



June/July 2002

Volume VI, Issue 6

### Campaign

The Campaign for Adequate and Appropriate Best-Practice Services for the People in San Diego County Living with Serious Mental Illnesses was introduced in the May newsletter. It would be nice to use this campaign to get "new" money for "new" services. We won't give up on that idea. It can also be used to fight to keep appropriate services and work to use current funds more effectively. We will definitely do that.

Several people have asked what we mean by "best-practice" services. Best Practice is a term used to describe a method that is proven to be effective, to produce desired results. The NAMI National web site lists several such practices: Integrated treatment for co-occurring mental and addictive disorders; Programs of assertive community treatment; Diversion programs for people with mental illnesses in the judicial system; Employment, work, and income support; and Supportive housing. We are not asking for anything controversial. We are asking for services that have been proven and about which there is already consensus in the literature.

The Family-to-Family manual says it best, **"We must be assured that innovative, effective programs are in place and that (we or) our relatives are getting what they need to rebuild their lives."**

We have received a nice stack of signature pages. Thank you for your work!! We are ready for the next stack. How nice if we had to dedicate an entire file drawer to the pages and go looking for the underwriting to copy them for our lobbying efforts. If you need a new page or two, call us at 800.523.5933.

### Education & Advocacy Meeting

**Thursday June 6th**

**6:30 p.m. Social Hour**

**7:00 p.m. Business/Advocacy**

**7:30 p.m. Program as Follows**

Have you ever wondered if an herbal remedy would be as affective as your medication? Have fewer, or more, side effects? Or if you could add an herbal remedy to your medications?

**Dr. Scott Matthews**, Chief Resident at Gifford Clinic, UCSD, will speak on **"Herbs and Psychiatry"**.

A search of the internet reveals that herbs in psychiatry means many things to many people. Some group herbs with Shamanism, others view herbs as the safe and natural first step in treating mental illnesses. But everyone wants to know more. American Psychiatric Association workshops on the topic are described as "spilling out into the hall". This is YOUR opportunity.

Dr. Matthews is completing his psychiatric residency at UCSD. He has been appointed to the staff at UCSD effective July 1, 2002.

The monthly meeting is open to anyone interested in learning about mental illness. The meetings are held on the first Thursday of the month at University Christian Church, Friendship Hall, 3900 Cleveland Ave San Diego, California

### NO MEETING IN JULY



Meetings will resume in August on Thursday the 1st. August speaker to be announced.

Karenlee Robinson will head up a panel presentation on housing issues and opportunities for people with mental illnesses on Thursday, September 5.

**Additional NAMI meetings in the San Diego County area are listed on Page 5**

## Combined Newsletter

Please note that this is the June and July edition of our newsletter. We will print an August edition that will include information about the August Education and Advocacy Meeting.

## Tumbling Backward

Why is it that we seem to crawl forward and tumble backward?! Please read Caroline's legislative column very carefully. You will see that we face losing a lot, including the entire funding for the Children's Systems of Care. The Systems of Care are what make children's services work. They involve families in the treatment planning and take appropriate services to the children and their families. Read on to see how important NAMI thinks these services are. Perhaps you will choose to get involved this way besides writing to your legislators.

## Advocating for Children's Programs

NAMI's Child and Adolescent Action Center encourages NAMI members to consider participation in Georgetown's Training Institutes. Set for July 10-14, 2002 in Washington, D.C., Developing Local Systems of Care for Children and Adolescents with Emotional Disturbances and their Families: Family Involvement and Cultural Competence. In-depth, practical information on how to develop and operate community-based Systems of care for children and their families is the core focus of the Institute. Persons seeking more information may contact the National Technical Assistance Center for Children's Mental Health at Georgetown University, 3307 M Street, NW, Suite 401, Washington, DC 20007, (202) 687-5000, or institutes2002@mindspring.com.

## Housing

The NAMI Web site now has a centralized location for material on housing. This material includes information on HUD resources that target people with severe mental illnesses, as well as NAMI housing advocacy goals and strategies. Additionally, links to other organizations' Web sites are provided, such as the Technical Assistance Collaborative, the Corporation for Supportive Housing, and the National Low Income Housing Coalition, and other organizations working toward affordable and supported housing. This page can be accessed at <http://www.nami.org/policy/housing/pactandhousing.html>. Or, you can go to the main PACT Web site at <http://www.nami.org/about/pact.htm> and click on New: Special Section on Housing.

## Mental Health Board

This column will now regularly report on the scheduled time and location of the Mental Health Board meetings. The Mental Health Board is mandated by state law to monitor public mental health activities and to advise the Board of Supervisors. The Board is comprised of family members, consumers, professionals, and provider representatives. The members are appointed by the Board of Supervisors. The Board usually meets in the Coronado Room, Health Services Complex, 3851 Rosecrans Street, on the 4th Wednesday of the month, 6:00 pm – 8:00 pm. However, it tries to meet in the south, east, and north regions on a quarterly basis and has also been known to cancel a meeting. Those are the things we will tell you about.

And why would you want to attend yet another meeting, you are probably asking. Because you will hear the details of important items

such as the budget, you will have the opportunity to speak during the public hearing periods, and you can meet other mental health advocates.

The June meeting will be at 3851 Rosecrans Street, Wednesday, June 26, 2002.

## Thank You

Thanks to our friends at Changing Options in Ramona, Michael Hellman, Administrator and Jeff Feudner, handyman extra ordinaire. The old signage is gone from the front of our building, the old unusable storage room has been dismantled, and the leaky faucet no longer drips.

## New Clubhouse in San Diego County

The Escondido Clubhouse is located at 925 East Pennsylvania, Suite C, and serves North County's mental health consumers. The Clubhouse is a member run organization. Membership is open to all mental health clients. It offers socialization, low cost meals, activities, vocational support, and process and peer groups. Call Kim Feinberg at 760.737.7125 for hours and other information.

## Family-to-Family Teacher Training

Twenty-two family members finished their training as Family-to-Family teachers on May 19, 2002 for the different regions of San Diego County. This will make it easier for people to attend the class when and where it works best for them. Check the August newsletter for a schedule of classes. In the meantime, get your name on the waiting list. Call the Albright Center, 800.523.5933 for more information and to register.

## Open House

Finally, this is being written before the event but you will be reading after the event (maybe we should publish the newsletter on our web page and update daily). LOL The highlight was the unveiling of a portrait of Helen Teisher commissioned and donated by Sharp Mesa Vista. Hospital Director of Operations Karenlee Robinson made the presentation. We were pleased to see many friends including San Diego Police Chief David Bejarano. Special thank you's to Eli Lilly and AstraZeneca for the refreshments, to Golden Bay Bakery for the cake, and to Classic Gardens for obtaining the decorative plants. Thanks also to Carter, Reese for donating parking places. Thank you for joining us!

*To register your opinion on any of these issues, call Bettie Reinhardt at 619.584.5564 or write to P.O. Box 710761, San Diego, 92171 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 article.*

## The Alliance Advocate

NAMI San Diego, a nonprofit organization, provides education, support services, and advocacy to improve the quality of life of all affected by mental illness..

**NAMI San Diego is an affiliate of  
NAMI and NAMI California**

### Board of Directors:

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### Executive Director

Bettie Reinhardt  
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publication of NAMI San Diego,**

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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*

## MESSAGE FROM THE PRESIDENT

On June 8, 2002, Helen Teisher will be honored by the San Diego Psychiatric Society with a Lifetime Advocacy award. "Helen", as she prefers to be called, was born in Woodruff, Arizona, the youngest of 12. She is the mother of 3 sons and 1 daughter, grandmother of 6 and great grandmother of 1. She received her Master's degree in History and English from USC. During her career as a public school teacher for 35 years she taught students from kindergarten to seniors in high school. Before pursuing her teaching career she was a Navy Communications Officer during World War II and secretary to a congressman from Arizona.

During the mid 1970's and after her son became ill, she became deeply involved in the lives of those affected by mental illness. She became an activist and advocate for people with mental illnesses, always working to diminish stigma, to improve treatment and conditions and thus, to improve the quality of their lives.

In 1978, the first conference of the "Parents of Adult Schizophrenics" was held at the U.S. Grant Hotel. In a speech, Helen spoke of the work needed to diminish stigma and unfair treatment of mentally ill persons. In the ensuing years, the organization, now named the Alliance for the Mentally Ill, set about to accomplish their goals. All business of SDAMI was carried on at the Teisher home. Public meetings were held at the University Christian Church as they are today.

One of the first speakers and soon to be a long time friend and supporter was the late Dr. Robert Moore. Dr. Moore became an ardent supporter and made sure that the Alliance got \$25,000.00 a year to keep going. This relationship with the Vista Hill Foundation lasted well over 10 years and was then picked up by the late Don Allen.

Helen and Hank mentioned, while I was interviewing them at their home in La Mesa, "At first we were more focused on parents who were broken hearted and isolated. They had no place to turn. Families were blamed. Then we moved into the consumer area to help empower them and recognize them for their successes." In remembering the beginnings of the Alliance, Helen explained, "In this area, rich with renowned scientists, doctors, and practitioners, the Alliance found many were anxious to share their expertise. Many were invited to speak at the meetings. All came to help educate all of us."

The movement had already begun. Prior to the Forming of the Parents of Adult Schizophrenics, Tony and Fran Hoffman and Eve Oliphant of San Mateo, California, had founded The California Association, Families of the Mentally Disabled. This is now known as NAMI California. They formed in 1977. The San Diego group joined the already existing nine affiliates. Today the organization has grown to 75 affiliates with over 15,000 members.

Helen became the NAMI California president for four years. She has also served as the NAMI San Diego president for four years and the NAMI national vice president for six years. The Secretary of Health and Human Services appointed Helen to the Alcohol, Drug Abuse and Mental Health Administration. Surgeon General C. Everett Koop elected Helen to his task force charged with making mental health part of the Public Health Administration. She served on the executive board of the National Alliance for Research into Schizophrenia and Depression (NARSAD) sponsored by the University of Chicago.

One of her most treasured awards is the American Psychiatric Association's Warren Williams Award. She received this in 1990. People she spoke of fondly, who helped her in the early years and that she now considers friends include: Dr. Robert Moore, Areta Crowell, Dr. Reid Meloy, Don Allen, Olga Leifert, Judge Robert Coates, Senator Lucy Killea, Bill Meade, Virginia Reese, Richard Van Horn, Dr. Bill Wilkins, Don Richardson, Dr. Jay Schaffer, Dr. Mark Chenven, Lou Kenney, David Janssen, Lou Kenney, Robert Haack, Earlene Ham and Sascha Garson.

Of course none of this would be possible without her co-advocate and most loyal supporter, Hank, an engineer, World War II pilot and husband of 55 years on this June 6, 2002. As I was leaving, both walked me to the door and said, "You know there are a lot of really good people out there." I thought to myself, "and I met two of the best." Thank you both for the unforgettable and inspiring morning.

Karen F. Gurneck, President

## SAVE THE DATE!

Coming June 15, 2002, the Annual NAMI-SD Walk-A-Thon! "Strides for Mental Health: Building Healthy Minds and Bodies"



Planning is underway for our fund raiser Walk-A-Thon, to be held in Balboa Park on Saturday, June 15, 2002.

The Walk is scheduled to begin at 9:00 a.m. It will start at Laurel Street and proceed along 6th Avenue.

Pledge sheets are available to sign up sponsors.

A great Resource Fair is being planned with lots of vendors, information and fun.

### **VOLUNTEERS ARE NEEDED!**

We need many volunteers to assist with registration and other tasks on the day of the walk.

**If you can help, please call the office at 1-800 523-5933 and leave a message for Emy .**

### **I Am Not Sick, I Don't Need Help!!**

This immensely popular and even more immensely useful little book is available by loan from the Albright Center or yours to keep for a contribution to NAMI San Diego of \$15.00

## Legislative Update June, 2002

### Mental Health Budget Cuts

NAMI California Members & Friends:

Here is news on the Governor's cuts to mental health as reported by the California Access Coalition. You will hear more from us later.

Grace McAndrews,  
Executive Director  
NAMI California

The Governor's May Revision to the State's 2002-3 Budget devastates mental health funding with cuts of about \$95 million. The full details are included in the attached release from the Department of Mental Health:

- It completely eliminates all funding for the Children's System of Care Program - a \$35 million cut on top of the \$4 million cut in his January Budget.
- It eliminates the Adult System of Care funding under the AB 3777 pilot programs in Los Angeles, Stanislaus and Ventura Counties of about \$7 million.
- It cuts \$10 million from the AB 34 Integrated Services Programs reducing funding from \$65 million to the 2000-01 level of \$55 million.
- It requires counties to provide County General Fund Dollars equal to 10% of the growth in EPST (Early and Periodic Screening Diagnosis and Treatment) above 2001-2000 spending.
- It reduces all MediCal physician rates including those for Psychiatrists and Psychologists taking these rates back to 1999-2000 rates saving the state \$5.6 million.
- It reverts to the General Fund about \$3 million in unspent 2001-2 funds. This includes \$900,000 in AB 34 funds, \$900,000 in supportive housing funds, \$750,000 in IMD transition pilot programs and \$600,000 in dual diagnosis projects.

Overall the budget reflects a deficit of \$23+ Billion. 32% of the deficit or \$8+ Billion reflects cuts, \$11+ Billion or 50% reflects transfers or loans, 8% or about \$1.8 billion is in tax increases (\$1.3 Billion in partially restoring the Vehicle License Fees and about \$500 million by increasing tobacco taxes by \$.50 per pack.).

### **WRITE FAX OR CALL LEGISLATIVE LEADERS AND YOUR LEGISLATORS NOW!!!**

Every mental health advocate needs to immediately contact Legislators and point out that this cuts the best and most cost effective mental health programs. Cutting the Adult System of Care and the AB 34 Program will result in more mentally ill people on the streets in jails hospitals and prisons. This will cost more than the \$18 million in supposed savings.

*(Continued on page 7)*

## Schedule of Meetings

**NAMI SAN DIEGO**  
See Page 3 for NAMI-SD's address

**NAMI-SD's Education and Advocacy meeting takes place the First Thursday of each month at University Christian Church,  
3900 Cleveland Ave., San Diego**  
See page 1 for information about this month's program.

**Evening NAMI-SD Support Group**  
Third Thursday, 6:45 p.m.  
Note New site, 4480 30th Street

**Morning NAMI-SD Support Group**  
Third Tuesday, 10:00 - 12:00 a.m.  
Note New site, 4480 30th Street

**Sharp Mesa Vista Hospital Sharing and Caring**  
Fourth Thursday, 6:30 – 8:30 p.m.  
Executive Conference Room  
Sharp Mesa Vista Hospital  
7850 Vista Hill Avenue (858) 278-4110

**Sibling and Adult Children's Group**  
Second Wednesday, 7:00 - 9:00 p.m.  
Scripps Well Being Center  
Adjacent to the UTC Mall  
Call Monica Astorga at (858) 483-9370

**Clairemont Area NAMI Support Group**  
Second Monday, 7:00 - 8:30 p.m.  
St. David's Episcopal Church (Library)  
5050 Milton St., (619) 276-4567

**La Jolla NAMI Support Group**  
First Tuesday, 7:15 - 9:00 p.m.  
La Jolla Presbyterian Church Lounge  
7715 Draper Avenue, (858) 457-5057  
(Entrance on Kline St.)

**El Cajon (East County)**  
Second Wednesday. 6:30–8:00 p.m.  
562 E. Main St., El Cajon,  
Forough Douraghi: (619) 401-5440

**South Bay—Spanish**  
Fourth Monday, 6:00 - 8:00 p.m.  
Call Luz Fernandez (East County clinic)  
for location (619) 401-5500

**La Mesa**  
Third Thursday, 6:30—8:00 pm  
San Carlos Library, 7265 Jackson Drive  
Contact Ruth Coleman, 619 469-5232

**NAMI PATTON**  
c/o Patton State Hospital  
3101 E. Highland Avenue  
Patton, CA 92639  
Fax:(714) 963-9961 Tel(909)425-7000  
Third Sunday, 11:45 a.m. - 1:15 p.m.  
Administrative Meeting Room Patton, CA

**NAMI NORTH INLAND  
SAN DIEGO COUNTY**  
P. O. Box 300386  
Escondido, CA 92030-0386  
(760) 745-8381

Second Tuesday each month, 7:00 pm.  
Education Meeting  
Bradley Center (Kinesis North)  
474 W. Vermont Ave, Escondido  
(760) 745-8381 or 1-800-523-5933

**Tuesday June 11th**  
**We will meet Blaise Riedlinger, Ph.D.**  
Doctor Riedlinger is a clinical psychologist and is the director of "Turning Point", the emergency residential crisis center in Oceanside

. **Bring your questions**  
**The public is invited to attend.**  
**Free NAMI newsletter available**  
**For further information please call**  
**(760) 745-8381**

**Monday Share and Care Meeting**  
Every Monday Except the 2nd Monday of each month. Starting at 6:30 p.m.  
Palomar Pomerado Behavioral Health Bldg  
1540 East Valley Parkway, Escondido  
**Call (760) 745-8381 for further information**

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

**Wednesday Share and Care Meeting**  
Weekly Wednesday morning at 10:30 a. m.  
Palomar Family Counseling Building,  
120 West Hawthorne Street

**NATIONAL DEPRESSIVE &  
MANIC DEPRESSIVE ASSOCIATION**

Building Communities of Hope  
Science – Supports – Dignity  
**NAMI 2002 Annual Convention**  
June 26 – 30, Cincinnati, Ohio  
www.NAMIOrg or call the Albright Center

**NAMI NORTH COASTAL  
SAN DIEGO COUNTY**  
P. O. Box 2235  
Carlsbad, CA 92018  
(760)722-3754

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

**Third Wednesday, 7:00 p.m.**  
**Education Meeting followed by Share & Care at 8:40 p.m.**

**For June 19th the education meeting topic will be**  
**"The Genetics of Bi-Polar Disorder"**

**The speaker will be John Kelsoe**  
Doctor Kelsoe has been a Professor of Psychology at UCSD for 12 years and is conducting research on the the subject of his presentation.

**Share & Care**  
Fourth Tuesday - 5:00-6:30 p.m..  
North Coastal Mental Health Center  
1701 Mission Avenue #A, Oceanside  
(760) 967-4475 or (760) 722-3754

**Share and Care**  
Second Thursday at 6:00 - 7:00 p.m.  
Tri-City Medical Center, Mental Health Unit,  
4002 West Vista Way  
Oceanside (760)940-5700

**Pastoral Share & Care**  
Fourth Thursday - 7:30 p.m.  
2807 Ocean St., Apt. 301, Carlsbad  
Jane or Tim Hird, (760)435-2536  
Call first for security reasons.

**Spouse Support Group**  
First Thursday of each month  
6:30—8:30 p.m.  
St Michael's Episcopal Church  
Carlsbad

**TARA Borderline Personality Disorder Support Group**  
1<sup>st</sup> & 3<sup>rd</sup> Tuesday monthly  
Carlsbad Community Church  
3175 Harding Street, Carlsbad CA 92008  
760-729-2331

## Client Corner

### IN OUR OWN VOICE

A recovery-education program presented by trained consumer presenters/facilitators to other consumers, families, friends and professionals.

It is for anyone who needs to know how people with schizophrenia and other serious mental illnesses cope with the realities of their disorder while recovering and reclaiming productive lives with meaning and dignity.

If you are interested in training as a presenter or attending a presentation, please call:  
Kamala Castle  
At 619 584-5568

#### Mariposa Clubhouse

560 Greenbrier, Suite .102, Oceanside  
(760)439-6006  
*Open Monday - Friday*  
8:00 a.m. - 4:00 p.m.  
*Open Saturday & Sunday*  
10:00 a.m. - 2:00 p.m. Brunch

#### Friends

144 Copper Ave. Vista  
(760) 941-2153  
*Open Saturdays*  
1:00-4:00 p.m.

#### East Corner Clubhouse

562 East Main St., El Cajon  
(between Mollison and Avocado)  
(619)401-6902  
Fax: (619)401-1751  
*Open :*  
*Mon., Tue, Thur, Fri. 8:00 a.m.- 2:00 p.m.*  
*Wednesday 8:00 a.m. - 6:30 p.m.*  
*Saturday - 10:00 a.m. - 2:00 p.m.*

#### Visions @ 5<sup>th</sup> and H

499 "H" Street, Chula Vista  
(619) 420-8603  
*Open Mon., Wed., Fri., Sat.*  
*Noon - 7:00 p.m.*  
*Sun. -- Noon - 5:00 p.m.*

#### The Consumer Center for Health Education and Advocacy

If you need help getting mental health care services, please call or write us. We are ready to help you.  
1475 Sixth Ave., 4th Floor  
San Diego CA 92101  
1-877-734-3258 Toll Free

#### The Meeting Place, Inc.

4034 Park Blvd., San Diego  
(619) 294-9582  
*Open Monday - Saturday*  
*10:00 am. - 4:00 p.m. Monday to Friday*  
*11:00 am - 3:00 p.m. on Saturday*

#### Corner Clubhouse

2852 University (at Utah)  
San Diego (North Park) #7 Bus Line  
(619) 683-7423  
*Open Monday - Friday*  
8:00 a.m. - 4:00 p.m.

#### Friend to Friend

1009 "G" Street  
San Diego  
(619) 238-2711  
*Open Monday - Saturday*  
10:00 a.m. - 6:00 p.m.

A peer advocate is available  
Thursday, Friday (morning) and  
Saturday

#### Employment Services

1202 Morena Blvd., Suite 201  
San Diego, (619) 276-8071

#### The Access Center of San Diego

1295 University Avenue  
San Diego, (619) 293-3500

#### The Creative Arts Consortium

P. O. Box 3053  
San Diego, CA 92163-3053  
Admin—Call Jane (858) 481-7069  
Art—Call Michelle (619) 589-2434  
Literature—Call Jim (619) 299-1753

#### Job Options

2727 Camino del Rio South  
San Diego  
(619) 688-1784 (Valorie)  
*Open Monday - Friday*  
8:00 a.m. - 5:00 p.m.

#### San Diego Parks and Recreation Disabled Services Program:

Ask for "The Leisure Seekers" group activities and calendar. No formal registration. Simply call ahead of event and say  
"I want to sign up for the event"  
(619) 525-8247

#### Patient Advocacy Program

5384 Linda Vista Road, Suite 304  
(619) 543-9998 or 1-800-479-2233  
Mon. – Fri.  
8:00 a.m. – 5:00 p.m.

#### Scholarship Funds

Call the Albright Center for information about scholarship funds.

#### PEER-To-PEER Classes

The first Peer-to-Peer class will be held starting Tuesday, June 18th, 2002 thru Aug 13th, 2002 from 6:30 pm-8:30 pm at Gethsemane Lutheran Church. The church can be reached by trolley or bus. Class size will be limited to 20. You must call the Albright Center (619 584-5564) to sign up for the class. One of the Peer-to-Peer mentors will call or write you to confirm your enrollment.

#### NAMI Care Peer Support Group Training

There will be a 2 1/2 Day Training June 21- 22- 23, 2002, at USD for NAMI Care Support Group leaders. Any Consumer willing to commit to take the training and then facilitate a support group for two years ( one group a month with co-leader) should contact me here at NAMI San Diego, 619.584.5568, or e-mail me at ChuckSosebee@sbcglobal.net for more information.

(Continued from page 4)

Eliminating the children's system of care will mean that more children will wind up in special education, foster care and juvenile justice system placements where they will have an entitlement to mental health services after they have gotten much sicker and farther behind in school and costing education social services, public safety and health programs far more than is supposedly saved. These so called cuts will not only destroy lives of mentally ill people who would have benefited from effective services but will create cost increases which the budget simply ignores in claiming budget savings.

Besides contacting your legislators by fax mail or phone call (not email as these are usually ignored) contact the following legislative leaders:

Senate President Pro Tem John Burton  
Senate Minority Leader Jim Brulte  
Senate Budget Committee Chair Steve Peace

Assembly Speaker Herb Wesson  
Assembly Minority Leader Dave Cox  
Assembly Budget Chair Jenny Oropeza

President Supports Parity

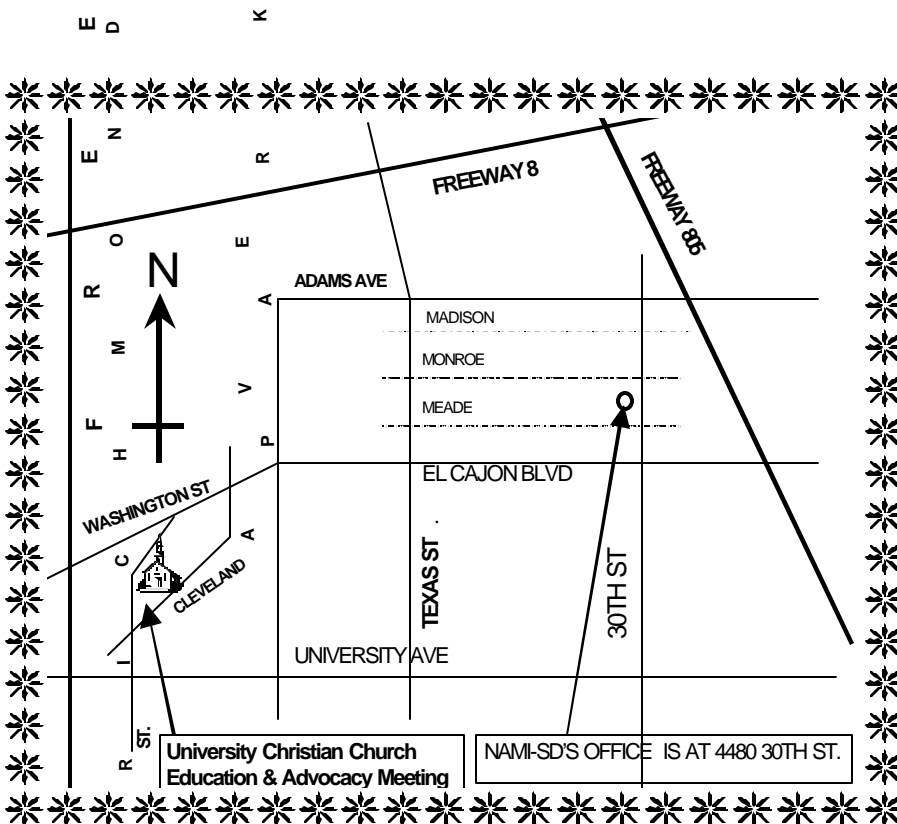
President Bush gave a strong endorsement of the 2002 parity legislation on April 29, at the University of New Mexico. Appearing with Senator Pete Domenici at his side, the President acknowledged the terrible toll that mental illness takes on the

individual, as well as the family and society. He noted that too many people remain untreated and end up homeless or in jails or prisons, often addicted to drugs or alcohol. He said our country must make a commitment to improving this situation. The President pledged to work with Senator Domenici and other leaders in the house on parity legislation that can pass Congress and be signed into law this year.

In addition, the President is establishing a new Freedom Commission on Mental Health. The commission will be composed of fifteen members appointed by the President and seven ex-officio members from executive branch agencies. The commission will be charged with the following tasks:

- \*\*identify the needs of consumers
- \*\*identify the barriers to care
- \*\*investigate community-based care models that are successful

The Commission will have one year to make recommendations for immediate improvements that can be implemented by public and private health systems to improve coordination and the quality of services with existing resources. NAMI is gratified to have the committed support of the President.



## Imagining Robert

"Imagining Robert: My Brother, Madness & Survival" will be Screened at the NAMI Annual Convention in Cincinnati on June 27, 2002. The documentary will make its New York Premier on June 11 at Mt. Sinai Hospital. The New York screening is sponsored by NAMI New York City Metro. In 1997, the book struck a nerve with hundreds of thousands of Americans and led to Robert Neuborgen's deinstitutionalization. Four years later, as President George W. Bush launches a Commission on Mental Health to recommend changes in the nation's treatment system for mental illness, *Imagining Robert: My Brother, Madness and Survival*, is making the rounds as a one-hour documentary. The true story about two brothers and their family's experience with schizophrenia is enough to move an audience not only to tears-- but also political action. Funded in part by the Massachusetts Foundation for the Humanities, *Imagining Robert* premiered on April 28 at Smith College. Long-time NAMI friend Jay Neuborgen, who wrote the memoir on which the documentary is based, is an award-winning novelist who retired last year from the University of Massachusetts. This past week, the film was presented to legislators at the Massachusetts State House in Boston. It also will be shown at the Massachusetts State Hospital in Tewksbury on June 20th.

"*Imagining Robert* is an important contribution to public education and dialogue about mental illness in the months ahead," said NAMI Executive Director Richard C. Birkel, Ph.D. "It provides a human look at the harshness of the past and the modern promise of recovery. It should tell us all, as a society, that no one should be abandoned. Not any individual, nor any family."

Photographs, transcripts and a calendar of screenings are at [www.imaginingrobert.org](http://www.imaginingrobert.org). The film is available through Films for the Humanities & Sciences at [www.films.com](http://www.films.com) or 1-800-257-5126. Information about the filmmakers, Larry Hott and Diane Garey, who have won an Emmy, Peabody and two Academy Award nominations for previous work, is at [www.florentinefilms.org](http://www.florentinefilms.org).

## Inadequate Treatment of Depression and Anxiety from the Harvard Mental Health Letter, February, 2002

Depression and anxiety disorders continue to receive inadequate treatment. A survey of 1,600 adults with such problems found that less than one-third received what the authors define as appropriate treatment. Although this survey reveals some progress since a similar one 10 years earlier, it suggests the need for further public education.

In the study, conducted in 1997 and 1998 as part of a larger healthcare survey, diagnoses were made by means of a brief version of a standard clinical interview. About half of the 1,600 had had an episode of major depression in the previous year. The others had suffered from dysthymia (moderate chronic depression), anxiety disorders (including generalized anxiety disorder and panic disorder), or both. Of those with probable anxiety or depressive disorders, 81% had seen a doctor and 19% had seen a mental health professional.

Twenty-six percent received some medication, and, encouragingly, the vast majority of them (more than 80%) received "appropriate" antidepressant or anti-anxiety drug treatment as defined by research guidelines — a sufficient dose taken for a sufficient time. That figure represented a big improvement when compared with results of a similar survey conducted ten years before. The authors believe the advent of selective serotonin reuptake inhibitors (SSRIs) is responsible. These drugs are easier to use and have fewer side effects than older antidepressants and anti-anxiety drugs.

Appropriate mental health counseling was modestly defined as four visits to a mental health specialist, or four visits with a family doctor that included at least five minutes of mental health counseling. About a third of the people interviewed had received some counseling for their depression or anxiety, but only 18% received appropriate counseling. Overall, 30% received at least one appropriate treatment — drugs, counseling, or both.

Middle-aged people (ages 30–60) were more likely to receive appropriate care than the young and the old. Seventy percent of people who received care of poor quality did not see the need for any mental health care at all. Insurance and income were important in determining whether people saw a healthcare provider, but not in determining whether they received appropriate care for depression and anxiety.

## Outreach in May

The Outreach team has been very busy during Mental Health Month. We have given talks and In Our Own Voice presentations to numerous groups, including the Aging and Independence Services in Chula Vista, the National Conference for California Seniors, a social services class at National University, the Access Center for the Disabled, Catholic Charities and MCRD. The responses were all very positive. We were surprised, however, to see how reluctant the seniors attending the California Conference were to discuss mental illness. There are many reasons for this, including the stigma attached to the topic, the long history of silence about it, and their membership in the highest risk group for depression and suicide. Obviously, this is a topic that needs to be explored in order to find the right approach.

NAMI was represented at the Consumer Conference "Knowledge Is Empowerment". This is the second such conference to be held in San Diego, and organizers (including NAMI members) were stunned to find that they had to turn down 300 would-be registrants over and above the maximum attendance of 500. Keynote Speaker was Dr. Fred Frese, Ph.D., a practicing psychologist who has schizophrenia. With the permission of County Mental Health Services, which funds most of the event, the committee needs to start looking for a bigger venue for next year! Hope you saw some coverage in the news. The Committee is working on revising our local NAMI San Diego brochure so that it can be a dual-purpose document for information and membership.

We are collaborating with both Walk Committees – remember the date: June 15!

Thanks to the efforts of our Volunteer Coordinator, Diana Waugh, we are training some new volunteers who have great potential for outreach activities.

One of the issues we try to keep from limiting our Outreach efforts is the shortage of pamphlets needed to disseminate information and maintain a professional approach. Please keep this in mind when considering whether or not to renew your membership or make a donation. That contribution could save someone's life.

Sally Shepherd

## **DMDA Support Groups in San Diego County**

Resources and Support Groups for those suffering from depression, bipolar disorder, or other mental illness.

National Depressive & Manic Depressive Association (DMDA)

800.826.3632 or <http://www.ndmda.org>

These are consumer run discussion groups for consumers and their loved ones.

Call the toll-free number or check the web site for information on over 800 chapters nationwide that you can attend free.

### **DMDA El Cajon**

Meets every Thursday night, 5:30 – 7:30 pm

El Cajon Library, Community Room

201 E. Douglas Street, El Cajon

For more information, 619.393.3568 or [http://groups.yahoo.com/group/DMDA\\_El\\_Cajon/](http://groups.yahoo.com/group/DMDA_El_Cajon/)

### **DMDA Gifford Clinic**

Meets every Thursday, 2:00 – 4:00 pm

UCSD Outpatient Psychiatric Services (Gifford Clinic)

140 Arbor Drive, San Diego

For more information, 619.393.3568

### **DMDA La Jolla**

Meets every Monday night, 6:00 – 8:00 pm

VA Hospital, Room 2011 (2nd Floor)

For more information, 888.274.3637 or 858.535.4793

<http://hometown.aol.com/lajolladmda/myhomepage/profile.html>

(please note that you do not have to be a veteran to participate)

### **DMDA La Mesa**

Meets every Tuesday from 6:00 – 7:00 pm

Alvarado Parkway Institute (API)

For more information, 619.465.4411

### **DMDA Rancho Bernardo**

Meets Tuesdays and Thursdays, 6:00 – 8:00 pm

Aurora Psychiatric Hospital

For more information, 858.487.3200

Reservations and sign up are not necessary for these discussion groups.

submitted by Paul D. Cumming

*[Page 5 gives additional meeting information].*

# Partners In Recovery

## 2002 NAMI California Conference

### August 23rd & 24th

San Francisco Airport Marriot  
1800 Old Bayshore Highway, Burlingame, CA 94010  
(650) 692-9100 Fax (650) 692-9861

Room Reservations (800) 228-9290. Ask for the specially negotiated rate of \$99.00 (single or double). The special rate is good for any night August 21st thru August 25th. CUTOFF DATE FOR THIS RATE IS AUGUST 11TH. NAMI CALIFORNIA CANNOT GUARANTEE ROOMS BEYOND THE NUMBER THAT HAVE BEEN RESERVED IN OUR BLOCK, SO BOOK NOW !  
Hotel directions will be sent with confirmation of registration.

#### Conference

Registration opens Friday at 8:00 am. Conference begins Friday 8:30 am. and closes Saturday 4:30 pm.

#### Pre-Conference Activities

Affiliate President's Meeting Thursday 22nd, 2002 11:00 am. To 6:00 pm.

#### Register today and get the special Early Bird Rate

Copy form and use one for each individual registering.

#### Registration Fees

Fees including meal (s)

#### "Early Bird Special"

Paid before July 14th: \$115/person  
One-day rate: Fri. \$75; Sat. \$75

Paid after July 14th: \$140/person  
One-day rate: Fri. \$80; Sat. \$80

#### On Site Registration:-

\$150/person both days  
One-day rate: \$90

#### No Meal Guarantee

#### Consumers Only

\$75/person both days  
One-day rate: Fri. \$40; Sat. \$40  
On site registration -  
Same rate except

#### No Meal Guarantee

#### Make check payable to:

NAMI California, Conference 2002

#### Mail to:

NAMI California  
1111 Howe Ave., Suite 475  
Sacramento, CA 95825

### NAMI California 2002 CONFERENCE REGISTRATION FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

NAMI Affiliate \_\_\_\_\_

Friday Lunch:            Chicken          Fish          Vegetarian  
Saturday Lunch:        Chicken          Fish          Vegetarian

NAMI California Conference Consumer Scholarship donation: \$\_\_\_\_\_

Visa    Master Card    American Express

Account # \_\_\_\_\_

Expiration Date \_\_\_\_\_ Signature \_\_\_\_\_

Total amount enclosed: \_\_\_\_\_

Cancellation Policy: A \$35 cancellation fee to cover operating expenses will be charged to those who register, but cannot attend. To cancel you must notify the NAMI California office in writing No later than July 26th. No refunds will be made after this date

## Bequest

We noted the passing of our long-time friend, Olga Liefert, with a tribute two years ago. We now want to express our gratitude for the receipt of a bequest of \$1,500 from her estate.

### New: To join this list go to:

[http://groups.yahoo.com/group/SDCMH\\_Client\\_Announcement/](http://groups.yahoo.com/group/SDCMH_Client_Announcement/)

Description: This is the San Diego County Mental Health Client Announcement email group, or listserv.

Joining will enable the member to receive announcements or reminders of activities involving clients and the county (with other stakeholders' activities included as appropriate).

## Always wear a Silver Ribbon™

To show you care about someone with a brain disorder!

To help break down the barriers to treatment and support!

To help eliminate the stigma against those who suffer!

To show you believe there is HOPE through education and research!

Contact the NAMI San Diego office to buy your silver ribbon

## I Am Not Sick, I Don't Need Help!!

This immensely popular and even more immensely useful little book is available by loan from the Albright Center or yours to keep for a contribution to NAMI San Diego of \$15.00

## NAMI- CARE

New opportunities for local consumer support are getting under way as NAMI CARE comes to San Diego.

NAMI CARE stands for Consumers Advocating Recovery through Empowerment and is based on setting up support groups for consumers, run by consumers. The program focuses on guidelines developed by Joyce Burland, who designed the NAMI Family-To-Family curriculum.

In May, consumer advocates Krista Colgan, 22, from NAMI North Coastal, and Eric Corey, 33, of NAMI San Diego, attended a three-day workshop in St. Louis, Missouri, where they learned about the new program and how to train other people to facilitate consumer support groups. Chuck Sosebee who helped arrange this training has been working with NAMI National for two years to bring this program to California. Representatives from eight states attended the training.

The principles of the NAMI CARE program are uplifting and empowering for consumers. The NAMI CARE concept goes hand-in-hand with the Peer-to-Peer program, a nine-week course for consumers that is also being introduced in San Diego in June.

While in St. Louis, Krista and Eric participated in numerous workshop sessions, but also had time to visit the famous Gateway to the West Arch despite the rainy weather.

Krista and Eric will be bringing the NAMI CARE program to San Diego during the first training set for June 21-23 at the University of San Diego. Consumers are encouraged to sign up to become NAMI CARE facilitators by contacting Chuck Sosebee at the NAMI San Diego office at 619-584-5564

## NAMI California Conference 2002

### "Partners In Recovery"

Friday August 23rd & Saturday August 24th



San Francisco Airport Marriott,  
Burlingame

# The Alliance Advocate

Vol. VI, Issue 6--June/July 2002



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## RETURN SERVICE

### *Inside This Issue:*

*Campaign for Best Practice Services*

*Proposed Mental Health Budget Cuts*

*Legislative Update*

*NAMI-Care Gets Underway*

*Calendar of Events & Meetings*



## NAMI San Diego

### 2002 MEMBERSHIP APPLICATION

NAMI San Diego relies on its membership and your generous contribution to continue providing support and services to people with mental illness and their families.

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 and mail to: P. O. Box 710761, San Diego CA 92171-0761.

Name: \_\_\_\_\_

Street: \_\_\_\_\_ Home Phone # \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Work Phone # \_\_\_\_\_

**Dues are from January 1 to December 31 of each year and include membership and newsletter subscription to NAMI and NAMI California.**

**I would like to join NAMI San Diego at the following level:**

- \_\_\_\_\_ Regular Membership - \$40.00 Check one: ( ) New Member ( ) Renewal
- \_\_\_\_\_ Professional Membership - \$75.00 (includes office display of NAMI brochures)
- \_\_\_\_\_ Consumer Membership - \$10.00 \_\_\_\_\_ Newsletter Subscription Only - \$15.00
- \_\_\_\_\_ Open Door Membership \$3.00 (consumer, consumer family & friends in financial need)

#### ANNUAL SUSTAINING DONORS

- \_\_\_\_\_ Bronze Donor - up to \$99.00 \_\_\_\_\_ Benefactor - \$500.00 - \$999.00
- \_\_\_\_\_ Silver Donor - \$100.00-\$249.00 \_\_\_\_\_ Patron - \$1,000 +
- \_\_\_\_\_ Gold Donor - \$250.00-\$499.00 \_\_\_\_\_ I prefer my contribution to be anonymous

\_\_\_\_\_ Donation for Open Door Memberships (\$ \_\_\_\_\_)  
(to help consumer, consumer family & friends in financial need)

#### Check relation to client:

- \_\_\_\_\_ Parent of Adult
- \_\_\_\_\_ Parent of child (under 18)
- \_\_\_\_\_ Sibling
- \_\_\_\_\_ Spouse
- \_\_\_\_\_ Professional
- \_\_\_\_\_ Other
- \_\_\_\_\_ Self

\_\_\_\_\_ Please send me volunteer information and application.