

## The Mood Spectrum

By John McManamy

Depression and bipolar disorder are classified as separate illnesses, but psychiatry is increasingly viewing them as part of an overlapping spectrum that also includes anxiety and psychosis.

The leading proponent of the mood spectrum is Hagop Akiskal, MD, of the University of California at San Diego, who advocates that bipolar disorder be widened to include as many as half of those currently diagnosed with unipolar depression.

In one study on a population of so-called unipolars, Dr. Akiskal and his colleagues found that 66.3 percent of those who were irritable had at least three hypomanic symptoms – what the authors call a depressive mixed state

Wrote Dr. Akiskal in a special issue of the Journal of Affective Disorders in Feb 2005, “the nonrecognition of depressive mixed state is nothing short of a clinical tragedy because these are the very ‘unipolar’ depressive patients who are likely to do poorly on antidepressants ...”

Dr. Akiskal is not a lone voice. The Spectrum Project is an international consortium of academic researchers led by Giovanni Cassano, MD, of the University of Pisa. In 2004, this writer sat down with one of Dr. Cassano’s collaborators on the project, Ellen Frank, PhD, of the University of Pittsburgh. Said Dr. Frank: “What we’ve been arguing is that even isolated symptoms that don’t cluster together to create episodes may be important.”

A 2004 study by the Spectrum collaborators found that, among other things, even one hypomanic symptom

*cont. at right...*

## NAMI San Diego's First Thursday Education & Advocacy Meeting February 1, 2007

### Knowledge is Necessity

#### Presenter: John McManamy

John McManamy is a former financial journalist with a law degree who has struggled with bipolar disorder (also known as manic depression) most of his life. He is the author of *Living Well with Depression and Bipolar Disorder*, as well as a series of articles. One of these articles, “The Mood Spectrum,” is printed in the left column.

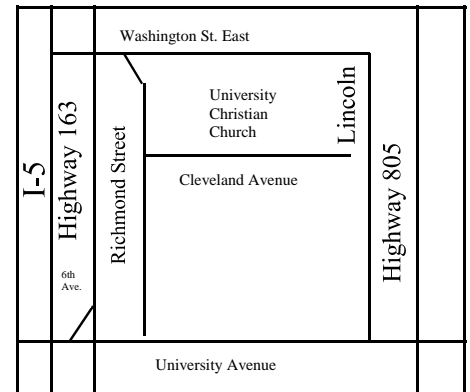
John has had rave reviews from NAMI members, and his talk promises to be excellent. *See you there!*

#### Ask the Doctor: To Be Announced

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

#### Schedule:

- 6:30 p.m.:** Ask the Doctor
- 7:00 p.m.:** Announcements & Advocacy
- 7:10 p.m.:** Program
- 8:30 p.m.:** Refreshments & Social



*cont. from left...*

in a unipolar depressed individual can have significant repercussions. Here, each manic/hypomanic item increased the likelihood of suicidal ideation by 4.2 percent. For 10 items (the researchers used a much longer checklist than the one appearing in the DSM), this would equate to a 42 percent increased risk.

Although Dr. Frank cautioned in our interview, “I don’t think we know yet whether [our findings have] treatment implications,” and that “this is a new area of research, relatively speaking, and we don’t know exactly where it will lead us,” she also advised:

“I think patients need to be aware of what might be softer expressions of both hypomania or mania, and try to the fullest extent possible to get their doctors to listen to their concerns that there may be something more going on here than unipolar depression.”

Be wise. Be well.

# NAMI's Workin'

By Bettie Reinhardt  
Executive Director

Some months I write a column that I fear will be out of date before you receive the newsletter in your mailbox. I confess that this month I am writing a column that I think is likely out of date even as I write it. Don't let this stop you from reading the rest of the page, it is still useful and important information.

We passed Proposition 63 in November 2004 to improve public mental health services in California. We knew it would take some planning but few people had any concept of the amount of planning and the time needed to implement the planned services. The California Department of Mental Health has approved Counties' plans for a portion of the money – the Community Services and Supports. Since you worked so hard to pass this initiative that is now called the Mental Health Services Act, I want to bring you up to date about the programs and services that the Act is now funding in San Diego County.

## Children, Youth, and Families

- School based mental health services at over 300 sites provided by various schools countywide.
- Full Service Partnership mental health services to Latino and Asian/Pacific Islander clients provided by Community Research Foundation (CRF).
- Mental health assessment and treatment services at Juvenile Court and Community School sites provided by CRF.
- Homeless/runaway mental and behavioral health services provided by San Diego Youth & Community Services (SDYCS).
- Mental health outpatient services to Seriously Emotionally Disturbed children ages 0 – 5 provided by Palomar Family Counseling Services in North County.

## Transition Aged Youth (16 – 24) and Families

- Intensive Assertive Community Services and supported housing provided by Providence Community Services.
- Clubhouse and Peer Support Services provided by Providence Community Services.
- Enhanced outpatient mental health services provided by CRF in East and South regions, CRF, UCSD, and

*“[Here are] the programs and services that the MHS Act is now funding in San Diego County.”*

Neighborhood House (NHA) in Central region, CRF and UPAC in North Central, and Mental Health Systems, Inc. (MHS) in North Coastal and North Inland.

## Adults

- Homeless integrated services and supported housing provided by CRF and MHS.
- Integrated services and supported housing for justice system clients provided by MHS.
- Family education services provided by NAMI San Diego and the other San Diego County NAMI affiliates and Union of Pan Asian Communities (UPAC).
- Clubhouse enhancement and expansion of employment services provided by all clubhouses.
- Supported employment services provided by MHS.
- Enhanced outpatient mental health services provided by CRF in South and North Central regions, CRF, Family Health Centers, UPAC, and NHA in Central, and MHS in North Inland.

## All Age Groups

- Mental health services for victims of trauma and torture provided by Survivors of Torture, International.

## Administrative Services

- Data analysis and performance monitoring provided by Dept. of Family and Preventive Medicine, UCSD School of Medicine.
- Children's mental health services data service expansion provided by Rady Children's Hospital.
- Housing/Capital Facilities Technical Consultant provided by Corporation for Supportive Housing.
- Child and youth consumer/family liaison provided by Family and Youth Roundtable.
- Adult consumer liaison provided by Labor Community Services Agency.
- System-wide outreach: educational radio shows were on CASH 1700 AM (completed).
- Breaking Barriers Initiative provided by Mental Health Association in San Diego County.

Other services, including those for Older Adults, have not yet been implemented. I know that you want to keep up with how this money is being spent. For more information about the above list, check out [sandiego.networkofcare.org/mh/home/](http://sandiego.networkofcare.org/mh/home/).



# 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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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](mailto:exudir@namisandiego.org) or contact any of the people mentioned in the articles.

# Legislative Update

## Big CA State Budget Items; Big Impact

By Jan Daugherty  
GRAC Communications

This month, the column focuses on Governor Arnold Schwarzenegger's California 2007 initial proposed budget regarding Mental Health and Health-related programs. Briefly mentioned below are what the Mental Health Association in California (MHAC) considers to be the most significant actions in the proposed budget. To download the full summary, go to: [http://www.officeofrustyselix.org/email/CCMH/info/070110\\_budget%20summary.pdf](http://www.officeofrustyselix.org/email/CCMH/info/070110_budget%20summary.pdf).

**Mental Health Services Act** - Revenues to the Mental Health Services Funds are projected to increase for a total estimate of \$1.6 billion in 2006-07 and \$1.8 billion in 2007-08. The Governor proposes no changes in state administration expenditures for the Department of Mental Health (DMH) for Proposition 63.

**Realignment** - Realignment is the state program created in 1991-92 dedicating a portion of state sales tax and vehicle license fee revenues to mental health social services and indigent healthcare programs operated by counties. For 2007-08 the Governor's budget projects that the full share of sales tax growth can go to county mental health representing a full increase of \$90 million.

**Integrated Services for Homeless Adults Program (AB 34)** - The Governor has proposed the elimination of AB 34 integrated services for the homeless adults program, stating that similar services are available under the Mental Health Services Act. MHAC believes that this is a clear violation of the Act's requirements for the state to maintain current expenditures.

**Governor's Universal Health Care Proposal Highlights** - The Governor's health-care reform plan includes many components, only two of which are mentioned here:

—Requires all Californians to have health insurance or face unspecified tax penalties. The minimum health insurance benefit is a \$5,000 deductible plan with maximum out-of-pocket limits of \$7,500 per person or \$10,000 per family.

—Requires businesses with 10 or more employees that don't provide health insurance to pay a 4 percent payroll tax to a fund that will help provide low-cost policies.

**Corrections** - The Budget provides a total of \$93.9 million to continue the implementation of various program enhancements to reduce recidivism. These programs include educational needs assessments and substance abuse program expansions in institutions, structured re-entry services such as mandatory conditions of parole, and community reintegration programs including residential services for parolees, day reporting centers, and increased clinical services for mentally ill parolees.

**Supplemental Security Income/State Supplementary Payment (SSI/SSP)** - The Governor's Budget proposes \$3.9 billion for the SSI/SSP program in 2007-08; thus fully funding the \$217 million cost of providing cost-of-living adjustments for aged, blind, and disabled SSI/SSP recipients.

**Early Mental Health Initiative Program (EMHI)** - The Governor's Budget includes a \$5 million increase to augment the Early Mental Health Initiative (EMHI), which provides grants to local education agencies for supportive, non-clinical mental health intervention, and prevention services to children (grades K-3) who have mild or moderate school adjustment difficulties.

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

### Sibling and Adult Children's Group

Second Wednesday, 7:00 - 9:00 p.m.  
Scripps-Mende Well Being Center  
Adjacent to the UTC Mall  
San Diego 92122  
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, San Diego 92110  
Call Joan Williams at (858) 274-3716

### La Jolla NAMI Support Group

First Tuesday, 7:15 - 9:00 p.m.  
La Jolla Presbyterian Church (Room #9)  
Enter on Eads Ave. - San Diego 92037  
(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

**RSVP-Carol Davis at 858-220-3737.**

### 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 92117  
(858) 273-7423

### Spanish - South Bay

First Monday, 6:00 - 8:00 p.m.  
South County Family Resource Center  
690 Oxford Street, Chula Vista 91911  
Call Luz Fernandez (East County Clinic)  
(619) 401-5500

### Spanish - Area de Clairemont - NAMI-SD Grupo de Apoyo

**Clairemont NAMI Support Group**  
Tercer Martes (3<sup>rd</sup> Tuesday) 6:30-8:00 p.m.  
St. David's Episcopal Church (biblioteca)  
5050 Milton Street, San Diego 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 91911  
Call Gina Osuna: (619) 425-6879

### NAMI Patton

Third Sunday, 1:00 - 3:00 p.m.  
c/o Patton State Hospital  
(Administration Annex - Room 148)  
3102 E. Highland Avenue  
Patton, CA 92369  
Tel: (909) 425-7392 ☎ Fax: (909) 425-0160

## NAMI-SIT

### Schizophrenics in Transition

### Board Meeting

Call for meeting time.  
144 Copper Avenue, Vista 92083  
(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.

### Kinesis North

474 W. Vermont Ave, Escondido 92025  
(760) 745-8381 or 1-800-523-5933

### Monday Share & Care in Fallbrook

Mondays, 5:00 - 6:30 p.m.  
Fallbrook Healthcare Foundation Building  
Corner of Mission and Fig  
Fallbrook 92028  
Call for further information: (760) 745-8381

### Tuesday Share & Care Meeting

1st, 3rd, 4th & 5th Tuesdays, 4:00 - 5:30 p.m.  
Joslyn Senior Center  
210 East Park Ave, Escondido 92025  
(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  
2775 Carlsbad Blvd., Carlsbad 92008  
(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 Group

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

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  
(1st Floor, Fellowship Hall)  
5777 Lake Murray Boulevard  
La Mesa 91942  
Call Peggy & Bob Chambers:  
(619) 464-0476

## Remembering Kamala Castle

Eulogy delivered by Bettie Reinhardt

Kamala Diane Castle was born April 1<sup>st</sup>, 1965, in Pomona, CA to Bob and Barbara Castle, the youngest of three children. Kamala graduated from El Toro High School in Lake Forest, CA in 1983 and later moved to San Diego where she worked and volunteered for NAMI San Diego and as a volunteer in pet therapy for the Humane Society. Everywhere Kamala went, she left an indelible mark on those she touched, one of hope and encouragement. Kamala Castle passed from this life on January 6, 2007. She is survived by her parents, Bob and Barbara, a brother Bobby and his wife Laurie, a sister Christy and her husband John, and her beloved nieces and nephew, Kaylee, Jessica, and Tristan.

Kamala was a special person. We knew it on meeting her and we were blown away by it when she spoke. I have collected some descriptive words from the people who knew her well: fighter (some might say stubborn), vibrant, sweet, sweet miracle, awesome, courageous, inspiring, hero, never gave up, charming, personable, candid, generous heart and spirit, deeply sensitive, healing, and articulate.

Kamala embraced NAMI and wanted to be part of everything including the first Peer-to-Peer mentor training in 2002 and the first NAMI C.A.R.E. facilitator training. She became a very conscientious and effective In Our Own Voice Coordinator for NAMI San Diego. It wasn't just that she sent in all of the required reports. She got the presenters to agree to their schedule because no one could say "no" to Kamala. The amazing thing is that the more she cared about NAMI, the straighter we stood and the prouder we felt of what we had to offer our community.

Finally, I read through some of the thank you notes that Kamala received over the years. They thanked her for: making a difference in our lives, sharing her light, being a great partner, making the writer's journey easier, giving a Family-to-Family class hope, touching their hearts, and opening their eyes. Most often they said what we all say, "Kamala, we thank you for being in our lives."

# In Memory

## NAMI Eulogizes Kamala Castle

Kamala Castle passed away the evening of January 7, 2007, after a long-time battle with anorexia. The Memorial Service and Celebration of Her Life Service was Tuesday, January 9th at 5:00 p.m. in Lake Forest.

### **Kathy Lutes:**

Kamala was always in my heart and in my thoughts and prayers.

### **Ann Cummings:**

Kamala offered me her friendship in 2001 when we were trained as Peer to Peer Mentors. This was BC (before cell phones), but we spoke often and regularly. It was through Kamala's efforts that North San Diego County was able to participate in IOOV NAMI-C.A.R.E. Trainings. Also, North County's first Peer to Peer class was made possible when Kamala and Kathy Lutes agreed to drive from San Diego one day a week for 9 weeks to help teach Peer to Peer. Once we both had cell phone service through Verizon, we spoke to each other almost daily. Kamala was a quiet, gentle, loving spirit in the body of a warrior. She determinedly went after her goals and objectives with the stubbornness of someone who was use to competing...and coming out on top. Whether it was NAMI business or just trying to reach a friend by phone, she was determined and relentless in achieving her ambitions and aspirations. Her spirit was huge wrapped in a small body of anorexia. She was good, kind, thoughtful, and always a support to friends and family members. The battle for her life was lost when she became exhausted from the fight to challenge her disorder any longer. Anorexia is the most difficult of mental illnesses to treat and has the highest death rate of

any other mental illness. She needed a rest and the good Lord opened his arms and welcomed her home to a place of beauty and peace. I will miss her greatly but will also cherish the memories of our laughter and cheer in being together.

*"I will miss her greatly but will also cherish the memories of our laughter and cheer in being together."*

**Eric Revere:** One of my first contacts with consumers in recovery was Kamala's IOOV presentation at one of our general meetings many years ago. It ranks as one of the most moving experiences in my life and one of the moments that inspired me to become more involved in NAMI. The legacy of this courageous young woman was her open example to so many people that recovery is a journey.

Should you like her parent's address to send a card, their address is: 21841 Ticonderoga, Lake Forest, CA 92630.

The Castle's are asking that donations be made to NAMI San Diego in lieu of flowers:

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

**Cynthia Ross** will be a captain of a team at the NAMI-Walk in memory of Kamala. If you would like to join the team, please call NAMI San Diego at (619) 584-5564.

## 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  
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

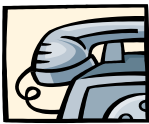
(Activity Room)  
7850 Vista Hill Ave.  
San Diego, CA 92123  
Every Thursday: 11:15 a.m. - 12 Noon

### 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

(in the trailer in back parking lot)  
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 pro-  
vide information and support to callers  
and visitors, including consumers,  
family members and professionals.

# Client/Consumer Resources

### 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.  
Once a month Saturday outing - Call for  
information.

### 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. (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 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, 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 (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, Suite B, Oceanside 92054  
(760) 439-2785 ☎ Fax: (760) 439-6902  
Monday - Friday: 8:00 a.m. - 4:30 p.m.

### The Meeting Place, Inc.

4034 Park Blvd., San Diego 92103  
(619) 294-9582 ☎ Fax: (619) 294-9588  
Monday - Friday: 8:00 am. - 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 ☎ Fax: (619) 293-3508  
Monday - Friday: 9:00 a.m. - 5:00 p.m.

### Employment Services

1202 Morena Blvd., Suite 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 Depart-  
ment of Rehabilitation)

### Job Options

3465 Camino del Rio South, Suite 300  
San Diego 92108  
(619) 688-1784 (Valorie) ☎ Fax: (619) 688-9884  
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

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 92163-3053  
(619) 282-4627 or (858) 481-7069

### Compeer San Diego

Offering support, information, and friendship!  
For more information: (858) 361-3632  
Website: [www.compeersandiego.org](http://www.compeersandiego.org)  
E-mail: [info@compeersandiego.org](mailto: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](http://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

*Annual Supporting Donors*

Platinum—\$1,000 or more

Gold—\$500-\$999 or more

Silver—\$100-\$499

Bronze—up thru \$99

**To pay by Credit Card:**

\_\_\_\_\_

print name as it appears on card

\_\_\_\_\_ / \_\_\_\_\_

card number expiration date

\_\_\_\_ Visa \_\_\_\_ MasterCard \$ \_\_\_\_\_

amount

\_\_\_\_\_

signature

*Please Mail To:*

NAMI San Diego  
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.

~ ~ ~ ~ ~

*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](mailto:mike.mcneill@prudential.com).

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# The Advocate

Vol. XI, Issue 2, February 2007



4480 30th Street  
San Diego, CA 92116

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

**1st Thursday!!!**

*Knowledge is Necessity*

*February 1, 2007*


*6:30 p.m.*

*See page 1 for info*




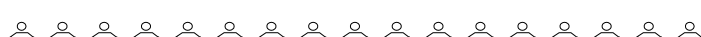
*Return Service Requested*

## Upcoming Family-to-Family Classes


  
**Confirmed:**  
 St. David's Episcopal Church – English F2F  
 (North Central region)  
 Thursdays – Feb 8<sup>th</sup> to May 3<sup>rd</sup>  
 (No class April 5<sup>th</sup>) 6:30 – 9:00 pm

**Soon To Be Confirmed for Feb/March:**  
 Maria Sardinias BPSR Center – Spanish Familia a Familia (South region)  
 Logan Heights Family Counseling Center – Spanish Familia a Familia (Central)



  
 South East Mental Health Center – English Family-to-Family (Central)  
 English Family-to-Family (El Cajon)

*Family-to-Family is a 12-week course for the families of persons with serious and persistent brain disorders.*



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

San Diego County NAMI WALKS Fun 5K  
April 21, 2007  
Balboa Park at 6<sup>th</sup> and Quince

We are pleased to announce that Channel 10's News anchor, Carol LeBeau has agreed to be NAMI San Diego County Walk's Honorary Chair. Here are a few words she says about NAMI and the walk:

"I would like to take this opportunity to show my support of a San Diego resource that is vital to the overall health and well being of our community. NAMI stands for the National Alliance on Mental Illness and it is organizations such as this that shine a light on the stigma attached to mental illness—a stigma that comes from fear due to lack of knowledge. NAMI in San Diego County is at the center of education, support and advocacy regarding these brain disorders."



**"The San Diego County NAMI 2/5K walk/run will be held on April 21, 2007 in Balboa Park. Registration begins at 7 a.m.** In past years, this walk has proven almost magical, with over a thousand people coming together to learn more about mental illness, develop stronger ties with one another, and celebrate a beautiful day with friends and loved ones."

NAMIWALKS is the area's largest and most important event to raise awareness and funds to help underwrite programs such as "Family to Family", as well as other important programs of support, education, advocacy and research.

Online registration is open! Go to: [www.namiwalksandiego.org](http://www.namiwalksandiego.org)

Please join Carol LeBeau and the NAMI San Diego County Walk committee at this year's event!