

**NAMI San Diego
Free Education & Advocacy Meeting
Thursday, April 7, 2011
6:30 p.m. - 8:30 p.m.
Housing Matters**

Housing Matters

Come join NAMI San Diego to hear about the issues surrounding the need for more supportive housing in San Diego County. We will have a speaker to also answer questions you may have regarding housing options for your loved one that have lived mental health experience. San Diego County's Mental Health Services Administration (MHSA) is partnering with service providers and housing developers to address the dual stigmas of homelessness and mental illness. Housing, in combination with mental health and social services can break the cycle of homelessness. Home is where recovery begins. Supportive housing units are generally integrated in new affordable housing developments. MHSA works with developers and community partners to make a small percentage of the units available to qualified participants in the Full Service Partnership (FSP) and to provide them with mental health services, case management, recovery services, educational programs, employment opportunities or training, and social services. Participants hold their own leases and contribute to their rents, and are subject to the same rules and regulations as all other tenants. Currently, there are 10 County MHSA projects — with an estimated value of 34 million dollars in state and local funding — identified for development across the region. These 10 supportive housing developments outline just one of the many elements of MHSA's supportive housing program. If all the existing projects are successfully developed, they will provide 829 housing units, with 172 of the units designated for MHSA supportive housing residents.

San Diego County Workforce Education and Training (WET) Collaborative

Nancy Fuller, a member of our own NAMI San Diego Education Department, will discuss a newly formed San Diego County Workforce Education and Training (WET) Collaborative. The Mental Health Services Act (MHSA) provided a foundation for the beginnings of an exciting transformation within the public mental health system. Along with this vision and direction provided by San Diego County Behavioral Health, a three year plan of action was created. To initiate components of this transformation, a multi-agency Workforce Education and Training (WET) Collaborative was formed. The primary task of this Collaborative is to "build the capacity of our current and prospective public mental health workforce."

Please join Nancy as she discusses how family members and consumers can become more intimately involved in this process.

Schedule:

6:30 p.m. Networking
7:00 p.m. Program/Show
8:00 p.m. Tea and Comfort



**University Christian Church
Friendship Hall
3900 Cleveland Ave.
San Diego, CA. 92103**



Anita Fisher
Ed. Director
NAMI San Diego

I would like to use this month's Education Corner to bid a fond bon voyage to a beloved employee in our department, a warm welcome to a new employee, and best wishes to a great supporter of NAMI families involved in the criminal justice system.



Sarah Ashworth
served as our Peer Recovery Programs Coordinator for the past year. Sarah coordinated our Peer to Peer, NAMI

Connection Support Groups, and In Our Own Voice program with an enthusiastic energy that made us all tired just watching her. We will all miss her wonderful sense of humor and bright smile. We wish her well on her move back east.

WELCOME

We want to welcome Sarah's replacement, *Karen Godfrey* who comes to us with experience coordinating these programs for the NAMI North Coastal. Karen has already revealed her warm and compassionate spirit to us.

A few evenings ago I attended a retirement send off for *Dick Conklin* who retired from the San Diego Sheriff's department as the Chief Licensed Mental Health Clinician at the county jails. I withheld speaking these sentiments during that portion of the event, thinking I might become emotional thinking back on the personal assistance I received,

several times, and then for other families I referred to him as the contact person for the "my family member has been arrested, and is in jail" calls here at NAMI SD. Mr. Conklin has graciously accepted calls and emails from frantic family members who find out their loved one living with mental illness is in the county jail. Many times, we family members have lost contact with our loved one who was in a state of "crisis" the last time we saw them. So, finding out that they are in jail may not seem a relief to the general population, but, for us, it can be an opportunity for our loved one to begin treatment and begin or continue on a pathway to their recovery.

Mr. Conklin would either personally contact family members or have one of the Licensed Clinicians at the assigned jail make contact with the family, just to provide some assurance their loved one would have access to treatment. This kind of empathy and compassion is rare when you think of this particular environment. So, Mr. Conklin, on behalf of all the families you have helped over the years: Thank You and we wish you the best in your future endeavors. And, I would be remiss in closing to not say, we hope to foster the same relationship with your replacement, as we know this situation can be the "normal" in many families affected by mental illness.



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
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*

Volunteer Orientation for March

The next volunteer orientation is on April 4th 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.

Friends in the Lobby Program

Every month the Friends in the Lobby volunteer group will be meeting to share ideas and get NAMI San Diego updates to the local hospitals. Our next meeting is on April 20th 2011 at 11am. The Friends in the Lobby Program is all about "Smiles, Compassion, Information, and Hope". NAMI San Diego's mission is to provide Education, Outreach, and Advocacy to ALL who are affected by a mental health challenge. A NAMI San Diego Representative will be available in the lobby at local area hospitals that have inpatient psychiatric units during certain visiting hours.



The NAMI Walk is fast approaching!

Our goal this year is to have 3,000 walkers!! We already have 77 teams signed up, is your team signed up?

REGISTRATION IS FREE

Runners/walkers can register online at: www.namisandiego.org/namiwalks You may also register the day of the walk. If you register under a team, your team captain will pick up your race bib and t-shirt coupon.

PRE-REGISTRATION

Team Captains and Individual Walkers only, can come to the NAMI San Diego office the week prior to the walk to pick up your teams bibs and t-shirts. To expedite the process, please call the office beforehand to schedule a time with Rita Navarro at: 619-398-9850.

NAMI Walk San Diego County Volunteer Information Meeting

When: April 7th 2011 at 6:00 pm

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

Volunteer Information for Walk Day, complete with Walk registration brochures, online registration help, and a thank you note station to encourage walkers to recognize their donors. This meeting will take place before the Education and Advocacy meeting.

Cash or Check?

Don't know what to do with the NAMI Walk donations that come in the form of cash or check.? First, make sure the check is made out to NAMI San Diego, then send the check directly to the NAMI San Diego office. PLEASE MAKE sure all checks or cash have a note with the appropriate walker and team information. You can also bring them into the office at Pre Registration or bring them to the NAMI WALK!

*Karen Godfrey
Peer Recovery
Prog. Coord.*

NAMI San Diego successfully completed a two day Connection Facilitator Training in San Diego March 4 and 5, 2011.

We are proud to announce the graduation of 3 North Coastal San Diego Facilitators and 5 San Diego Facilitators. These are welcome additions to our Connection Family and could not have come at a better time. We are currently facilitating 2 groups throughout San Diego with a weekly attendance of 15 or more consumers per group. We are currently exploring additional locations in both San Diego and North Coastal as there is an obvious interest.

We would like to thank both Sarah Ashworth and Debbie Somparelli for donating their time and service in order to make this possible.

All groups are free of charge, confidential and open to all adults (18 and over) with mental illness, regardless of diagnosis. Refer to Support Groups and Resources for times and locations. Hope to see you there.

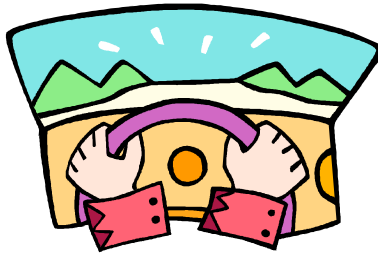
From Our Community
Wendy McNeill

Trading PMA for SDA. On a Saturday afternoon, I sat on the dinged bumper of my car in a parking lot. I had pulled over after being rear-ended by a SUV. The driver was behind me at one point but had disappeared, so I called the cops, hoping that they would deliver me from auto collision hell.

Ironically, when leaving my home, I contemplated the likelihood of getting into an accident. Due to my Severe Driver's Anxiety, I always envision worst-case scenarios when driving new places. This SDA manifests itself in 1) clutching the wheel of the car at 10 and 2; 2) behaving skittishly around any extraneous movements on the road (swerving cars, motorcycles, pedestrians); and 3) experiencing painful shocks to my system when a pang of anxiety hits. Yes, driving for me has the potential to be painful.

But I was doing great! When I was merrily on my way happily listening to Bruno Mars, I was at a stoplight. It was in the midst of "Grenade" that the SUV not-so-gently hit me. I, strangely enough, didn't experience any anxiety at being actually hit—it is only the paranoia of possibly being hit/hitting someone else that is heart of SDA—and simply signaled to my right and prepared for the ordeal. Fifteen minutes later, a blubbing blonde girl, the SUV's driver, approached me. She, apparently unable to find parking, proceeded out of the strip mall and promptly got lost. Being from out of town, I learned, she wandered for a significant amount of time before locating the rendezvous point. I was relieved that she had shown up, but impatient with her crying, as absolutely nothing had happened to her vehicle, whereas my car's trunk and bumper were significantly mangled. In the per-

fect San Diego sunshine, I was pee-vish but polite, and simply asked for her information. Ugh. No functional pen to be found between my car and purse. I ran into the sandwich shop and begged for one and I ran back outside. I instructed her to write down her information. Trying to be an adult, I engaged Ashley in conversation. Then the police arrived and said that their presence was unnecessary, due to the fact that no one was injured. And that was that.



On Monday morning I was nervous on my way to the body shop, but arrived without incident and found a parking spot right in front. (Aside: I also have PPP, Pronounced Parking Phobia.) Whew! The body shop promised to get me into a rental, and I waited. In the meantime, my friend N. called and invited me to brunch, and she offered to pick me up. I thanked the gods for this serendipitous occasion. I also observed that N. was no more skilled behind the wheel than I, but she obviously did not suffer from SDA and took any obstacle lightly. I took note.

After a delightful lunch, N. dropped me off in the vicinity of Enterprise, after we got significantly lost, which she didn't take personally either. It became obvious to me that my SDA was out of control. When driving off the lot in the rental, the parking brake was still engaged, and the car beeped. I couldn't find the brake. My SDA was through the roof. I had to pull over and call the rental car place to ascertain the brake's location.

That night, I was afraid to drive to

yoga. But my friend is the instructor so I sucked it up. On the way, I thought time and time again of turning around and going home where it was safe. But I made it unscathed and did downward facing dog with the best of them.

Tuesday I got a call from the body shop. Champ, my car, was totaled. Consequently, I will be getting a "new" car. My feelings about this are enthusiastic on the one hand—new car!—but sad on the other hand—poor Champ! Champ was previously my mother's car and has been in the family for many years. His death makes me want to write an epic poem. When I go to Mission Hills to pick up my belongings left in Champ I intend to have a good, long cry.

Intellectually, I know my SDA is absurd. I have a million examples of how and why I should not be experiencing Severe Driver's Anxiety. Why certain events are tantamount to disaster for me, I don't know. It wasn't always this way. As I've gotten older, my symptoms of bipolar disorder have shifted. I used to be a firecracker, wild and manic. Now, my symptoms gravitate towards anxiety and depression. It's just how things have morphed with age. Now, it hurts to drive, which it didn't until a few years ago. How to keep things in perspective?

This will be a challenge for me. I am learning PMA (Positive Mental Attitude) from my CBT (Cognitive Behavioral Therapy) text. CBT actually teaches one to trade positive thoughts for negative thoughts, and to focus on appreciating life while diminishing personal suffering. Hence, I should think about the wonders of nature and the beauty of San Diego while on the road, rather than fretting about whether or not there's going to be parking. I will need to change my focus. Hey, maybe I'll get some real focus: a Ford Focus.

Meeting Schedule and General Support Groups

NAMI San Diego

FREE mtgs. & open to the Public.

**Call NAMI San Diego's
Family & Peer Support Helpline
For More Info**

**619-543-1434 or 800-523-5933
unless other # stated**

NAMI San Diego Support Group

3rd Tuesday, 10:00 a.m. - 12:00 p.m.
NAMI San Diego Office
4480 30th Street SD, CA 92116

Central Region Support Group

1st Monday, 6:30—8:00 p.m.
NAMI San Diego Office
4480 30th Street SD, CA 92116

East County Support Group

1st Tuesday, 6:15 p.m. - 7:45 p.m.
El Cajon Library
201 E. Douglas Ave.
El Cajon, CA. 92020

Clairemont NAMI Support Group

2nd Monday, 7:00 - 8:30 p.m.
St. David's Episcopal Church (Library)
5050 Milton Street SD, CA 92110

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 SD, 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

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
SD, 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. SD, 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. SD, 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, Ste K, SD, CA 92154
Kika Cortez (619) 397-8835

Vietnamese Family Support Group

2nd Saturday, 9:30 a.m.-10:30 a.m.
Linda Vista Library
2160 Ulric Street, SD, CA 92111
Contact Helene Quach:
htquach09@gmail.com or
(858) 610-5882

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

**Call NAMI San Diego's
Family & Peer Support Helpline
For More Info**

619-543-1434 or 800-523-5933

Share & Care in Fallbrook

Wednesdays, 5:00 - 6:30 p.m.
Fallbrook Healthcare Foundation Bldg.
Corner of Mission and Fig
Fallbrook, CA 92028

Tuesday Share & Care Meeting

Every Tuesday,
4:00 - 6:00 p.m.
Joslyn Senior Center
210 East Park Avenue
Escondido, CA 92025

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
**Sandy (760) 729-5748 or
sboone@compuidusa.com**

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

Client/Consumer Support Groups and Resources

NAMI Connections

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

Mental Health America

4069 30th Street, SD, CA. 92104
2nd Floor Conference Room
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.

En Español

Sunrise Apartments
1325 Santa Rita Dr Chula Vista,
CA.91913 Llama: 619-863-3258
1st and 3rd Wednesdays

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
(As of 1/3/11) 5:00 p.m. - 6:30 p.m.*

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 Program

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.

NAMI San Diego's Family & Peer Helpline

1-800-523-5933

619-543-1434

Monday: noon-6pm

Tuesday: 2-8pm

Wed/Thu/Fri: noon-6pm

Free, safe, confidential information, referrals,
and support for peers (individuals with lived
mental health experience) and their loved
ones.

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.

Adult peers talking with adult peers.

Courage to Call

1-877-698-7838

24-Hours a day, 7 days a week

Veterans, military, reservists, guards & their
families

Youth Talkline

1-877-450-5463

Mon-Fri Noon-6pm

Children, teen & young adults

Family Support Line

For families, parents, &

Caregivers of Youth

1-877-470-5463

Mon-Fri Noon-6pm

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 Code: _____ \$ _____
 Amount

Signature _____

Please Mail To:

NAMI San Diego
 Attn: Membership
 P.O. Box 710761
 San Diego, CA. 92171-0761

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

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**P.O. Box 710761
San Diego, CA. 92171-0761**

Non-Profit
Organization
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Return Service Requested

Education & Advocacy Meeting

NAMI San Diego
First Thursday of the Month
April 7, 2011
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NAMI San Diego

2011 Outstanding Local Affiliate

NAMI San Diego has been selected to receive the "Outstanding Local Affiliate" award at the upcoming NAMI National convention for its vast array of support, education and advocacy services that it offers to San Diegans!!

The Outstanding Local Affiliate award is given by NAMI National to recognize exemplary efforts to achieve NAMI's goals on the local level. NAMI San Diego's consistent support of NAMI's mission of education, support and advocacy is evidenced by the number of support groups, education classes, community outreach activities, seminars, and monthly education and advocacy meetings we offer. Our "Friends in the Lobby" program, which offers NAMI information and support to those visiting loved ones in hospital psychiatric units, is just one example of the innovative ways we have found to reach out to people where and when they need it most. Another example is the Hearts and Minds program to spread the word about wellness and educate individuals about healthy resources from exercise to nutrition and smoking cessation. NAMI San Diego has also embraced the NAMIWalks program making it one of the largest in the country. This year's walk will be held in Balboa Park on April 16. All of these are reasons we were chosen to receive the Outstanding Local Affiliate Award.

The award will be presented to NAMI San Diego on July 9, 2011 at the Annual NAMI Convention in Chicago.