



*Patrick Cremeens  
Acting Exec. Director  
NAMI San Diego*

You may have heard the news by now --- Shannon and Greg Jaccard's baby girl made her entrance a bit earlier than planned! Congrats to the new Mommy & Daddy, and welcome to the new bundle!

Luckily, Shannon had already been planning for her maternity leave. During her absence I have been selected as "Acting Executive Director." The Management Team here at NAMI San Diego will be lending me their support and knowledge, so we can keep up with all of our projects and tasks, and keep the agency hard at work.

If you would normally contact Shannon about any topic, please feel free to contact me until she returns. Even if I'm not the one who can assist you, I will find the right staff person who can.

Email:  
patrickcremeens@namisd.org

Telephone:  
619-563-0738

## NAMI San Diego

### Free Education & Advocacy Meeting

Thursday, May 5, 2011

6:30 p.m. - 8:30 p.m.

### Schizophrenia Gene Mutation Found

In a major advance for schizophrenia research, an international team of scientists, led by Jonathan Sebat, PhD, assistant professor of psychiatry and cellular and molecular medicine at the University of California, San Diego School of Medicine, has identified a gene mutation strongly linked to the brain disorder – and a signaling pathway that may be treatable with existing compounds.

Jonathan Sebat (pictured below) is Chief of the Molecular Genomics of Neuropsychiatric Diseases and Assistant Professor in the Departments of Psychiatry and Cellular Molecular Medicine at UCSD. Work in his lab focuses on the identification and characterization of genetic risk factors for mental illness. His research has been central in understanding copy number variation (CNV) in the human genome and its impact on human genetic diversity and disease.

Using new genomic technologies, Dr. Sebat has pioneered the CNV-based approach to the study of common neuropsychiatric diseases, including autism, schizophrenia. His work constitutes potential leads in the development of novel antipsychotic drugs.

Dr. Sebat is formerly an Associate Professor of Human Genetics at Cold Spring Harbor Laboratory (CSHL), an adjunct professor of biology at Stony Brook University, and a member of the Stanley Center for Psychiatric Genomics at CSHL. A recipient of several awards and honors, Jonathan also serves as a member of multiple working groups focused on the analysis of structural variation in humans, including the 1000 genomes project and the Psychiatric GWAS Consortium.

#### Schedule:

6:30 p.m. Ask the Doctors

7:00 p.m. Program

8:00 p.m. Tea and Comfort

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





**Anita Fisher**  
Education  
Director  
NAMI San Diego

I wanted to share some great

information provided by Brandi M. Marcoe, M.S.W., NAMI SD Family and Peer Support Helpline Program Manager, used to train the Family and Peer Helpline staff. I realized all of us should also be aware of always using Person First Language when speaking about ourselves or others living with mental illness.

Person-First Language: Here at NAMI, we are especially aware of language and how it can shape stereotypes and stigmatizing views about people that have mental illnesses.

In the course of our daily responsibilities answering Helpline phones, teaching a class, facilitating a support group, or anywhere you happened to be outside of work, you may hear people using stigmatizing language. We DO NOT correct, we should lead by example.

If your caller refers to their sister as “schizophrenic”, you simply refer to their loved one as their “sister with schizophrenia”.

Other examples of Person-First Language:

Say: Individuals with mental illnesses, I have bipolar disorder, His behavior is unusual, He has a mental health condition. Instead of: The mentally ill, I'm bipolar, He is acting crazy, She is mentally ill.

We also want to be aware of the words we use. Terms such as “loony”, “crazy” and “wacko” as they perpetuate the negative stereotypes of people with mental illnesses.

## General Rules By Which to Speak, Write, Respect and Empower

### Having vs. Being

To HAVE an illness, or to have the diagnosis of an illness, is notably different than to BE the illness.

When I have bipolar illness, I recognize that aspect of myself, much as I recognize that I have brown eyes. When I am bipolar, I take on the identity of BEING bipolar. It becomes me, and I become it.

When we talk about an individual as separate from their mental health condition, we recognize the person first, and we acknowledge the person's power to overcome that condition and live a full life separate from it.

I often tell people, I may have it, but it doesn't have me!

### Singular vs. Plural

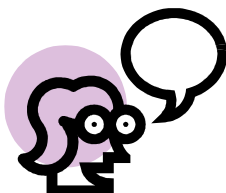
Mental illnesses are diverse; there are many of them, and many types of them. To say that people (plural) have mental illness (singular) misses the breadth and diversity of the nature of mental illnesses.

Therefore, one person has one illness (person with a mental illness).

More than one person has more than one illness (persons with mental illnesses).

To use the singular (illness) when speaking in the plural (people/ individuals/persons) reinforces stigma and discrimination. It implies that there is only one mental illness, that it is one size fits all, and to have a mental illness means that you must have the same symptoms as the

person who made the front page of the news.  
Nanette.Larson@illinois.gov  
Rev. 10/7/09



## 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, MD
- ▶ Vice President - John McManamy
- ▶ Treasurer - Louise Groszkruer
- ▶ 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](mailto:information@namisd.org)**

**Web Site: [www.namisandiego.org](http://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](mailto:sjaccard@namisandiego.org) or contact any of the people mentioned in the articles.**



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

### **BILINGUAL Volunteer Orientation for May**

The next volunteer orientation is on May 2nd at 11am at the NAMI San Diego office in the front conference room. We now have every monthly volunteer orientation offered in English and Spanish! We encourage all to attend, especially if you are multi-lingual. We have several opportunities from clerical work at the office to 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 May Meeting**

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 May 18th 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 Volunteer will be available in the lobby at local area hospitals that have inpatient psychiatric units during certain visiting hours. Come join us and find out more!

### **San Diego County NAMI Walk 2011**

What a fantastic day for the entire San Diego County NAMI community! We had people from all walks of life and stages of recovery come together to celebrate the HOPE for all those affected by mental illness. Raising funds for FREE mental health services

countywide is no easy task but with a dedicated walk committee, more than 60 walk volunteers, community support, and involved staff, board members and affiliates the San Diego County NAMI Walk raised over \$120,000 and counting! The walk continues to take in donations that support mental health services countywide until **June 17th**.

We show our collaborative spirit through first person language, a resource fair with over 70 community service agencies, and walking together as an entire San Diego County community to take a stand against the stigma associated with mental illness. The Girl Scouts counted us down, then Mr. Superman lead the walk squashing stigma with over 2,800 walkers marching behind him including the sound of the bagpipes as they faded down the walk route. There were 106 teams rallying with their team signs, and several therapy dogs reminding everyone that "Recovery is Paws-able!"

The morning warmed up very quickly so the SuperQ Food truck was there along with Activate and NIKA water, and B&B Kettle corn to make sure the walkers were hydrated and ready to boogie down with the Goddard Brothers' Band! Even the Pink Diva, a life size stilt puppet was at the finish line to cheer on the walkers with giant high 5's for all the children, and Kearny Mesa Toyota brought a hybrid vehicle to remind all the parents that going green can also save money! There will be an upcoming volunteer recognition and walk committee meeting to make sure next year is a rocking success as well! Keep that walk energy going and See you next year at the San Diego County NAMI Walk 2012 and remember to always WALK the TALK in our fight against stigma!

**Cash or Check Walk Donations** to still turn in...No Problem! 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. (4480 30th Street San Diego CA 92116).



**Michael and David Dunlop  
Team: Some Like to Skip...**



**Mr. Superman and the Pink Diva**



*Karen Godfrey  
Peer Recovery  
Programs  
Coordinator  
NAMI San Diego*

*A Lesson from Walk 2011  
From Our Community  
Wendy McNeill*

I was reminded recently of exactly why I do what I do. I have the privilege of mentoring consumers throughout the community in NAMI's Peer-to-Peer Recovery Education Course. Recently a class graduated from the 10-week course and upon graduation myself and my co-mentor, Debbie Zomparelli were presented with handmade bracelets from a graduate. They were beautifully constructed and hanging from each of them was a single puzzle piece. When he presented them to us he stated that the puzzle piece was representative of us being a piece or a part of his recovery! Immediately I was reminded of why I do what I do!

Peer-to-Peer is for any individual living with a serious mental illness who is interested in establishing their wellness and recovery. Each class is two hours in length and continues for 10 consecutive weeks. The course is taught by two trained "mentors" who are themselves experienced at living well with mental illness. Course topics include Relapse Prevention, Brain Biology, Disclosure to Family and Friends and much more.

We have an English class beginning May 5, 2011 and a Spanish class beginning June 8, 2011. To register please contact the Family and Peer Support Helpline at 619.543.1434 or 800.523.5933 for English, and Gina Osuna at 619.288.3133 for Spanish.

I was basking in the glow of the NAMI Walks for the Minds of America's resounding success. The hustle and bustle had great energy, and it was wonderful to see so many members of the community coming together to celebrate the strides in mental health awareness.

I was staffing the Impact Young Adults table. I had my elevator speech down. "Impact is an organization for young adults ages 18-35 who want to have fun. They have activities planned for every Saturday, like bowling, miniature golf, ice skating, museum visiting, and sometimes even camping or trips to Magic Mountain. Impact is a great way to meet people and make new friends. Visit us on the new website [www.impactyoungadults.org](http://www.impactyoungadults.org)."

It was a little ironic that I was the one plugging Impact, as I am a tad older than 35, but I don't think people were looking close enough to make that evaluation. In any case, I deemed myself an Impact Ambassador. So while Impact members walked, I talked. And did I talk the talk!

So after my duties were completed I drifted through the resource fair and collected as many pens and post-it notes as I could. In actuality, I came home with a load of helpful literature that made my backpack a little heavier than it was when I arrived.

But the finale of my Walk experience was what set this Walk apart from those of the past. See, my new friend M. was coming back from her house to pick me up by the "big pine tree," and we were going to go out for brunch. Now, I didn't know if she was going to find me easily or if we were going to have to have an elaborate phone conversation, "No, I'm under the OTHER big pine tree."

So there I was, waiting. I attached myself to a group of folks from an independent living organization so I wouldn't be straggling out there by myself.

Thankfully, in a few minutes, a blue car pulled up with a brunette with longish hair at the wheel. Woo hoo! My ride! I went traipsing over and proceeded to get into the car with great relief. Then I looked up at the driver—plainly not M.—who said, bewildered, "I don't know you." Indeed, I didn't know her. I had gotten into a stranger's car!

Mortified, I disembarked from her vehicle and went back to wait with the group. I said nonchalantly, "Not my ride..." In fact, that car belonged to that organization, and they quickly mobilized to leave, so I was out on the sidewalk by myself.

I was waiting solo for just a few minutes when M. drove up—in a red SUV. Now, I had been in her car before, but did it register that she drove a red SUV? Absolutely not.



I was delighted that I had a somewhat succulent story for M. at the outset of our visit.

But what was most important is that that embarrassing moment, which would have flattened me a bit in my tender years, was just fodder for a good chuckle.

I couldn't wait to tell E., the co-founder of Impact, about my baby step in recovery since baby steps are what recovery is made of.

**Walk 2011 certainly made  
its impact on me!**

# 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/Partners of Persons with a Diagnosis of Bi-Polar 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., 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*  
**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. NAMI San Diego Helpline at (619) 543-1434 or 1-800-523-5933

#### 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

Sunrose Apartments  
1325 Santa Rita Dr Chula Vista,  
CA.91913 *Every Wednesday*

#### 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*

#### 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

For 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](http://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

Vol. XV, Issue 5, May 2011



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

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  
May 5, 2011

SEE DETAILS INSIDE



---

---

*\* The help of our community is needed! \**



As we prepare for our next fiscal year (July 2011-June 2012) classes, we want to ask if any of you who receive our newsletter might know of locations that will allow us free space usage for our Peer-to-Peer and Family-to-Family classes.

We require the following time frame:

For Peer-to-Peer classes: 10 consecutive weeks, 2 hours each week

For Family-to-Family classes: 12 consecutive weeks, 2.5 hours each week.

We bring all our own materials; **all we need is a room with a conference table that holds minimum 15 or up to 25 people.**

We are seeking space in every area of San Diego County, South, East, Central, North Central, and North Inland. Many of our classes have been held in libraries, churches, community centers, lodges, schools, even apartment and housing development community centers, etc.

So, if you have any contacts or ideas that we can follow up on, please email or call:

Anita Fisher at [anitafisher@namisd.org](mailto:anitafisher@namisd.org), phone: 619-398-9851

or Nancy Fuller at [nancyfuller@nancyfuller.org](mailto:nancyfuller@nancyfuller.org), phone: 619-398-9855