

Saying Goodbye to The Hidey Hole

By Wendy McNeill
Advocate Editor

My old place was called "The Hidey Hole." If you were to see it, this name would be self explanatory, but for our purposes, a person's first reaction walking into The Hidey Hole was, "Wow! It's so...cute!" Which we know is just a polite euphemism for SMALL. In this case, REALLY, REALLY SMALL.

It was in fact really small. I had a great wing chair adjacent to the front door, and every time you opened the door, the door would bang into the chair. There was nowhere else for the chair to go. And god forbid you have more than one other person over because between me, my man Travis, and our cat, there just wasn't enough space for a couple. For a dinner party, you either crowded onto the *cute* balcony, or somebody or two had to sit on the floor, plates crowded on already crowded coffee table.

So, as you can see, the primary feature of The Hidey Hole was: cramped.

That is, unless you were me. See, The Hidey Hole was the first place I moved after I left "The Manor," the Board and Care I stayed in for six months. The security deposit I put down on The Hidey Hole was all my hard-earned money, and for the first time in nine months, since leaving the Board and Care, I had access to a refrigerator. I could have a glass of milk whenever I wanted; I didn't have to bang on a locked, steel gate to ask the attendant, "Hola, senora, leche por favor? Leche por favor?" No more styrofoam.

The Hidey Hole was my refuge, but every refuge must come to and end.

(cont. at right...)

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

Managing Your Medical & Mental Health Care

Presenter: David P. Folsom, M.D., MPH

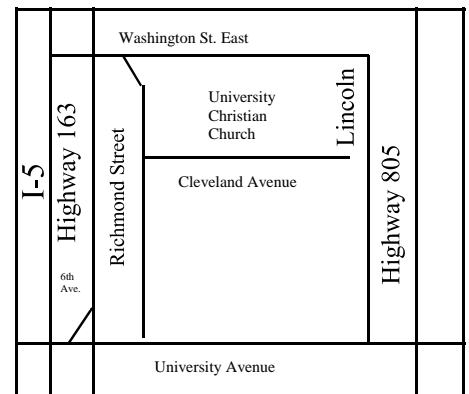
Dr. Folsom, Assistant Professor of Psychiatry and Family Medicine, is Co-Director of the UCSD Family Medicine Psychiatry combined residency program, a program that he completed in 2001. He also provides clinical services, both psychiatric and primary care, at St. Vincent de Paul Village to people who are homeless. His research interest is in improving the medical care for people who live with a mental illness, especially people with schizophrenia.

Ask the Expert: Deborah Malcarne, LCSW, Case Management Program Monitor, County Mental Health Services

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

Schedule:

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



(cont. from left...)

I had lived in The Hidey Hole for five years, and Travis for four, and he wore me down, eventually. I think if he hadn't been so set on moving I would have been there until the end of time. Not only did I get out of the Board and Care, but that place also gave me something I had never had as an adult: health. And besides that, I was happy, too. Who wants to take a chance when your other chances haven't worked out all that well?

But move we did. I call the new place The Fishbowl because it's like living at Melrose Place, and we have lots of windows. I didn't take kindly to The Fishbowl at first. I resented its newness and modernity and high price. I missed the humility of the Hidey Hole. I thought I had something big to live up to now.

Well, as you can imagine, that's wearing off. I thought the new place would change me, boost me up that rung of self care. I thought I'd be at the gym everyday and would make Martha Stewartesque meals. Well, it hasn't happened....

Oh! Space is up. Goodie. I get to go...home.

NAMI's Workin'

By Bettie Reinhardt
Executive Director

Does it seem to you that we work towards some goals for so long that the effort becomes an ordinary part of our lives? The desired goals seem so unlikely that we give up thinking of them in expectant terms. That happens to advocates. Our goals disappear into the mist but we struggle on, wondering why we are disheartened.

Well, hey, grab your passion. Put your heart back where it belongs. Let me tell you about a 10+ year journey. On this trek, we've made it through the quicksand, the blizzards and black ice, and the high water but it looks as if sunny beaches are just beyond the next mountain range.

This journey began with a fight for federal mental health insurance parity in the 1990's. We were rewarded with The Mental Health Parity Act of 1996. Important as it is, it is limited in scope. The law equates aggregate lifetime limits and annual limits for mental health benefits with aggregate lifetime limits and annual limits for medical and surgical benefits. *(Typical caps for mental illness coverage are \$50,000 for lifetime and \$5,000 for annual, as compared with \$1 million lifetime and no annual cap for other physical disorders.)* The law applies only to employers that offer mental health benefits, it does not mandate such coverage, has a small business exemption that excludes businesses with 50 employees or less, and employers that can demonstrate a one percent or more rise in costs due to parity implementation will be allowed to exempt themselves from the law.

NAMI has kept fighting step-by-step and year to year both to extend the 1996 Act and to pass a more meaningful bill. We have been partially successful. We have kept the 1996 Act alive. But, finally,

there is more!

NAMI is proud to support the Mental Health Parity Act of 2007 and the unprecedented bipartisan agreement achieved by Senators Pete Domenici (R-NM), Ted Kennedy (D-MA), and Mike Enzi (R-WY). *(Having previous opponents of parity legislation at the table didn't hurt either.)*

S.558 expands on the federal parity law passed in 1996 by prohibiting limits on in-

“On this trek, we've made it through the quicksand, the blizzards and black ice, and the high water, but it looks as if sunny beaches are just beyond the next mountain range.”

patient days and outpatient visits that apply only to mental illnesses and not other illnesses. It prohibits higher co-payments, deductibles and other financial restrictions that apply only to mental illnesses and not other illnesses. Finally and most importantly, the legislation applies these new standards to self-insured plans that are currently exempt from 41 state mental health parity laws. Those plans cover an estimated 82 million Americans.

The final details of the interaction of S.558 with state laws such as California's parity law are being finalized. However, it appears that it will not over-ride state laws unless they are addressing the same issue and the state law is more restrictive. S.558 does not attempt to define mental illnesses or address whether managed care is required so it is thought that it would make no changes to California law. This is where you stay tuned and active.

On February 14, the Senate Health, Education, Labor and Pension Committee

(HELP) voted 18-3 in favor of S.558. After the vote, Sen. Kennedy indicated that he would push for full Senate action on the bill within the next few months. This bill is so newly on our path that it hasn't been posted on the internet as I write. It will be there by the time you read this so look for it at govtrack.us. Our Government Relations and Advocacy Committee will keep you posted about when and how to take action. Don't miss the chance. We have the opportunity to make history!!

While you are on the lookout, keep an eye on Governor Schwarzenegger's proposed comprehensive health care reform. California HHS Secretary Kim Belshe said on February 15th that a study by Dr. Jon Gruber “was released today that shows that the Governor's health care proposal will provide health insurance for an additional 4.1 million Californians out of the 4.8 million uninsured Californians at any given time, and that the reforms will have little impact on how many employers cover their workers.” These claims and some of the assumptions of Dr. Gruber's study are sure to be debated. That's OK. That debate will help us decide on a course of advocacy. And now that we are jazzed about our successes with federal parity, we might as well take on a few other challenges.



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 or contact any of the people mentioned in the articles.

Legislative Update

Mental Health, Criminal Justice, Community Collaborative

By Mark Gale
NAMI California State Criminal Justice
Committee
San Fernando Valley Alliance on Mental
Illness

On February 28, 2007 NAMI California will be sponsoring our third Mental Health, Criminal Justice, Community Collaborative organized by our State Criminal Justice Committee. The previous two Collaboratives in Northern California are proof that this model works and is having a positive impact in our communities. Three counties that participated in Northern California are planning new Mental Health Courts, two counties are planning the implementation of CIT (Crisis Intervention Teams) police training, and San Francisco now wants NAMI members at the table as they go forward with planning for their criminal justice system.

Our November planning committee meeting assembled affiliate representatives from the seven Southern California counties that will be hosting this event. Our Southern California Collaborative will bring together the leaders of our police and sheriff departments, judges, district attorneys, city attorneys, public defenders, probation, and parole for a one day presentation on best-practice, existing, successful programs in our counties to be shared with their colleagues. This will be our largest Collaborative to date as officials from Los Angeles, Orange, San Diego, San Bernardino, Riverside, Ventura and Santa Barbara Counties will be participating. There will be seven presentations followed by two breakout sessions covering a variety of topics critical to reforming our criminal justice system as it pertains to individuals experiencing the symptoms of serious mental illnesses.

Great thanks go to Sharon Roth, Criminal Justice Committee Chair, and Marcie Larkey from our NAMI California office for organizing these events. And thanks to all of our local NAMI advocates who have worked so hard to bring the leaders of our counties together for this presentation.

"The previous two Collaboratives in Northern California are proof that this model works and is having a positive impact in our communities."

MHSA Implementation Update

By Bettie Reinhardt

Three new programs funded by Prop. 63 have come online since the January newsletter was written:

- Mental health assessment and treatment services at community health clinic settings across the county. Provided by Council of Community Clinics.
- Specialized outpatient services for unfunded individuals of all ages who are deaf or hard of hearing. Provided by San Diego Deaf Mental Health Services.
- Behavioral health Training Curriculum and System Wide Education and Training Plan. Will be developed by SDSU Research Foundation.

More money is now available to implement this first MHSA phase because of a combination of savings at the County level, the State's release of previously reserved funds, and greater than expected revenue from our dear-to-our-hearts millionaires. The County is seeking input from its Councils and the Mental Health Board, all of which have NAMI representation. Please ask me for more information.

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

Third Tuesday, 6:30 to 8:00 p.m.
Clairemont Lutheran Church
(Luther Hall, Room 2 on the 1st 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 (3rd 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

*President's Message:
Will You Walk With Me?*

By Louise Groszkruger
Board President
NAMI San Diego

NAMIWalks is much more than a fundraiser, it is a mind raiser. As we walk through a small portion of Balboa Park on April 21st, step by step we are raising awareness, demonstrating that recovery works, and stigma busting. What a great way to spend a Saturday morning in the beautiful city of San Diego. I promise it won't snow, and, relatively speaking, it won't be too cold. Actually with all the bodies, the warm up exercise, the DJ, the information booths, and so much more, it will be, at the very least, a heart warming experience.

Personally, I am walking for awareness, for understanding, for hope, and perhaps a little exercise as well. I will be walking alongside hundreds of people whose lives have been touched by mental illness. I will be surrounded by people in recovery, their family members, neighbors, business associates, and friends. As we all walk together, people will notice, and our walk will raise awareness about NAMI, about living with mental illness, and about recovery. On April 21st, 2007 I am walking for something good, something special – I am walking for NAMI.

Will you walk with me?

WHY WE WALK!

There are many reasons why we walk, for family, for friends, for ourselves. We walk to erase stigma, to fight for resources, and share our experiences. Here is the story of why one of our team captains for the San Diego County NAMI Walks 2007 has added her footsteps to ours.

“Why I “NamiWalk”. As my Italian grandmother used to say, "If you sit, you die!", how true that is for those and their loved ones affected by mental illness. We actually have to take physical and mental steps to reach our healing, support groups, health care, in order to survive! Sometimes we can take our own steps. Sometimes we must take the steps for others, other times we must have others take the steps that we can't. That's the reality of dealing with mental illness.

Taking a "Namiwalk" shows our community that we exist not in the "whispers or shadows" but in the light, free from shame among our neighbors, friends, family and co-workers. We are no longer invisible, we exist, we are real...and so is mental illness. So why do I walk? I NamiWalk for those I know, those I do not, and those I will come to know. For I was, will be and am all of them, I walk for me.”

*Theresa Dame
Team Captain, "The Difference Makers"
Mrs. Oceanside International 2007-2008*

San Diego County NAMI WALK Kick-Off Event

Getting Started!! This year's Kick-Off event will be held, Saturday, March 10th at 9am. Please plan to bring a friend or 5!!

San Diego County NAMI WALKS Fun 5K April 21, 2007 Balboa Park

Location: SDSU's College of Extended Studies
5250 Campanile Drive, Room 206/208
San Diego, CA 92182

Parking will be available

To register for the event call
**Shannon Jaccard at 619-584-5564 or
email: shannonjaccard@namisd.org**

namiwalksandiego.org



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

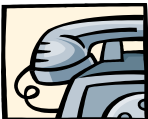
(Activity Room)
7850 Vista Hill Ave.
San Diego, CA 92123
Every Thursday: 11:15 a.m. - 12 Noon

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 Thursday: 1:00 - 2:00 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
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

The Advocate

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4480 30th Street
San Diego, CA 92116

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1st Thursday!!!

Managing Your Care

March 1, 2007

6:30 p.m.

See page 1 for info



Return Service Requested

Upcoming Family-to-Family Classes



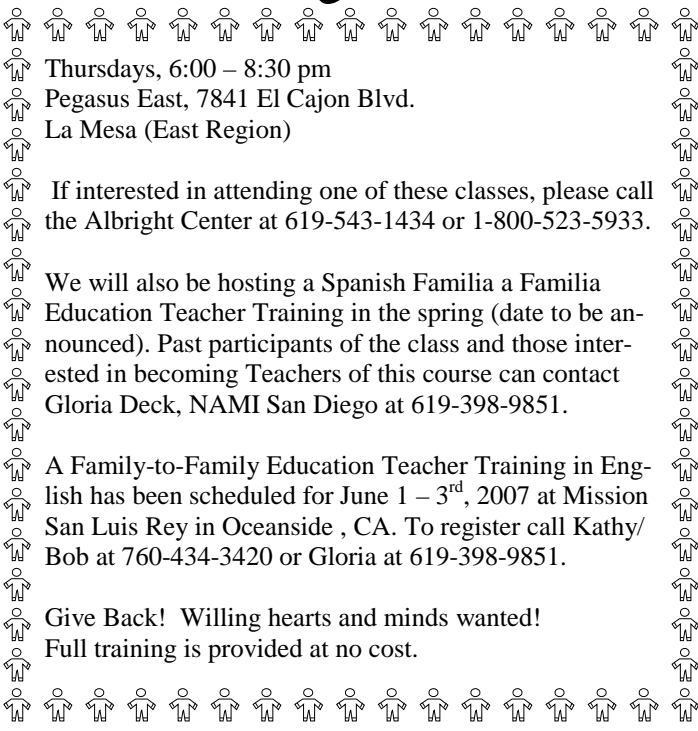
The following classes have been scheduled for the Familia a Familia (Spanish language Family-to-Family) course.

Maria Sardinias BPSR Center
March 5 – May 21, 2007 (No class April 9th)
5:30 – 8:00 pm

Logan Heights Family Counseling Centre
March 6 – May 22, 2007
5:00 – 7:30 pm

English Family to Family:
March 27 – June 12, 2007
Tuesdays, 10:00 – 12:30 pm
Southeast Mental Health Clinic
3177 Oceanview Blvd. (Central Region)

English Family to Family:
March 29 – June 14, 2007



Thursdays, 6:00 – 8:30 pm
Pegasus East, 7841 El Cajon Blvd.
La Mesa (East Region)

If interested in attending one of these classes, please call the Albright Center at 619-543-1434 or 1-800-523-5933.

We will also be hosting a Spanish Familia a Familia Education Teacher Training in the spring (date to be announced). Past participants of the class and those interested in becoming Teachers of this course can contact Gloria Deck, NAMI San Diego at 619-398-9851.

A Family-to-Family Education Teacher Training in English has been scheduled for June 1 – 3rd, 2007 at Mission San Luis Rey in Oceanside, CA. To register call Kathy/Bob at 760-434-3420 or Gloria at 619-398-9851.

Give Back! Willing hearts and minds wanted!
Full training is provided at no cost.