

Education Department Full Steam Ahead for 2007

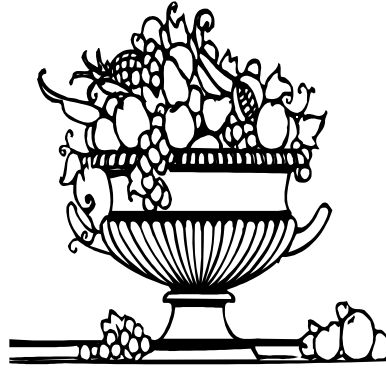
By Kinsey McManus
Education Director

With the holidays coming up, it is the perfect time to check out what our support groups have to offer. **NAMI C.A.R.E.** is an alliance of individuals who have the experience of living with mental illness in common. We share our experiences and use them as learning opportunities for others and ourselves. The schedule is located on page 6 of the newsletter. Our **NAMI Support Groups** are designed for families and others to have the opportunity to learn about helpful resources, share concerns, and learn new strategies and options for assisting individuals living with any mental illness. To find a Support Group in your area please check out page 4.

The **Family to Family** program will not only be expanding the number of courses offered throughout the county, but will begin the process of translating the program into both Vietnamese and Arabic! F2F is NAMI's 12-week education course for family members of individuals with severe mental illnesses. The course covers the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively. We also offer **Schizophrenia Education**, a seven-week free lecture series for families and caregivers of people living with schizophrenia.

New **Peer to Peer** classes begin with the new year, including Peer to Peer (Persona a Persona) in Spanish! In addition, the program has been recently improved based on insightful feedback of participants. P2P is a 10-week recovery education course for any person with serious mental illness who is interested in establishing and maintaining wellness. For more information or to sign up, go to www.namisandiego.org or contact our Albright Center at 619-543-1434 or 1-800-523-5933

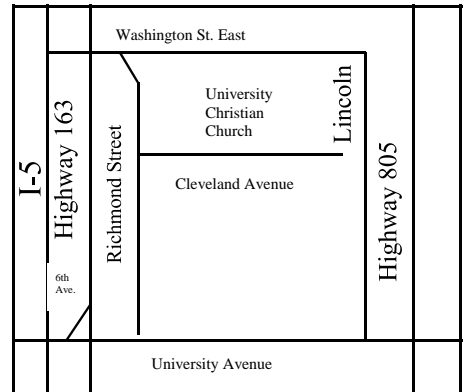
December Potluck!



Thursday, December 7, 2006 at 6:00 p.m.
Same Location—Bring a Dish to Share.
Call Gay Ames at (619) 226-8505 or email r.ames@cox.net

*An Evening of Fun Awaits You!
Bring the Entire Family!!*

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



Schedule:

- 6:00 p.m.:** Potluck
- 7:00 p.m.:** Annual Meeting
BOARD ELECTION
- 7:15 p.m.:** Entertainment



NAMI's Workin'

By *Bettie Reinhardt*
Executive Director

Writing about one of NAMI San Diego's unsung heroes for the November newsletter started me thinking about many more people – and programs – that fall into that category, such as the Albright center. We describe the Albright Information &

Referral Center as our cornerstone program but, let's just be frank, we take the center and the people that make it work for granted.

Just in case you are new to NAMI, I'll describe the center and give you a bit of its history. The Albright I&R Center is NAMI San

Diego's helpline – and then some. It is staffed by volunteers, the center's Resource Specialists, who are family members and consumers in recovery so they can truly provide folks "a good listening to." Of course, they do not just listen. They provide information about mental health and support services and how to access those services. We are past the era of receiving all requests for help by phone. Now they come by e-mail, website message, and walk-in. To keep this piece on one page, we'll refer to all requests for help as "calls." Calls come for many reasons – need for support, illness information, how to find a doctor, what to do when a relative is arrested, class sign-up, information about any of NAMI's programs. Calls come from family members, consumers, mental health professionals, students, and from people that have us confused with the Japanese fish restaurant. Most calls are local or from around the county using the center's toll-free line but a goodly number also come from out of state or even out of the country. We collect as much data as people are comfortable sharing with us so we can report call volume by diagnosis, gender, and age of consumer and by need of the caller. The center maintains a library of brochures and a lending library to further the center's goal of helping people help themselves. Center volun-

teers are supported by the Operations Manager, Rita Navarro, who is bilingual and also ready to help new Spanish-speaking Resource Specialists.

The Center is one of the older NAMI helplines anywhere. It was founded after a great deal of planning and fundraising and collaborating in 1985 and named after Jim Albright whose persistence had been a key

"[Volunteering at the Albright Center] is a great way to participate in the NAMI family...knowing that you have made a difference in someone's life."

factor in the center's development. The first office was on Olive Street, next to a barber-shop. Come to think of it, we're only two doors away from a barber-shop now.

That's a link that someone with time on his/her hands should explore. Liz Hersch was the first director. (For those who remember Liz, she just moved to Bend, Oregon to be near her parents, Pat and Bob Haack. OK, old timer chatter, we'll move on.) One person who helped plan the center and who helped staff it from day one is still faithfully volunteering one day a week. Two more got a late start but are still nearing 20 years of very regular service. Other folks have come and gone and come again. Some volunteers are scared away by the number of resources they need to pass on to callers. However, those that stick it out, that discover that they don't have to memorize the resources, just know where to find them, are usually hooked. It is a great way to participate in the NAMI family and to go home at the end of the day knowing that you have made a difference in someone's life.

For the first 10 years or so, the center received federal block grant funding through County Mental Health plus support from Vista Hill Foundation. Since then, NAMI San Diego has shouldered the costs – don't be surprised when we remind you of that in an appeal letter.

Latest NIMH Study Results—Treatment of Depression

**Statement of Michael Fitzpatrick,
Executive Director, National Alliance
on Mental Illness**

The latest results in the landmark STAR*D study, funded by the National Institute of Mental Health (NIMH), and published November 1st in the *American Journal of Psychiatry*, demonstrates the importance of giving people access to the best possible, most effective medication—right from the start.

Overall, almost 70% of patients with depression in the study were helped by one or more drugs. Approximately 40% achieved remission of symptoms on their first drug and 30% in the second. On the third and fourth tries, 14% and 13% respectively achieved remission. Treatment is often a progressive, incremental process.

In the real world, one size does not fit all. Managed care plans and state Medicaid formularies must not restrict threshold choices made by front-line physicians. The physician-patient relationship is critical in setting expectations and emphasizing the importance of staying on medication.

Greater scientific research is needed to achieve better, fast-acting, long-lasting alternatives.

Star*D results on the effectiveness of counseling also have not yet been published, which is a critical piece of the treatment puzzle.

Depression kills. Remission saves lives. Complete elimination of symptoms means a return to family, friends and productivity. The personal, social and economic benefits of effective treatment are enormous.

In 2005, NAMI conducted a survey that complements Star*D findings. On average, the majority of patients with depression who were surveyed had tried four medications. A majority experienced six or more episodes of depression in their lifetimes, but only 34% ever discussed the possibility of relapse with a physician. Less than 25% were aware of differences between full and partial remission of symptoms. Only 25% had received talk therapy or counseling.

The Advocate

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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The NAMI San Diego Advocate
is a monthly publication of

NAMI San Diego
4480 30th Street
San Diego, CA 92116

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Articles received by the 15th will be considered for publication in the following month's newsletter.

The opinions expressed in the newsletter do not necessarily reflect those of NAMI San Diego.

To register your opinion, call Bettie Reinhardt at 619 584-5564 or fax to (619)584-5569 or email at exudir@namisandiego.org or contact any of the people mentioned in the articles.

Hope for the Holidays

Sally Shares Holiday Spirit with NAMI Folks

By Sally Shepherd
NAMI San Diego Board President

Our accomplishments as an affiliate during the past year have been many, all of them outstanding. In one newsletter after another, you have been able to keep up with all the new developments. Of course, we still have many items on our "wish list", including expediting the translation of many of our programs into Spanish, the hiring of a Development Director, and a fabulously successful Walk (April 21st – in case you might have forgotten!

However, I thought it might be nice to end the year with a piece that represents what NAMI is all about – really.



HOPE

By Sherwin Wine

**HOPE IS A CHOICE
NEVER FOUND
NEVER GIVEN
ALWAYS TAKEN**

**SOME WAIT FOR IT TO CAPTURE THEM
THEY ALWAYS END UP THE PRISONERS OF DESPAIR
OTHERS GO SEARCHING FOR IT
THEY FIND NOTHING BUT THE REFLECTION OF THEIR OWN ANGER**

**HOPE IS AN ACT OF WILL AFFIRMING, IN THE PRESENCE OF EVIL, THAT GOOD THINGS WILL HAPPEN
PREFERRING, IN THE FACE OF FAILURE, SELF-ESTEEM TO PITY**

**OPTIMISTS LAUGH, EVEN WHEN THEY LOSE
THEY KNOW THAT HOPE IS A LIFE STYLE
NOT A GUARANTEE.**

(Given to me on my first, desperate visit to my wonderful psychiatrist, Dr. Gary Eaton)

NAMI San Diego Meeting Schedule

NAMI San Diego

4480 30th Street
San Diego, CA 92116
(619) 543-1434 or (800) 523-5933

Morning NAMI-SD Support Group

Third Tuesday, 10:00 a.m. - 12:00 p.m.
NAMI-SD Office, 4480 30th Street

Sibling and Adult Children's Group

Second Wednesday, 7:00 - 9:00 p.m.
Scripps-Mende Well Being Center
Adjacent to the UTC Mall
Call Michelle Cauble at (858) 756-3140

Clairemont NAMI Support Group

Second Monday, 7:00 - 8:30 p.m.
St. David's Episcopal Church (Library)
5050 Milton Street
Call Joan Williams at (858) 274-3716

La Jolla NAMI Support Group

First Tuesday, 7:15 - 9:00 p.m.
La Jolla Presbyterian Church
Enter on Eads Avenue, Room #9
(858) 457-5057

NAMI Family Support Group

2nd & 4th Thursdays, 6:00 - 7:30 p.m.
Pegasus East, 7841 El Cajon Blvd., #C
La Mesa, CA 91941
Call Carol Davis at (619) 641-6860

Support groups for families and caregivers of children and adolescents

La Mesa Group

2nd Tuesday, 6:30-8:00 pm
Lake Murray Evangelical Free Church
5777 Lake Murray Boulevard, La Mesa
1st Floor, Fellowship Hall
Peggy & Bob Chambers: (619) 464-0476

Spouses of Persons with the Diagnosis of Bi-polar

Second Wednesday, 6:30 p.m.
Clairemont Lutheran Church
Luther Hall Rm. 13/14 on the 2nd Floor
4271 Clairemont Mesa Blvd., San Diego
(858) 273-7423

Spanish - South Bay

First Monday, 6:00 - 8:00 p.m.
South County Family Resource Center
690 Oxford Street, Chula Vista
Call Luz Fernandez (East County clinic)
(619) 401-5500

Spanish - Area de Clairemont -

**NAMI-SD Grupo de Apoyo
Clairemont NAMI Support Group**
Tercer Martes (3rd Tuesday) 6:30-8:00 p.m.
St. David's Episcopal Church (biblioteca)
5050 Milton Street, San Diego, CA 92110
(619) 543-1434 or (800) 523-5933

Spanish Family Support Group

Third Thursday, 6:00 - 8:00 p.m.
South Bay Guidance Center
835 3rd Avenue, Suite C
Chula Vista, CA 91911
Call Gina Osuna: (619) 425-6879

NAMI Patton

Third Sunday, 11:45 a.m. - 1:15 p.m.
c/o Patton State Hospital
(Administrative Meeting Room)
3101 E. Highland Avenue
Patton, CA 92369
Tel: (909) 425-7000 Fax: (714) 963-9961

NAMI-SIT

Schizophrenics in Transition

Board Meeting

Call for meeting time
144 Copper Avenue, Vista 92083
(760) 941-2153 or
(858) 481-7069

NAMI-SIT includes the following :

- Copper Hill Living & Learning Center
- Creative Arts Consortium
- Friends
- Advocacy Works
- Jardin Cesar Chavez

NAMI North Inland

P.O. Box 300386
Escondido, CA 92030-0386
(760) 745-8381

Education Meeting

Second Tuesday at 7:00 pm.

Bradley Center (Kinesis North)
474 W. Vermont Ave, Escondido
(760) 745-8381 or 1-800-523-5933

Tuesday Share & Care Meeting

Every Tuesday Except the 2nd Tuesday of
each month., 4:00 - 5:30 pm.
at Joslyn Senior Center (Room 4)
210 East Park Ave, Escondido
(760) 745-8381

Monday Share & Care in Fallbrook

Mondays, 5:00 - 6:30 p.m.
Fallbrook Healthcare Foundation
Corner of Mission and Fig
Call for address (760) 745-8381

NAMI North Coastal

P. O. Box 2235
Carlsbad, CA 92018
(760) 722-3754

Education Meeting

Third Thursday, 7:00 - 8:30 p.m.

St. Michael's by the Sea Episcopal Church
Parish Hall, 2775 Carlsbad Blvd.
(760) 722-3754 or (800) 523-5933

Education Meeting followed by

NAMI Facilitated Support Group
8:30 - 10:00 p.m.

TARA Borderline Personality Disorder Support Group

First Tuesday monthly at 6:30 - 9:00 p.m.
Carlsbad Community Church
3175 Harding Street, Carlsbad CA 92008
(760) 729-2331- Ask for Sandy

Legislative Update

NAMI E-News

Even though the 2006 elections are now over, the 2006 congressional session is not and House and Senate members returned to Washington this week to complete unfinished business for this year, including current fiscal year funding bills covering a broad range of domestic programs including mental illness research and services, housing and veterans' programs.

At stake is funding for current fiscal year priorities at a range of agencies including NIMH, SAMHSA, the VA and HUD. This includes efforts to restore cuts originally put forward by the President, and in some cases, to maintain increases endorsed by the Senate. Critical to this effort is restoring the overall \$5.5 billion difference in overall spending authority between the Senate and the House.

Action Requested

NAMI therefore urges advocates to contact their members of Congress and encourage their support for restoring the \$5.5 billion in spending authority recommended by the Senate for FY 2007. NAMI is especially grateful to Senators Arlen Specter (R-PA), Tom Harkin (D-IA) and the Representative Mike Castle (R-DE) that have led efforts in the Senate and House to achieve this important goal.

"The Governmental Relations and Advocacy Committee (GRAC) of NAMI in San Diego County speaks with one voice to raise awareness of and create solutions for the mental health needs of the community."

To join GRAC or to receive our legislative alerts, please email Janet Daugherty at jandaugh@cox.net.

Reflections on Recovery

Putting the Drama Queen to Bed on Birthday

By Wendy McNeill
Board Member & Newsletter Editor

Wish me a Happy Birthday. I was thirty-five on November 28, 2006, which means I'm a Sagittarius, a fire sign.

I was also born in the Year of the Pig. According to scholars of the Chinese calendar, being born in the Year of the Pig means I am "honest and straightforward." Furthermore, I "tend to be popular and make lasting friendships."

Well, of course this is all true, but I still wanted to take this opportunity to reflect on life's passage and take a look at how I'm doing.

My life breaks down into a few crisp segments: Before Bipolar Disorder (age 0-18), During Bipolar Disorder (age 19-29), and (Beg. Recovery 30-35.)

Five years ago, I was on the cusp between a lifestyle of illness and a path to recovery.

On my thirtieth birthday, I was stuck in Aurora Behavioral Health because of a manic episode. I had been there three weeks. I insisted that they let me out, which they did "against doctor's advice" so that I wouldn't have to spend my birthday in the hospital.

A van drove me home and left before I could get inside my apartment. I don't remember the circumstances: did I lose my keys? Did my keys not work? All I can remember is intense panic. First, I had just been locked up somewhere for three weeks; now, I was locked out. Not for long.

I was wearing a pair of black leather pumps with three inch heels. (When I was hospitalized, I had been impersonating a federal agent.) I took off my left shoe and smashed the window adjacent to the door. The glass in its old panes shattered easily. I created a hole,

crawled through it (somehow!), and bleeding slightly from the hands, I flopped into bed, exhausted by the drama.

The story I told my landlord is that I had a stalker ex-boyfriend who did the damage. The landlord was gullible and paid the repair bill. But I did have a couple

"...being born in the Year of the Pig means I am 'honest and straightforward'."

of cold nights.

That evening I got on the horn, rustled up some friends, and we went and had steak dinner for my thirtieth birthday. There were a dozen of us. At the time, I thought it was a real hoot.

During that time, I clutched tightly to flimsy symbols of wellness as a counterpoint to the serious periods of illness.

Over the last five years, however, my definition of what is a "significant event" has changed. No longer is "Oh, that's the Christmas I spent in the hospital." Or, "Oh, that's the year I divorced the psychiatric nurse." Or, "that's the year I got taken to Mexico and went without food, water and meds."

Now, it's "that's the year I met Travis." "That's the year I spoke at the dinner." And of course, "that's the year we got the cat."

I'm still a Pig at heart, though, which means I spent my thirty-fifth birthday with just a few, good friends.

Oink, oink!

Client/Consumer Resources

NAMI C.A.R.E. Support Groups

Consumer Support Groups
For more information call the
Albright I & R Center at
(619) 543-1434 or 1-800-523-5933

NAMI San Diego Office

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

Gifford Clinic (Cafeteria)

140 Arbor Dr.
San Diego, CA 92103
1st & 3rd Wednesdays: 2:00 - 3:30 p.m.

Sharp Mesa Vista Hospital

(Activity Room)
7850 Vista Hill Ave.
San Diego, CA 92123
Every Thursday: 11:15 a.m. - 12 Noon

Tri City Outpatient Program

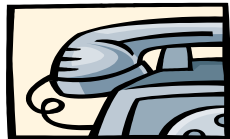
510 West Vista Way
Vista, CA 92083
Call: (760) 722-3754
Every Wednesday: 2:00 - 3:00 p.m.

North Coastal Mental Health Clinic

1701 Mission Ave.
Oceanside, CA 92054
Call: (760) 722-3754
Every Friday: 2:00 - 3:00 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: 5:00 p.m.—11:00 p.m.
Call us. We are fellow consumers who
have been there, done that. Listening and
talking are what we like to do.

Albright Information & Referral Center

1-800-523-5933, 1-619-543-1434
Volunteer resource specialists can provide
information and support to callers and visi-
tors, including consumers, family members
and professionals.

Patient Advocacy Program

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

The Consumer Center for Health Education and Advocacy

1475 Sixth Ave., 4th Floor, San Diego, 92101
Toll Free: 1-877-734-3258
Monday - Friday: 9:00 a.m. - 5:00 p.m.
If you need help getting mental health services or if
you have a complaint or grievance, call or write us.
We are ready to help you.

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.
Once a month Saturday outing - Call for
information.

Casa Del Sol Clubhouse

1157 30th Street, San Diego, 92154
(between Coronado Ave. & Del Sol 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. (at Utah)
San Diego, 92104 (North Park, #7 Bus Line)
(619) 683-7423 ☎ Fax: (619) 683-7428
Monday - Friday: 8:00 a.m. - 4:00 p.m.

East Corner Clubhouse

1060 Estes Street (off Chase Avenue)
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.

Eastwind Clubhouse

2359 Ulric Street, San Diego, 92111
(858) 268-4933 ☎ Fax: (858) 268-0244
Monday - Friday: 8:30 a.m. - 5:00 p.m.

Escondido Clubhouse

474 West Vermont Ave., Suite 105
Escondido, CA 92025
(760) 737-7125 ☎ Fax: (760) 741-6645
Monday - Friday: 8:00 a.m. - 4:30 p.m.

Friend-to-Friend

1009 "G" Street, Suite A, San Diego, 92101
(619) 238-2711 ☎ Fax: (619) 238-1127
Monday - Friday: 8:00 a.m. - 4:00 p.m.
An SSI advocate is available

Friends In Hand Clubhouse

144 Copper Ave., Vista, 92083
(302 Bus Route)
(760) 631-2206
Saturdays: 11:00 a.m. - 4:00 p.m.

Mariposa Clubhouse

560 Greenbrier, Suite 102, Oceanside, 92054
(760) 439-6006 ☎ Fax: (760) 450-0710
Monday - Friday: 8:00 a.m. - 4:00 p.m.

The Meeting Place, Inc.

4034 Park Blvd., San Diego, 92103
(619) 294-9582 ☎ Fax: (619) 294-9588
Monday - Friday: 8:00 a.m. - 4:00 p.m.

Neighborhood House Association (NHA) Friendship Clubhouse

286 Euclid Ave., #102, San Diego, 92114
(619) 266-2111 Ext. 106 ☎ Fax: (619) 266-0496
Monday - Friday: 8:30 a.m. - 4:30 p.m.

Visions

226 Church Avenue, Chula Vista, 91910
(619) 420-8603 ☎ Fax: (619) 420-0385
Monday - Friday: Noon - 7:00 p.m.
Saturday & Sunday: Noon - 5:00 p.m.

The Access Center of San Diego

1295 University Ave., Suite 10, San Diego, 92103
(619) 293-3500
Monday - Friday: 9:00 a.m. - 5:00 p.m.

Employment Services

1202 Morena Blvd., Suite 201, San Diego, 92110
(619) 276-8071
Monday - Friday: 8:00 a.m. - 4:30 p.m.

Job Options

3465 Camino del Rio South, Suite 300
San Diego, 92108
(619) 688-1784 (Valorie)
Monday - Thursday: 8:00 a.m. - 5:00 p.m.
Friday: 8:00 a.m. - 4:00 p.m.

San Diego Park and Recreation Therapeutic Recreation Services

(619) 525-8247
Monday - Friday: 8:00 a.m. - 5:00 p.m.
Serves over 50,000 participants each year. The goal
of the program is to provide year round recreational
experiences for individuals with disabilities.

The Creative Arts Consortium

P. O. Box 3053, San Diego, CA 92163-3053
Director - July Rose
(619) 282-4627 or (619) 563-2708

DBSA-Depression Bipolar Support Alliance

There are meetings in different regions of the
county. Call for meeting information:
1-800-826-3632
or go to the DBSA website at: www.dbsalliance.org

Compeer San Diego

Offering support, information, and friendship!
For more information:
858.361.3632
www.compeersandiego.org
info@compeersandiego.org



Membership

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 _____ Work Phone: _____

Cell Phone: _____

____ Please email my newsletter

____ Membership	\$40.00
() New Member	() Renewal
____ Professional Membership	\$75.00
____ Organizational Membership	\$100.00
____ Please contact me about a Scholarship Membership	
____ Donation*	_____
Please contact about volunteer opportunities	

Annual Supporting Donors

- Platinum—\$1,000 or more
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- Silver—\$100-\$499
- Bronze—up thru \$99

All gifts are tax deductible as provided by law. NAMI is a not-for-profit 501(c)(3) organization.

Thank you!

Please Mail To:

NAMI San Diego
4480 30th St.
San Diego, CA. 92116

Or Fax To:

619.584.5568

To pay by Credit Card:

print name as it appears on card	
_____	_____ / _____
card number	expiration date
____ Visa ____ MasterCard	\$ _____
	amount

signature	

The Advocate

Vol. X, Issue 11, December 2006



4480 30th Street
San Diego, CA 92116

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

1st Thursday!!!

December Potluck!

December 7, 2006

6:00 p.m.

See page 1 for info!



Return Service Requested

Create your Walk Team Page Today!



The success of the NAMI San Diego County Walkathon is through the establishment of walk teams. The formation of your team will help spread the awareness about the work NAMI does for the mental health community. In order to make your walk team page go to: www.nami.org/namiwalks/CA/sandiego Click on "Form a Walk Team" and follow the *Easy As 1-2-3-4* steps.

I would like to thank our first four teams that are off to an amazing start!!

Lopez Walkers
Psyched at CSUSM
Still Standin'
The Difference Makers

From coast to coast, thousands will walk this year to promote hope, treatment, and recovery. Add your footsteps to ours!

For more information please contact Shannon Jaccard at 619-584-5564





HEALTHY MINDS, HEALTHY AGING

The Senior Mental Health Partnership (SMHP) has joined forces and has become a program of NAMI San Diego in order to strengthen its mission of addressing the needs of older adults in San Diego County. Almost 4 years ago SMHP was founded by a core group of community members. It is the only group in San Diego County that brings together consumers, family, and various mental health and social service professionals to network with one another and increase education and advocacy for the specialized mental health and substance abuse needs of older adults.

Please join us at our December meeting:
"Helping Seniors Beat the Holiday Blues"
December 8th, at 8:30am
Behavioral Health Administration Building
3255 Camino Del Rio South
San Diego, CA 92108

Presenter: Daniel D. Sewell, M.D.
Associate Clinical Professor of Psychiatry
Director, UCSD Senior Behavioral Health Program

Dr. Sewell attended medical school at the University of Iowa in Iowa City, IA and completed his psychiatry residency at the University of California, San Diego. Following residency, he completed a fellowship in geriatric psychiatry at UCSD.

Dr. Sewell's current research interests include: 1) the use of the neuropsychological test, the Clock Drawing Test (CDT), to distinguish older patients with major depression from older patients with major depression and early dementia; 2) unrecognized medical illness as the cause of behavioral disturbance in patients with dementia; 3) the use of aroma therapy to reduce agitation in patients with dementia; 4) sex, aging, and dementia, 5) metoclopramide-associated tardive dyskinesia; and 6) the use of atypical antipsychotic medications in older patients.

Dr. Sewell spends the large majority of his time working with patients admitted to the Senior Behavioral Health Inpatient Unit at UCSD Medical Center in Hillcrest.

The mission of the Senior Mental Health Partnership is to improve the quality of life for older adults in the diverse communities of San Diego County by addressing the issues of mental health and substance use through education and advocacy.

For more information, please go to our website: www.namisandiego.org/seniormhp
or contact Shannon Jaccard at 619-584-5564