

Missing Hank

By Bettie Reinhardt

Henry "Hank" Teisher passed away on November 15th at his home in La Mesa. Although we just saw him on October 24th when he last helped put the newsletters together, we are already missing him. Hank had a story for every occasion but he had more stories about his beloved Helen than anyone else. Helen preceded him in death in January 2003. He had been by her side at every step as she helped found NAMI San Diego, NAMI California, and – the next year – NAMI at the national level. NAMI became Hank's passion as well as Helen's.

Bill Quinter writes that "Hank helped me get a job with CalTrans in 1996. He drove me to Ridgecrest in 1995 to take the written exam to get into the Landscape/Highway Maintenance worker position available in that area of the state. He also helped me write up the application and took me on a tour of the Old Town office. He and Helen were very inviting when I came over to visit (I lived 5 blocks from him for 8 years) and showed me the small plane kit he wanted to buy and build."

Those of us who knew Hank and Helen remember well their disputes about Hank's building an airplane. He wanted to build a real airplane and pilot it. Helen always firmly told him he was not building anything larger than a small model.

The family has asked that any remembrances be made to NAMI San Diego. If you have a "Hank story" we would like to have that, too.

NAMI San Diego's First Thursday Education & Advocacy Meeting December 6, 2007

Potluck Dinner!

Come join us on our Annual Meeting/Potluck Dinner! We will be having innovative entertainment by Wendy McNeil, Theatrical Presenter Extraordinaire. This is a great opportunity to mingle, enjoy the holidays, meet the Board of Directors and elect new Board members! And remember to bring a dish!

Bring the whole family!

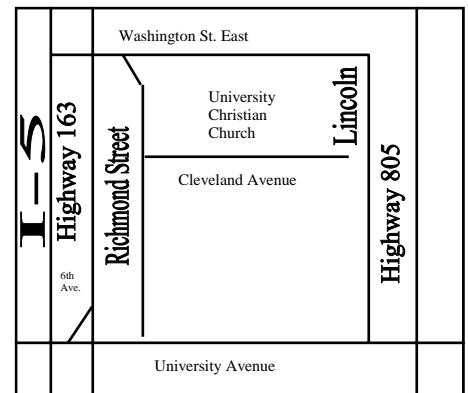
Special Time!

6:00 p.m.

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

Schedule:

- 6:00 p.m. - Dinner
- 7:00 p.m. - Annual Meeting
Followed By Special Program



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

Board of Directors:

President - Louise Groszkruger
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Carol Matthews, M.D.

Executive Director

Bettie Reinhardt
exudir@namisandiego.org

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San Diego, CA 92116

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Fax: (619) 584-5569

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

Legislative Update

STATUS OF FEDERAL PARITY LEGISLATION

By Jan Daugherty
GRAC Communications



This year has proved to be the most promising opportunity to date to pass federal legislation requiring equitable coverage for mental illness treatment in group health plans. An insurance parity bill (S 558) passed the Senate by unanimous vote on September 18. The House is expected to act on a companion parity bill (HR 1424) within the next few weeks.

For more than 15 years, enactment of federal parity legislation has been a top policy priority for NAMI. The absence of equitable insurance coverage has forced too many individuals and families living with serious mental illness to exhaust their limited coverage and be forced on to public sector programs. Parity will not address every shortcoming in our health care system, but it will place mental illness on par with all other diseases and establish a durable precedent in federal law that mental illness should be covered on the same terms and conditions as all other medical conditions.

In the few remaining days and weeks of this year's congressional session, the sponsors of the separate House and Senate bills have a major challenge ahead of them in resolving the differences between S 558 and HR 1424. NAMI is hopeful that this can happen quickly and that a bill acceptable to the President can emerge from this process so that parity can be signed into law this year.

NAMI National is in the process now of working with the House bill sponsors to help resolve issues with the House bill that are troubling to NAMI and others. GRAC is meeting after this newsletter deadline to determine what help we might give to the NAMI National effort. We will be alerting members as to what action to take after this meeting. To be on this list, send your contact information to Jan Daugherty at jandaugh@cox.net.

HELP BRING ASSISTED OUTPATIENT TREATMENT TO SAN DIEGO COUNTY

Nevada County, California has proven that Laura's Law can be adopted and that the Mental Health Service Act (MHSA) can pay for it. The California Treatment Advocacy Coalition (CTAC) asks us to please help bring assisted outpatient treatment to San Diego County. Our SD County Board of Supervisors decides whether we can implement Laura's Law.

Again, GRAC is meeting to consider this issue after the newsletter's deadline. We will be sending out information about what we can do after the meeting. To be on this list, send your contact information to Jan Daugherty at jandaugh@cox.net.

President's Page

Change Is Coming

*By Louise Groszkruger
Board President*

It is with a great sense of loss and an ever greater sense of joy that I am announcing the resignation of Board of Directors member, Anita Fisher who, on Monday, November 19, 2007 joins NAMI SD as the full-time Education Director. Anita's energy and commitment to our Board will be sorely missed. However, this loss for our Board is real gain for NAMI SD. Now instead of fitting NAMI SD into her busy work schedule at Union Bank, Anita can put all of her energy into her passion: Advocating for individuals who are living with a mental illness, especially those who are trapped in the criminal justice system, and their family members. Within her short time on the Board, Anita has devoted a great deal of energy to getting information about mental illness and NAMI SD into the community served by the New Creations Church. In her "spare"

"...Anita can put all of her energy into her passion: Advocating for individuals who are living with a mental illness..."

time she chairs the Mental Health Court subcommittee of NAMI SD's Government Relations & Advocacy Committee. Anita shares my passion and commitment to have a Mental Health Court in San Diego County.

On the matter of the need for a Mental Health Court in San Diego, I did a little research recently. The first Mental Health Court started in 1997 in Broward County Florida. Today 31 of California's counties have a Mental Health Court that offer treatment in lieu of incarceration for non-violent mentally ill offenders. Unfortunately, San Diego, the State's 3rd largest county, is not among these 31 counties. Conversely, there are 203 Drug Courts in California. Each of the State's 58 counties has a Drug Court, including San Diego County that has four such courts for adults and one for juveniles.

"...31 of California's counties have a Mental Health Court that offer treatment in lieu of incarceration for non-violent mentally ill..."

Putting the problem in perspective, there are approximately 170,000 adults incarcerated in California's prison system. Approximately 20 to 25% of these individuals are living with a serious mental illness including Schizophrenia and Bipolar Disorder. Taking the average of 22.5%, there are approximately 38,250 adults with a serious mental illness in California's prison system today. According to the Office of Justice Programs

(OJP): "The cycle of drug use and criminality cannot be broken under the traditional criminal justice system, where those arrested for drugs remain either unexposed to treatment or receive little supervision or monitoring for compliance while in treatment. This system is extremely expensive for taxpayers and has been shown to have a questionable impact on recidivism rates." There is no doubt that this statement is equally true of individuals who are living with a serious mental illness and caught up in the criminal justice system.

It is my great hope that Anita's efforts to bring a Mental Health Court will become a reality in the very near future. Please help Anita's efforts in any way you can by advocating for the rights of individuals who are living with mental illness, and by breaking down the stigma that allows us to criminalize the behavior of untreated mental illness.



NAMI's Workin'

Winding Up The Year

By Bettie Reinhardt

Do you read a lot? I do. Always have. It can be a wonderful escape into worlds I will never see and lives I will never live. However, I have to admit that I have sometimes felt inferior because my real life was so different. Not one of my childhood books had a setting that came close to the Oklahoma farm where I grew up. Now, be honest, how many books and articles have you read that describe the holiday season as a time to relax and enjoy friends and family, even contemplate the past year and look forward to the next year. And you said, "hah, when am I going to work that in?!" Well, let's do this together. We're going to look back at the past year and dream a bit about 2008. That will help us breathe deeply and maybe even relax and enjoy our friends and family.

Let's begin by strolling through the months. We welcomed old and new friends in January. Dr. Kristin Cadenhead spoke about Early Identification of Prodromal Schizophrenia at our monthly Education & Advocation meeting. She has been sharing the Cognitive Assessment and Risk Evaluation program at Children's Hospital with us for several years. We welcomed Diana Waugh back to coordinate the *In Our Own Voice* program and Gloria Deck came down from Canada to lead our new Family Education contract. Sadly, we lost Kamala Castle. Author John McManamy spoke to us in February about the overlapping spectrum of depres-

sion and bipolar disorder that also includes anxiety and psychosis. Anita Fisher participated in NAMI California's Criminal Justice Conference and began this County's NAMI push for a Mental Health Court. We began writing letters to our family and friends by March to raise money for NAMI *WALKS*. On April 21st, at least 1200 of us Walked for the Mind of America in Balboa Park and raised \$116,000 for NAMI while we were at it! May is Mental Health Month and we participated in celebratory events nearly every other day. We were ready for some fun and relaxation at the NAMI San Diego Annual Picnic in June but it wasn't all play as we hosted our first 2-day training for Dr. Amenson's Schizophrenia Education Program teachers. The highlight of the month and the culmination of more than six months' local work was the NAMI National Convention. We proudly received NAMI's award for Multicultural Outreach and co-hosted, with NAMI, a free mini-conference in Spanish for the Latino community. Oh, yes, I began June by breaking my arm – made the rest of the month a bit challenging.

Dr. Greg Light became one of our new friends in July as he presented Functional Disability in Schizophrenia. August was sort of a vacation month with no E&A meeting and no Board meeting and eleven straight days away from the office for me. Woohoo! However, we also began negotiations to provide a new warm line and worked hard to get ready for our 5th annual dinner and 2nd annual Recovery in Action Inspiration Awards that we

presented in September. We presented awards to four outstanding individuals and programs that truly light the way toward recovery for the rest of us. Schedules got rearranged in October because of the fire storms but we were ready to help with the recovery by keeping our support groups and our Helpline going. New Communications Director Shannon Jaccard helped publicize our availability. November brought new staff: Gina Osuna, Diverse Participation Initiative Coordinator, and Anita Fisher, Education Director. And, now, in December we are taking stock. It sounds as if we worked our way from event to event. In reality, we continued our education programs, support services and advocacy, enhanced our Senior Mental Health Partnership and stigma busting, developed our first NAMI campus program, and stayed very active with planning the use of this County's share of the Mental Health Services Act funds.

2008 is around the corner. The NAMI San Diego Board of Directors is developing a strategic plan for the next year. You know, strategic plans are not as dry as the term sounds. Yes, they are akin to business plans but they are constructed out of dreams – our dreams. Where do you visualize our organization going? What do you see us doing? Whose lives do you see us changing?

Contact Louise Groszkruger or me. We would like your input!

NAMI's Inspiration Award

Recovery Facilitator



Eric Raimo, M.D.

I am flattered and truly appreciate receiving this award from NAMI.

We are very fortunate to have such an active NAMI chapter in our city. I know that multitudes of recovery facilitators and advocates use the Helpline on a regular basis. The classes, support and information NAMI offers is an invaluable resource to our community and to the mission of recovery.

Working with patients is something I very much enjoy. In fact, I have often thought, 'Wow, they pay me to do this?' To me it is an honor and a privilege to hear about people's lives. My patients make this job so enjoyable and rewarding.

"...one of the keys to recovery is seeing patients—frequently."

I believe that one of the keys to recovery is seeing patients – frequently. Seeing someone for only 15 minutes every few weeks doesn't give us time to build a rapport and relationship that is essential for growth and progress. Being available for patients is so important. Even communicating with them in between sessions by email or phone calls is important. Patients sometimes worry that they are a bother, but let me tell you, patients are not a bother. Now, on the other hand, writing grants and research papers—that was a bother!

Including the family in treatment is also a key to patient's recovery. I feel it is essential to engender hope when family members don't understand that their ill relative has a brain condition that makes them say no all the time. But if the family hangs in there, they will say yes eventually and the process of recovery can begin.

Medication adherence is a difficult but necessary component to the recovery process as well. Part of my job is to be sympathetic to the side effects, and not just to say, 'You're just going have to live with the side effects.' There are many other ways to help motivate patients that can profoundly affect hope, making all the difference. Maintaining hope, in the face of severe episodes and dire circumstances, is part of my job also, as hopelessness unfortunately is a common symptom that many patients, and their loved ones, feel at times.

I remember a story from one of my professors about a patient he took care of for years but he never got better. One day, the patient received a medication for a completely different medical condition. That medication turned out to be the most effective treatment for his mental illness. And though it was not my professor who gave him the medication that made him better, it was he whom the patient thanked. He said, 'The reason I made it is that you stuck with me all these years.'

"...it is essential to engender hope when family members don't understand that their ill relative has a brain condition that makes them say no all the time..."

Sticking with people in times of distress is what paves the path of recovery. Listening to them, teaching them and advocating for them is what it is all about for me and it is so rewarding to be a part of that journey. This award is a tribute to my patients. Thank you very much.



Medicare Drug Benefit Update

2008 PLAN YEAR ENROLLMENT BEGINS

November 15, 2007 marks the start of the open enrollment period for the Medicare Part D drug benefit for 2008. During the "open season" period for 2008 drug plan enrollment, Medicare beneficiaries will be able to select prescription drug coverage that goes into effect on January 1, 2008. The open season ends December 31.

As the 2008 plan year approaches, NAMI-San Diego is watching closely to ensure that beneficiaries with serious mental illness, especially low-income dual eligibles (people with Medicare and Medi-Cal), are able to maintain continued access to drug coverage that meets their complex treatment needs. Of particular concern in California are the 600,000 dual eligibles and low-income subsidy (LIS) Medicare beneficiaries that are being required to switch to different prescription drug plans (PDPs) on January 1, 2008. The reason for this switch is the plans' monthly premiums are no longer fully subsidized by the LIS. Medicare is sending letters printed on blue paper to these beneficiaries.

The following list offers some suggestions to **all** Medicare beneficiaries to help choose the drug plan that best fits their needs.

1. Make a list of all medications, including the dosage and the strength.
2. Talk to doctors and pharmacists about the drugs to see what drugs can and cannot be changed for health reasons.
3. Start a special file for Medicare Part D information sent by Medicare, Social Security, and drug plans.

There are a number of important tools to search available plan options, research whether or not a specific medication is on a plan's formulary for 2008 - or is subject to an access restriction (placed on a tier requiring higher cost sharing, prior authorization, step therapy, quantity limit, etc.). Most can be searched by zip code to check on availability by geographic region. Visit Medicare's website at www.medicare.gov or call Medicare's toll-free number at 1-800-MEDICARE.

For help with plan options in San Diego County, all Medicare beneficiaries can contact HICAP at **1-800-434-0222**.

If beneficiaries are dual eligibles and/or their monthly income is below \$1276 (single) or \$1711 (married), they also can contact the Consumer Center for Health Education and Advocacy, a project of the Legal Aid Society of San Diego, Inc. at **1-877-734-3258** to receive plan options or apply for the LIS.

NAMI San Diego Meeting Schedule

NAMI San Diego

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

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

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 Joan Williams at (858) 274-3716

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, Room 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 for more information

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 (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 Bi-polar 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 for more information

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

3rd Thursday, 6:00 - 8:00 p.m.

South Bay Guidance Center

835 3rd Avenue, Suite C

Chula Vista, CA 91911

Call Gina Osuna at

(619) 425-6879 or (619) 288-3133

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-SIT

Schizophrenics in Transition

Board Meeting

144 Copper Avenue

Vista, CA 92083

Call (858) 481-7069 for meeting time

NAMI-SIT includes the following:

- Copper Hill Living & Learning Center
- Creative Arts Consortium
- Friends - (760) 631-2206
- Vet to Vet
- Advocacy Works
- Jardin Cesar Chavez

NAMI North Inland

P.O. Box 300386

Escondido, CA 92030-0386

(760) 745-8381

Education Meeting

2nd Tuesday at 7:00 p.m.

Kinesis North

474 W. Vermont Ave.

Escondido, CA 92025

Call (760) 745-8381 or (800) 523-5933

Monday Share & Care in Fallbrook

Mondays, 5:00 - 6:30 p.m.

Fallbrook Healthcare Foundation Building

Corner of Mission and Fig

Fallbrook, CA 92028

Call (760) 745-8381 for more information

Tuesday Share & Care Meeting

1st, 3rd, 4th, 5th Tuesdays, 4:00 - 5:30 p.m.

Joslyn Senior Center

210 East Park Avenue

Escondido, CA 92025

Call (760) 745-8381 for more information

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.

TARA Borderline

Personality Disorder

Support Meetings for Family Members

UPDATED

UCSD Outpatient Psychiatric Services

(Gifford Clinic)

1st Monday, 6:30 - 9:00 p.m.

140 Arbor Drive, San Diego, CA 92103

Sunrise at La Costa

2nd Thursday, 6:30 - 9:00 p.m.

7020 Manzanita St., Carlsbad, CA 92009

Tri-city Medical Center

3rd Wednesday, 6:30 - 9:00 p.m.

4002 Vista Way, Oceanside, CA 92056

Rancho Bernardo Swim and Tennis Club

3rd Thursday, 6:30 - 9:00 p.m.

16955 Bernardo Oaks Drive

San Diego, CA 92128

For more information on above meetings

please call Sandy at (760) 729-5748 or

e-mail: sboone@compuidusa.com

NAMI C.A.R.E. Support Groups

Consumer Support Groups
For more information call the
NAMI San Diego Helpline at
(619) 543-1434 or 1-800-523-5933

NAMI San Diego Office

4480 30th Street
San Diego, CA 92116
2nd & 4th Thursdays: 6:00 - 7:30 p.m.

Gifford Clinic (Cafeteria)

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

Sharp Mesa Vista Hospital

(Activity Room)
7850 Vista Hill Ave.
San Diego, CA 92123
Every Thursday: 12 Noon - 1:00 p.m.

St. Michael's By The Sea Episcopal Church (Parish Hall)

2775 Carlsbad Blvd.
Carlsbad, CA 92008
Call: (760) 722-3754
Third Thursday: 5:30 - 6:30 p.m.
(just prior to the General Meeting)

Mariposa Clubhouse

560 Greenbrier, Suite D
Oceanside, CA 92054
Call: (760) 722-3754
Every Wednesday: 1:00 - 2:30 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.

NAMI San Diego Helpline

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

Albright Center

Hosts the NAMI San Diego Helpline,
a lending library, take-home materials,
and knowledgeable people that care.

Resources

Client/Consumer

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 ☎ Fax: (619) 471-2782
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.
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.

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 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.

Friend-to-Friend

1009 "G" Street, Ste. 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 (must be a member)

Friends In Hand Clubhouse

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

Mariposa Clubhouse

560 Greenbrier, Ste. A-F, Oceanside 92054
(760) 439-2785 ☎ Fax: (760) 439-6902
Monday - Friday: 9:00 a.m. - 3:00 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
Monday - Friday: 8:00 a.m. - 4:00 p.m.

The Oasis Clubhouse

3635 Ruffin Road, Ste. 101, San Diego 92123
(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.

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

1295 University Ave., Ste. 10, San Diego 92103
(619) 293-3500 ☎ Fax: (619) 293-3508
Monday - Friday: 9:00 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 services from a county funded
mental health program and approved by Department
of Rehabilitation)

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

Compeer San Diego (858) 361-3632

Offering support, information, and friendship!
website: www.compeersandiego.org
e-mail: info@compeersandiego.org

DBSA-Depression Bipolar Support Alliance

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

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Planned Giving!

Would you like to make a gift to NAMI and also have it work for you?

NAMI has a new volunteer, **Mike McNeill**, a chartered financial consultant with Prudential Financial. Mike can advise you about **Planned Giving** so that your gift is a win-win.

Please contact Mike at (858) 272-7997 or email at mike.mcneill@prudential.com.

Please Mail To:
NAMI San Diego
Attn: Membership
4480 30th Street
San Diego, CA 92116
Or Fax To:
619.584.5568

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

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December 6, 2007
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Church



Celebrate the Holidays with NAMI!

*By Wendy McNeill
Board Member*



This year NAMI is celebrating the holidays by throwing the traditional potluck on Thursday, December 6th at 6:00 p.m.

The reason you should all come is because I am planning the entertainment! This year, the program will have several speakers, including Julie Benn, NAMI Communications Specialist; Louise Groszkruger, NAMI Board President; Becca Frey, NAMI group facilitator; more TBA, and yours truly, Wendy McNeill as emcee. The theme of this year's program will be family holiday traditions, the good, the bad, and the ugly!

We're going to have a ball. The food is yummy. There will be a lot of laughs. You'll get to mingle with all the right people.

Just remember to bring something extra tasty, and we'll see you there!

