

Save the date!
Thursday, November 4th
8:00 am – 4:00 pm

Mental Health & Aging:
Don't Miss the Obvious

Brought to you by: Senior Mental Health Partnership, NAMI San Diego, University of California San Diego, Department of Geriatric Psychiatry, and NorCAN

Location: Aurora Behavioral Health Care, San Diego at 11878 Avenue of Industry, San Diego, CA. 92128

Topics Include:

- PTSD in Older Adults
- Prevention & Intervention Program for Caregivers of older Latino adults with Alzheimer's Disease
- Live Demonstrations: Core Strengthening For Older Adults - Avoiding Injuries and Reducing Pain.
- Identifying Problem Gambling In Seniors
- Needs of older adults and the LGBT community
- The Aging Eye

Cost: \$55 (for 6 CEU's); reduced rates available for students & senior non-professionals; Continental Breakfast and lunch provided; More details to follow!

<http://namisandiego.org/seniormental.php>

Provider approved by the California Board of Registered Nursing, Provider #15298, for 6 contact hours; course meets the qualifications for 6 hours of CE credit for MFT and/or LCSW as required by the Board of Behavioral Sciences of California, Provider #412, and for CAADAC Counselors as required by the California Association of Alcoholism and Drug Abuse Counselors, Provider # 1S-05-675-1211.

NAMI San Diego

Free Education & Advocacy Meeting
Thursday, October 7, 2010 6:30 p.m.

“How Far We’ve Come, and Where We’re Going”

Schedule:

6:30 p.m. Meet the Doctors – Join us for a 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.

7:00 p.m. NAMI San Diego Panel “How Far We’ve Come, and Where We’re Going”

Come listen to the first hand experiences of some of the early members of NAMI San Diego and see how far we have come in 31 years. Emy Alhambra, Joan Williams and Mary Meisner are amongst the several members that struggled with getting mental health services for their family members and loved ones. They will be sharing about what finding mental health services were like before NAMI San Diego was created. Building on the work that so many did in the early years, and seeing how far the NAMI San Diego community has come is important in our further growth as a community of mental health advocates. Listening to the stories and first hand accounts of those that have already been “in our shoes” help us to solidify the path and strengthen the mission of NAMI San Diego.

NAMI San Diego has been through so much and currently under going several new changes. One of many new developments is the Family and Peer Support Helpline, that was previously known as the Albright Center Helpline. Learn about “where we are going next” from our Family and Peer Support Helpline Program Manager, Brandi Marcoe, and our Development and Events Manager Annie Dunlop. Looking to where we have been is one of the most important factors in where we want to go with NAMI San Diego.

We will also be giving the Annual Inspirational Awards Dinner updates, NAMI San Diego program overviews and more NAMI San Diego upcoming events to “save the dates” for in the next several months. Looking forward to seeing you there!

8:00 p.m. Tea and Comfort

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



Education Dir.
Anita Fisher
NAMI San Diego

I heard many insightful workshops while attending the NAMI National Convention in Washington D.C. in July. One of the most exciting workshops I attended was entitled: "Confronting Anosognosia : How to Get Help to those Who Don't Know They're Sick" This workshop featured Dr. Xavier Amador, Ph.D., and founder of the Leap Institute, Peconic, N.Y. For those of us in the NAMI world, we are most familiar with Dr. Amador through his book "I Am Not Sick I Don't Need Help! (How to Help Someone with Mental Illness Accept Treatment). He is the equivalent of a rock star to many of us for all his valuable thoughts.

I arrived at the session extra early to ensure seating in the front row, as I knew the room would be overflowing, and it was. First, I wanted to know how to pronounce Anosognosia, directly from Dr. Xavier's mouth, as well as those on his panel. Well wouldn't you know they all pronounced it differently; Anno-sig-nosia and Anno-sog-nosia. So, I guess either is correct. The main thing is, it is real and it explains a lot.

What is Anosognosia? Anosognosia, means "unawareness of illness," it is a syndrome commonly seen in people with serious mental illness and some neurological disorders, according to Xavier Amador, Ph.D., A growing body of evidence points to the fact that for many people with serious mental illness, lack of insight is a medically based condition. About half of the people with schizophrenia and bipolar disorder may not be getting the treatment they need because of a brain deficit that renders them unable to perceive that they are ill. It was Dr. Amador's experience as a clinician and as a brother of someone

with schizophrenia, Amador said, that led him to do research on Anosognosia, "which is not to be confused with denial." Amador did not make this distinction until later in his research. Dr. Amador shared with us that after 15 years, the psychiatric community is now widely accepting of this symptom in serious mental illness. In the past, psychiatric students were being trained that this condition was purely denial, but that is now changing.

What is L E A P? LEAP is an acronym for: Listen, Empathize, Agree, Partner. As profiled in his books, Dr. Amador provides a common sense approach for more effective communication with our loved ones. When you Listen-Empathize-Agree-Partner, you stop trying to force your loved one to say he/she is wrong and begin to listen in a new way that immediately lowers anger and defensiveness, conveys genuine understanding, empathy, and respect for his point of view, even when you disagree with it. A more complete review of this process with actual conversation ideas can be found in Dr. Amador's book, "I Am Not Sick I Don't Need Help."

Here are some additional suggestions Dr. Amador discussed at the conference: • Stop giving opinions, be honest, and normalize your loved one's experience, build a relationship of trust and mutuality. • Have your loved one complete a "Psychiatric Advance Directives" with the family – this creates teamwork • Utilize assisted Outpatient Treatment earlier, instead of later • Don't confront your loved one's belief that they are not sick • Find reasons for your family member to decide they may want to change their behavior.

That front row seat afforded me the opportunity to take a picture with Dr. Amador aka "The Rock Star". The 3rd edition of I'm Not Sick, I don't Need Help! was released in July 2010.

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:

- ▶ President - Lisa Ponfick
- ▶ Vice President - John McManamy
- ▶ Treasurer - Louise Groszkruger
- ▶ Secretary - Karen Gurneck

Directors at Large

- ▶ Judy Wasik
- ▶ Don Berk
- ▶ Angela Billing
- ▶ Steve Koh, MD
- ▶ David Miller
- ▶ Sally Shepherd
- ▶ Charlie Hearn

Medical Advisory Board

- ▶ Kristin Cadenhead, M.D., Chair
- ▶ Neal Swerdlow, M.D., Ph.D.
- ▶ Dan Sewell, M.D.
- ▶ Carol Matthews, M.D.

Executive Director

Shannon Jaccard
sjaccard@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 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.



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

NAMI Walk 2011 Committee Meeting



The NAMI Walk is coming up on April 16, 2011.

The next NAMI Walk meeting is on **October 19** at **4:30pm** in the front conference room at the NAMI San Diego office. If you are interested in helping to plan the NAMI Walk we would love your input! If you are interested in volunteering on the NAMI Walk committee please come to the meeting or contact Annie Dunlop anniedunlop@namisd.org.

NARSAD Holiday cards are here! The NARSAD mission is to raise and distribute money to fund research into the severe mental illnesses. Net proceeds on sales of their products flow to NARSAD research. We will be selling them at the Education and Advocacy Meeting on October 7th 2010. We have a limited supply of Holiday cards from NARSAD Artworks, so come check them out and get ready for the Holiday Season!

Volunteer Orientation for October

The next volunteer orientation is on **October 4, 2010** at **11am** at the NAMI San Diego office in the front conference room. We have several opportunities from answering the phones at our helpline to clerical work at the office and working at a NAMI San Diego booth at a health fair. In order to become a volunteer you need to attend an orientation and fill out a volunteer application available at the meeting.

Where is NAMI San Diego? NAMI San Diego Outreach Update

Come visit us at our upcoming Health Fair Booth Events in October. NAMI San Diego will have a table at the Senior Resource Fair on October 9th 2010. The Senior Resource Fair will be held at The San Diego LGBT Community Center, 3909 Center Street, San Diego CA 92103. Come check resources for Senior Health and get information about the NAMI San Diego Senior Mental Health Partnership on November 4th 2010.



SAVE THE DATE:

NAMI San Diego Art Show
December 1, 2010
Cirello Gallery,
3803 Ray Street
details to follow...



*Sarah Ashworth
Peer Recovery
Prog. Coord.*

We have many exciting peer programs happening at the moment. All programs are free of charge and are open to the public! If you would like to get involved please contact me at:

(619) 398-8556 or

sarahashworth@namisd.org

NAMI Peer to Peer Recovery Education Program:

Peer to Peer Recovery Education Program is a free ten week course, for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery. Featuring New 3rd Edition! Course Topics Including: Relapse

Prevention Planning, Consumer Stages of Recovery, Stigma, Mindfulness, Brain Biology and Research, Discussion of all major mental illnesses, Substance abuse and addiction, Advance Directives, Disclosure, Incarceration, Working with Providers, Triggers, Advocacy, Empowerment. We are taking individuals for our waitlist in English and Spanish for our next Peer to Peer Recovery Education Classes!

Please call our HELPLINE (619) 543-1434 or (800) 523-5933 to be put on our waitlist. We will contact you with more information as soon as the classes are scheduled!

NAMI Connection Recovery Support Group:

Every Thursday from 6-7:30pm at the NAMI SD Office, 4480 30th Street SD, CA 92116. The Support Group discusses a variety of topics and themes following models and guidelines. Must be over 18 years of age and must be an individual with a serious mental illness. It is strictly a consumer support group. Family members may drop off loved ones but cannot stay at the meeting due to confidentiality.

NAMI In Our Own Voice (IOOV):

Community Outreach program delivered by team of two trained individuals living well in recovery from mental illness who share their experiences as we attempt to break down stigma and educate others through our stories.

Next public presentations: 9/29/10: Corner Clubhouse (IOOV) 10-11:30, 10/19/10: Lutheran Social Services Senior Program (IOOV) 10:30-12:00, 10/15/10 El Cajon Library 12-1pm

If you would like to become involved in NAMI Connection, NAMI Peer to Peer, or NAMI IOOV please contact me sarahashworth@namisd.org



Wendy McNeill
**"My Brain is Worth
 Something"**
Contributing Writer

My brain is worth something. I should be more specific—pictures of my brain are worth something. UCSD is conducting two MRI studies, and I'm enrolled. I'm enrolled because 1) I believe in science, and 2) I believe in cash.

Due to lack of parking, I was instructed to meet a doctor at the VA on the UCSD campus. The doctor went by her first name (refreshing), had an Australian accent (also refreshing, but no, I didn't ask, "so you're not from around here?" I played it cool.), and was punctual.

We made our way through the School of Medicine to the MRI lab. I took the opportunity to ask about the study.

Apparently, the control group was made up of "healthy brains" and the other group, my group, "bipolar brains." At this juncture, my warm and fuzzy feelings started to turn cold. The doctor seemed completely at ease using what I felt was politically incorrect terminology. I mean, I know I have a pathology, but do I like to be reminded to my face that I'm not "healthy"? Why didn't she call me fat in the bargain?

I asked the question, "So what exactly is a healthy brain?" There was a lot of hemming and hawing. Oh, brains that haven't had strokes, for example. Brains that haven't had a head injury. Brains that aren't taking certain kinds of medications. I was informed that quite a lot of people have in their lifetimes taken anti-depressant medication. Really? You mean like one in four? Actually, she did mean like one in four.

I wondered just who were those healthy brains out there. Do they look at themselves in the mirror every day and say, "Good Morning! I have a Healthy Brain!" And how do they recruit subjects that have healthy brains? "WANTED: People who have had nothing occur to them in life. Compensation provided."

So as the PhD walked me through the School of Medicine to the MRI machine, I contemplated the unhealthiness of my brain and whether or not they would find something unhealthy about it in the MRI. It was possible. Maybe my brain turned red when it should turn blue or would light up like a Christmas tree when something like, say, an In-n-Out burger flashed in front of it. You know, lowered inhibition and no self control. Those pesky bipolar brains.

Once I was at the MRI building, and the consent forms were completed, they trained me to do a "task." I got the chills when the concept of a "task" was introduced as I've never done well with these types of "tasks." I was right. There was a joy stick involved, and due to my lack of technical equipment savvy, I kept getting the answers incorrect. I mean, the answers were monkey-level, but I was just having trouble with the hardware. I panicked. What if my brain really did look unhealthy? What if I threw off the results of the study and made my people look bad just because I had failed to play enough video games in my youth? It seemed so patently unfair.

I didn't ask for reassurance. I just let them load me into the machine (which was cold, BTW.)

To my delight, I skyrocketed up the learning curve and soon mastered the joy stick and the task. I happily spent an hour or so inside the machine, certain that my brain was going to be indistinguishable from the control group.

That's right. The Healthy Group.

They loaded me out of the MRI, and I got to put my shoes, belt, glasses, and earrings back on. Note: there's something bizarre about being in a lab with a bunch of investigators/grad students without your gear. There is an aspect of "patientness" that makes you feel vulnerable.

The principal investigator, Dr. E. was sitting in front of the computer, and I asked her a couple more questions about the study. They're trying to find out if a certain part of the brain performs differ-

ently in the bipolar brain. You mean the executive function? Yes, she did.

I made the observation that a stable bipolar brain is probably going to look just like a healthy brain. Just my hypothesis. I must have been a decent subject because now they want my friends. But we'll have to come up with some new terminology for the Healthy Brains. The Non-Occurring brain? Or does that make them sound just Brain Dead?

Inspiration Awards Dinner

Catch The NAMI Wave

OCTOBER 8, 2010

CATAMARAN RESORT HOTEL

**3999 MISSION BLVD
 SAN DIEGO, CA. 92109
 5:30 P.M. - 9:00 P.M.
 BUSINESS ATTIRE
 \$75.00 PER PERSON**

HONORARY CHAIR

Mr. Todd Gloria

**SAN DIEGO CITY COUNCILMAN
 FROM DISTRICT 3**

2010 INSPIRATIONAL PERSON OF THE YEAR AND KEYNOTE SPEAKER

Katie Cadigan

**PRODUCER OF "WHEN MEDICINE GOT IT
 WRONG", ADJUNCT PROFESSOR AT
 STANFORD UNIVERSITY**

**DO YOU HAVE YOUR
 TICKET YET?**

FOR QUESTIONS CONTACT:

Annie Dunlop

**619-584-5574 OR
 ANNIEDUNLOP@NAMISD.ORG**

**TO PURCHASE TICKETS
 PLEASE VISIT OUR WEBSITE:**

www.namisandiego.org

SPONSORED TICKETS

To sponsor a dinner ticket or to apply for a sponsored ticket, please contact Annie Dunlop at 619-584-5574 or anniedunlop@namisd.org

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

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

Spanish Family Support Group

2nd & 4th Monday, 5:00—7:00 p.m.
Maria Sardinias Wellness & Recovery
1465 30th Street, Suite K
San Diego, Ca. 92154
Kika Cortez (619) 397-8835

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., Crea-
tive Arts Consortium, Vet to Vet, Crea-
tive 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

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) 722-3754
Wednesdays: 1:00 - 2:00 p.m.

NAMI C.A.R.E.

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

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.

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 10, October 2010



4480 30th Street
San Diego, CA 92116

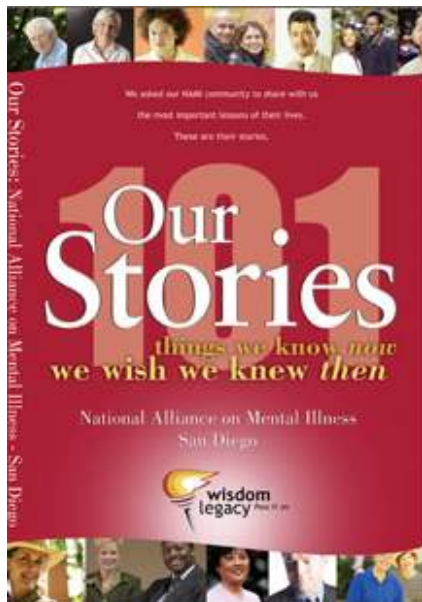
Non-Profit
Organization
U. S. Postage
Paid
San Diego, CA
Permit No. 2695

Return Service Requested



Education & Advocacy Meeting

NAMI San Diego
First Thursday of the Month
October 7, 2010
SEE DETAILS INSIDE



101 Stories: things we know now we wish we knew then

42 NAMI San Diego members have come together to write a book about their shared experience in the mental health journey and this is our story.

In this book, authors share moments of great pain to great joy and stories range from personal lived experience with a mental illness to having a sibling, child, or parent with a mental illness. The goal was to have at least one story that each person can relate to.

PURCHASE YOUR COPY BY:

- Visiting our website at www.namisandiego.org
- Joining us at the **October 7, 2010 Education and Advocacy Meeting (See details inside)**
- Call **619-584-5564** to make an appointment to pick it up