirements, psychiatrists may seek certification from the American Board of Psychiatry and Neurology (ABPN). The ABPN is a member of the Ameri-

can Board of Medical Specialties (ABMS). Board certified psychiatrists have achieved the highest level of education and training possible in the field of psychiatry.

Forensic psychiatry is a sub-speciality of psychiatry. It encompasses the interface between law and psychiatry. A forensic psychiatrist provides services – such as determination of competency to stand trial – to a court of law to facilitate the adjudicative process.

Psychologists study the physical, cognitive, emotional, and social aspects of behavior, and provide mental health care in hospitals, clinics, schools, and private practices. They conduct laboratory experiments and perform intelligence, performance, personality, and aptitude tests. Psychologists obtain information through surveys, questionnaires, interviews, observation, and clinical studies.

There are many different types of psychologists, including the following:

- Clinical psychologists
- Counseling psychologists
- Developmental psychologists
- Industrial-organizational psychologists
- Neuropsychologists
- Research psychologists
- School psychologists

Clinical psychology is the most common subspecialty. Clinical psychologists work in hospitals, private practices, and clinics. They help patients deal with illnesses (e.g., stroke, chronic pain), injuries (e.g., spinal cord injury), and personal crises (e.g., divorce, death of a loved one).

Counseling psychologists assist patients coping with every day living. They advise patients based on various test results and interviews, and often

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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Shannon Jaccard
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The NAMI San Diego Advocate is a monthly publication of

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San Diego, CA 92116

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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 Shannon Jaccard at (619) 584-5567 or fax to (619) 584-5569 or email at sjaccard@namisandiego.org or contact any of the people mentioned in the articles.

work in university counseling centers, hospitals, and in private practice.

Developmental psychologists specialize in behavior and development during specific stages of life (e.g., infancy, childhood, adolescence, elderly). They also study the effects of developmental disabilities.

Industrial-organizational psychologists attempt to improve productivity and quality of life in the workplace. They are involved in marketing and management research; conduct screening, training, and counseling; and are often hired as consultants.

Neuropsychologists specialize in the study of brain behavior relationships. They have extensive training in brain and spinal cord function and how that function affects cognitive activities such as awareness, reasoning, judgment, and learning. *Educational Requirements:* A master's degree in psychology requires at least 2 years of graduate study and qualifies a psychologist to work as an assistant under the supervision of doctoral-level psychologists, and conduct research and psychological evaluations. *Requirements* usually include practical experience and a master's thesis based on original research. Courses in psychology; biological, physical, and social sciences; statistics, and mathematics are often required. A master's degree is required for industrial-organizational psychologists.

School psychologists must have a master's degree and must complete a 1-year internship. They also often have an educational specialist degree (Ed.S.). Guidance counselors are usually required to have 2 years of graduate study and 1 year of counseling experience.

Clinical psychologists and counseling psychologists must have a doctoral degree (Ph.D. or Psy.D.). A doctoral

degree requires 5 to 7 years of graduate study. A Ph.D. requires a dissertation based on original research, and a Psy.D. requires practical work experience and examinations. They also must complete a 1-year internship.

Degrees

MA, or MS in counseling psychology, clinical psychology, educational psychology, etc. A master's degree in the specified area which may or may not have required completion of a master's dissertation.

MSW: Master's degree in social work or social welfare (required for advancement into an LCSW)

MSC: The Master of Science in Counseling

DMFT: Doctor of Marriage and Family Therapy

LPsy: Licentiate in Psychology or Psychologist: professional title used in EU and Latin American countries and equivalent of PsyD of the US

PsyD: Doctor of Psychology. Requires the student to create relevant and helpful research that contributes to the existing body of knowledge or scholarship in an area. At one time, the Psy.D. was assumed to not require significant research activities, focusing more on advanced clinical training. However, most academic institutions offering a Psy.D. today require the completion of a dissertation suitable for publishing. Most students pursuing a Psy.D. have the eventual goal of becoming a licensed psychologist.

PhD: Doctor of Philosophy. A Doctor of Philosophy degree in psychology prepares the student to conduct independent research and

to provide professional services (consultation, assessment, diagnosis). However, in order to actually practice psychology and use the title "psychologist", individuals must meet their state requirements and obtain a license to practice psychology.

Professional licenses: Professional licenses for masters level mental health providers are issued by U.S. state to graduate degree holders and license them to practice psychotherapy, also known as counseling.

Mental health providers must usually hold a license or in some cases a national certification before receiving reimbursement from insurance companies, although insurance companies as well as Medicaid and Medicare[1] heavily favor clinical social workers and discriminate against equally qualified masters level clinicians such as LMHC's and LMFT's, who are not allowed to bill Medicaid/Medicare for the same psychotherapeutic services.

LMFT: Licensed Marriage and Family Therapist

LCSW: Licensed Clinical Social Worker

CRC: Certified Rehabilitation Counselor

LMHC: Licensed Mental Health Counselor (LPC in some states)

LPC: Licensed Professional Counselor (LMHC in some states)

LPC-BE: Licensed Professional Counselor, Board Eligible- This is someone who is in the process of getting an LPC. They can bill for services, but not as much as an LPC.

SAVE THE DATE

HOW TO ACCESS COUNTY CO-OCCURRING (Mental Illness and Substance Abuse) CONDITION SERVICES

DATE: Thursday June 17, 2010 TIME: 6:00pm

LOCATION: JOYCE BEERS UPTOWN COMMUNITY CENTER. 1220 CLEVELAND AVE, SAN DIEGO, CA 92103

REGISTRATION: Call NAMI San Diego (619)543-1434 or (800)523-5933

COST: No Cost to Attend

Are you or a loved one struggling with a co-occurring mental illness and a substance abuse problem? NAMI San Diego will be hosting a training for Consumers and their Family Members/Friends, who want to understand and access the County's Mental Health System surrounding Mental Illness and Substance Abuse. Come to this **FREE** training on CCISC. CCISC is the Comprehensive Continuous Integrated System of Care initiative that informs the mental health and drug and alcohol services how to provide services to you and your loved ones who have co-occurring conditions. You will learn what programs and services are available in San Diego County as well as what to expect from these programs.

This training will cover:

- The principles that guide services for people with co-occurring conditions
- The levels of readiness for recovery
- The methods that programs use to determine level of services needed
- Requesting appropriate services for your needs.

This training is designed by BHETA - Behavioral Health Education & Training Academy, and will be taught by trained Family Members and Consumers.

This training is free of charge to attend.

CALL NAMI San Diego TO REGISTER (619)543-1434 or (800)523-5933



*A Surprising Gift to
NAMI San Diego
By Patrick Cremeens
Programs Manager*

Many of you may know that we have offered an educational scholarship program for consumers. This program has been funded by the annual interest earned on an original endowment. Unfortunately, the downturn in the economy has left us with hardly any funds for current scholarships. However, when times were better, we often earned enough on the invested endowment to pay for text books or other supplies essential to education for several qualified applicants each year.

In once such case, the recipient was attending landscaping classes at Southwestern College. His name is Kurt and he was happy to receive the assistance as he pursued his career goal. Kurt graduated with a certificate in landscape design in 2007. Over the years, Kurt has been one among many recipients of these small grants, and they are awarded with no strings attached, with only the requirement that the recipients complete the class for which they receive assistance.

In the Fall of 2009, Kurt was interning with Paul DeMartini's landscaping business. They chose to update the landscape beds here at NAMI San Diego's office in North Park. Kurt designed the planting scheme, and Paul provided the plants (including an ornamental strawberry tree!) and the workers. Imagine our surprise! Not only has the property here been visibly enhanced by this generosity, but what a triumph for Kurt! He achieved his educational goal, and managed to turn that into a gift for NAMI San Diego.

Next time you are at our office, please be sure to check out the attractive landscaping. The strawberry tree, kalanchoe, lavender, firethorn and other plants

are holding forth an attractive display, thanks to the generosity of Paul and Kurt.



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

East County Support Group

2nd Tuesday, 6:30 p.m. - 8:30 p.m.
East County Mental Health
1000 Broadway Ste. 210
El Cajon, CA. 92021
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 (619) 543-1434 or
(800) 523-5933

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

Spanish Family Support Group

2nd & 4th Tuesday, 6:00—8:00 p.m.
Otay Mesa Library
3003 Coronado Ave.
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

Share & Care in Fallbrook

Wednesdays, 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

Every Tuesday,
4:00 - 6:00 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

Copper Hill Living & Learning Ctr., Creative Arts Consortium, Vet to Vet, Creative Opportunities, Advocacy Works, Friends In Hand Clubhouse
Info: (858) 481-7069

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

**For more information on TARA
mtgs. call Sandy (760) 729-5748
or sboone@compuidusa.com**

Client/Consumer Support Groups and Resources

NAMI Connection

Casual & relaxed. Can share challenges & successes of coping with mental illness. FREE, flexible.

NAMI San Diego Office

4480 30th Street
San Diego, CA 92116
Thursdays: 6:00-7:30 p.m.

Mariposa Clubhouse

560 Greenbrier, Suite C-E
Oceanside, CA 92054
Call: (760) 439-2785
Wednesdays: 1:00 - 2:30 p.m.

Tri City Outpatient Program

510 W Vista Way Vista, CA 92083
Wednesdays: 2:30 - 4:00 p.m.
For more information on this specific support group contact:
NAMI-NCSDC at (760) 722-3754

NAMI C.A.R.E.

Consumers Advocating for Recovery through Empowerment
NAMI San Diego Helpline at
(619) 543-1434 or 1-800-523-5933

CARE Support Group

Sharp Mesa Vista Hospital(Activity Room) 7850 Vista Hill Ave. San Diego, CA 92123
Every Thursday 12:00—1:00 p.m.

ECT Support Group

Sharp Mesa Vista Hospital (Education Bldg) 7850 Vista Hill Ave. San Diego, CA 92123
1st Monday of the Month: 5:00 p.m. - 6:30 p.m.

ECT Support Group

NAMI San Diego Office
4480 30th Street San Diego, CA.
Every 2nd and 4th Tuesday 5:30 - 7:00 p.m.

Consumer Support Group for people who have had or may be beginning Electroconvulsive Therapy (ECT).

EN ESPAÑOL—

San Ysidro Health Center

4004 Beyer Blvd. San Ysidro, CA.
Llame: (619) 309-3884
2o, 4o y 5o Sabado Del Mes: 9:30 a.m. - 12:00 p.m.

Access & Crisis Line

1-800-479-3339
24 hours a day/7 days a week



Client Warm Line

1-800-930-9276
Daily: 4:00 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 Helpline, mini library, & materials.

The Consumer Ctr. for Health Ed. & Advocacy

1475 Sixth Ave., 4th Floor, SD 92101
1-877-734-3258 ✕ Fax: (619) 471-2782
Monday - Friday: 9:00 a.m. - 5:00 p.m.
Need help getting mental health services or have a complaint or grievance, call or write us.

Jewish Family Service Patient Advocacy Prog.

2710 Adams Ave. San Diego 92116
(619) 282-1134 / 1-800-479-2233
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

7155 Mission Gorge Rd. San Diego, CA. 92120
(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

DBSA-Depression Bipolar Support Alliance

There are meetings in different regions of the county. Call for meeting info: 858-444-6776 or go to the DBSA website at: www.dbsasandiego.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)

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 Shannon Jaccard at 619-584-5567 or email sjaccard@namisandiego.org



The Advocate

Vol. XIV, Issue 5, May 2010



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San Diego, CA 92116

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Return Service Requested

Education & Advocacy Meeting

NAMI San Diego

May 6, 2010 at 6:30 p.m.
University Christian Church
3900 Cleveland Ave.
San Diego, CA.



*Annie Dunlop
Dev. & Events Mgr.
NAMI San Diego*



Thank you to everyone that supported the NAMI San Diego County Walk efforts! The estimated walker number is over 2,600 walkers! And although we are still counting the funds that came in for the walk we are at \$130,000 and counting!! Please remind all family and friends there is still the opportunity to donate to the walk - it is not too late to send in that walk donation and make a difference!

NAMI Walk San Diego County Volunteer Thank you! Meeting

When: May 6th 2010 at 7:00 pm

Where: University Christian Church, Friendship Hall
3900 Cleveland Ave, SD, CA 92103

At our monthly Education and Advocacy Meeting we are having a special NAMI Walk wrap up session. We will be recognizing NAMI Walk volunteers and saying thank you! We will also be sharing feedback and ideas for the next NAMI Walk, sharing photos and watching the NAMI Walk video! There will also be a special slide show of photos from the NAMI Walk Iraq Event.

Watch footage from the walk by going to this link: <http://www.youtube.com/watch?v=KW8oBaYgx1A>

NAMI Walk Iraq Event was a HUGE Success!

In support of the NAMI Walk San Diego County the Forward Operating Base-Echo in Iraq held a 5K IBA Run at the same time we walked here in San Diego. John Bell who was the walk coordinator in Iraq contacted NAMI San Diego and let us know that the run was more successful than they could have imagined! There was 100+ runners that came out! Yay for International Stigma Busting!