

Upcoming "Recovery in Action" Dinner Recognizes Inspirers in the Mental Health Community

*By Julie Benn
Communications Specialist*

Set your calendar to September and your sites on recovery because the annual NAMI San Diego "Recovery in Action" dinner for the 2007 Inspiration Awards is coming up.

These special recognitions are given to individuals or organizations that show excellence in facilitating recovery from mental illness by giving our community great support and hope for the future.

"Mental health recovery IS occurring in this county and the Inspiration Awards are going to some of the very special people that are making it happen," said Bettie Reinhardt, Executive Director, NAMI San Diego.

The presentation will be emceed by the dynamic Nora Vargas, Executive Director of the Latino Issues Forum. The Inspiration Award winners are:

RECOVERY LEADER

Carol Neidenberg

Mental Health Program Manager

RECOVERY ADVOCATE

Ann Cummings

NAMI Leader

RECOVERY FACILITATOR

Eric Raimo, M.D.

Psychiatrist in Private Practice

RECOVERY PROGRAM

Short Term Acute Residential

Treatment (START)

*Accepted by Hobie Hawthorne, PhD,
Executive Director*

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

Principal Speaker:

Robert L. Cassell, Tax Specialist, IRS

Mr. Cassel will speak about the IRS' Stakeholder Partnerships, Education and Communication (SPEC) Disability Initiative that provides education, outreach, free tax preparation services, and asset building opportunities for persons with disabilities.

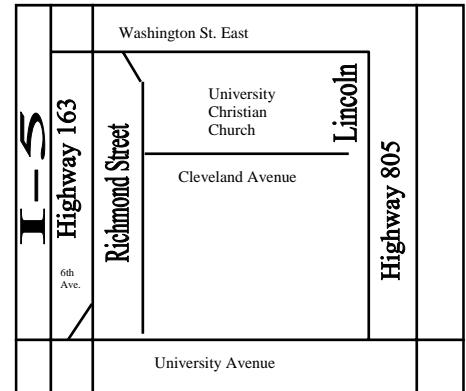
This is a "must hear and see" meeting for mental health consumers interested in recovery and family members working to facilitate recovery for their relatives.

Ask the Expert:

Shannon Jaccard, Community Liaison, NAMI San Diego and President, Compeer San Diego

Want to Volunteer? What to Consider and Whom to Contact

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



Schedule:

Ask the Expert: 6:30 p.m.
Announcements: 7:00 p.m.
Principal Speaker ~ 7:10 p.m.
Networking & Social 8:30 p.m.

Save the Date: Friday, September 28, 2007

NAMI San Diego's Annual "Recovery In Action" Dinner The 2007 Inspiration Awards

The Inspiration Awards will be given out at NAMI San Diego's Recovery in Action Dinner and Silent Auction on Friday, September 28, at the Marriott Hotel in Mission Valley, San Diego.

"Attendees will have a great opportunity to hear stories of recovery they can use in their own lives and work." The dinner is open to the public. For information and tickets call James Starek at (619) 584-5564.

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.

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NAMI and NAMI California

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

*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.

NAMI's Workin'

Revisiting the Meaning of Recovery

By Bettie Reinhardt

This is the month that we honor the winners of our Inspiration Awards at the NAMI San Diego Recovery in Action Dinner and Silent Auction so it seems a good idea to review what we are talking about and why it is important. Of course, to really understand Recovery, you must attend the event!

Recovery is the process of managing one's illness and disability with the least amount of interference with normal life. It does not necessarily mean being symptom free although recovery, for some

people, can mean being able to "pass as a 'normy'" or not having any clinically observable symptoms. Recovery involves increasing competency in psychosocial functioning and cognitive functioning. It is a dynamic, ever-changing process. This means that everyone can work toward recovery. Rehabilitation, that is, facilitating recovery, should begin on the first day of treatment. We cannot keep doing the same old things and expect to not get the same old results. We can do better. Many western countries, in fact, can do a better job of helping people move into recovery.

Recovery requires a paradigm shift, a different way of looking at things. It means that families see themselves as facilitators of recovery rather than caretakers. It means that consumers recognize their strengths and see themselves as the heroes that they are. It means that providers focus on their clients instead of their clients' illnesses.

Recovery requires some risk-taking and some letting go. It may mean tolerating some increase in symptoms to obtain increased cognitive functioning. It often means trying something new. It can mean taking a chance and not succeeding. It definitely means making choices. As we continue to learn more about recovery, we need to review the best-practice services. Remember to think about each service in the context of recovery. That is, it all starts with Hope and then moves to A Better Life.

"Recovery is the process of managing one's illness and disability with the least amount of interference with normal life...Recovery requires a paradigm shift, a different way of looking at things."

People need to be safe and to feel safe. That can mean an inpatient facility or a crisis house or residential treatment program. It can mean a shelter bed or a

home of one's own. People need access to appropriate medication and good management of their medication use including physical exams. They need rehabilitation, case management, and assertive community treatment. They may need crisis services or social services. The majority of people need substance abuse treatment. Most can use family support and education and peer support and self-help groups. Everyone needs housing. Too many people need jail diversion or reintegration into the community after incarceration.

Many more people than we typically realized need vocational rehabilitation, employment support, and supported education. Not one service can be dropped or left undeveloped. So? So show up for the next round of Mental Health Services Act stakeholders' meetings and Advocate for Recovery.

President's Page

Family Matters

By Louise Groszkruger
President, NAMI SD Board of Directors

December 14, 2007 will mark the 4th anniversary of the single most life altering event of my life. On this day in 2003, our 29 year old son, a seven year veteran of the LAPD, was arrested for possession of an illegal weapon. I was stunned, mortified, ashamed, and angry. "How could he do this to us?"

"How could someone who put his entire life into his career do something so stupid and out of character?"

"By attending weekly meetings and family education, we learned that we were not alone in our struggle, that we should never give up hope, and that family and friends could play a significant role in an individual's recovery."

The answer (or shock) came a few weeks later when he was diagnosed as having Bipolar 1 Disorder, complete with visual hallucinations and paranoia. Although the diagnosis helped us understand the events of December 14th, we were totally unprepared to cope with the financial, legal, and emotional consequences of his illness. Suddenly the life we had known seemed to crumble around us as we slogged through a criminal justice system that provided drug diversion but ignored the needs of individuals who are living with mental illness. We mortgaged our home to provide our son with the best legal defense, read all the literature we could find, wrote to the LAPD Chief of Police, and worked closely with our son's psychiatrist. We were overjoyed by the progress our son made in treatment. However, this joy was overshadowed by the judge who sentenced him to a year in jail and told us that he didn't care about mental illness.

Four years ago I was incapable of telling this story. I was consumed with guilt, worry, shame, and fear. However, today I see our family's journey as one of hope, resilience, and love. Our quest for understanding led us to NAMI San Diego and the Depression and Bipolar Support Alliance (DBSA). By attending weekly meetings and family education, we learned that we were not alone in our struggle, that we should never give up hope, and that family and friends could play a significant role in an

individual's recovery. We learned to hope as we watched individuals overcome the de-

bilitating symptoms of mental illness. We learned the true meaning of courage as we watched spouses, parents, and friends do "whatever it takes" to assist their loved ones in the process of recovery. As we stood in front of the judge who didn't care about mental illness, and walked our son to the LA County jail, we were not alone. We were surrounded by caring people we had met in our weekly support group.

Today when I tell our family story, I do it with pride rather than shame, and with hope rather than fear. I tell our story because I know that the love, support, and understanding of family and friends can make a difference in the lives of individuals who are living with mental illness.

Albright Information & Referral Center



The Center was established in 1985 by NAMI members in San Diego County and has been operated by NAMI San Diego ever since. James Albright's remarkable and unflagging efforts to obtain the original funding resulted in the Center's being named for him.

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

Do drop in and visit NAMI San Diego's "flagship" program!

As family members and friends you can make a difference by:

- Telling others about mental illness – it's amazing how many others are struggling with the same issues
- Advocating for treatment rather than incarceration
- Learning all you can about mental illness
- Attending support groups and education
- Understanding that mental illness is an ILLNESS not a character flaw
- Supporting organizations such as NAMI SD and the DBSA
- Raising your voice against the stigma of mental illness



Legislative Update

San Diego MHSA Progress Reports

Sarah Brichler, an Administrative Analyst with the County of San Diego Mental Health Services reports on San Diego County's progress in implementing 94% of the MHSA-CSS programs:

The implementation status documents are located on the Network of Care website under the following header:

MHSA Workplans Projects

http://sandiego.networkofcare.org/mh/home/ca_prop63.cfm

o Procurement Status All Populations (7/05/07)

http://sandiego.networkofcare.org/contentFiles/Procurement_Status_All_Populations_%287-5-07%29.pdf

o DMH Implementation Progress Report (6-28-07)

http://sandiego.networkofcare.org/contentFiles/DMH_Implementation_Progress_Report_%286-28-07%29.pdf

o MHSA Program Summary (6/14/07)

<http://sandiego.networkofcare.org/contentFiles/MHSA%20Program%20Summary%206-14-07.pdf>

As you'll see, the "Procurement Status All Populations" is an update by MHSA-CSS workplan and population. The DMH Implementation Progress Report is the update through 12/31/06 that was approved by the Mental Health Board and required by the State. The MHSA Program Summary is a listing of the programs that have begun to provide services.

E-mail: sarah.brichler@sdcounty.ca.gov
Phone: (619) 584-5008

*By Jan Daugherty,
GRAC Communications*

It's Not Too Late to Push the U.S. Senate on Parity!

Just before beginning the month-long summer recess, the sponsors of the Senate mental illness insurance parity bill (S 558) made an attempt to push for immediate passage, only to have the move blocked late on August 3. Despite this temporary setback, the sponsors of the Mental Health Parity Act of 2007 – Senators Pete Domenici (R-NM), Edward M. Kennedy (D-MA) and Mike Enzi (R-WY) – remain committed to trying again in September to expedite quick action on the bill.

Urge our Senators to support S 558 and oppose any attempt to block immediate passage of S 558 or seek additional changes. The revised version of S 558 resolves many of the concerns about state preemption that were raised by the original version. Go to this web site to e-mail your Senators:

<http://capwiz.com/nami/utr/1/GZPMHMXMGI/ADTOHMXMLW/1348069661>

In addition to sending letters to your Senators, you could write a short letter to the editor of your local newspaper urging support for Senate action on parity.

To read more about the Senate effort to pass Mental Health Parity, go to this web site:

<http://capwiz.com/nami/utr/1/GZPMHMXMGI/EXCFHMXMLX/1348069661>

The Meeting Place, Inc.'s New Young Adults Program

The Meeting Place Inc.'s Young Adult Program (YAP) has recently been formed to assist young adults between the ages of 18 and 30 in their recovery from a mental illness.

The goal behind the program is to provide a place for young adults who may be having a hard time dealing with isolation, stigma, and confusion of their diagnosed mental illness. The YAP program is also designed to help with employment, education, socialization, housing, and other recovery goals.

The YAP program meets every Wednesday at 2:30pm.

Check out our Myspace group (groups.myspace.com/themeetingplaceyap). Please call (619) 294-9582 or email us at: admin-meetingplace@mhsinc.org 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

NAMI San Diego Support Group

3rd Tuesday, 10:00 a.m. - 12:00 p.m.

NAMI San Diego Office

4480 30th Street

San Diego, CA 92116

Call (619) 543-1434 or (800) 523-5933

Clairemont NAMI Support Group

2nd Monday, 7:00 - 8:30 p.m.

St. David's Episcopal Church (Library)

5050 Milton Street

San Diego, CA 92110

Call Joan Williams at (858) 274-3716

La Jolla NAMI Support Group

1st Tuesday, 7:15 - 9:00 p.m.

La Jolla Presbyterian Church

7715 Draper Ave.

La Jolla, CA 92037

(Life Center Building, Room 9, Upstairs)

(Park on Draper, go up steps, turn left and go into building facing you, climb stairs and turn right, follow short hall until come to room.)

Call (858) 457-5057 for more information

NAMI Family Support Group

2nd & 4th Thursdays, 6:00 - 7:30 p.m.

Pegasus East

7841 El Cajon Blvd., #C

La Mesa, CA 91941

Call Carol Davis at (858) 220-3737

Rancho Bernardo Support Group

3rd Tuesday, 7:00 - 8:30 p.m.

Rancho Bernardo Community

Presbyterian Church

17010 Pomerado Road

San Diego, CA 92128

Call (619) 543-1434 or (800) 523-5933

Sibling and Adult Children's Group

2nd Wednesday, 7:00 - 9:00 p.m.

Scripps-Mende Well Being Center

Adjacent to the Westfield (UTC) Mall

San Diego, CA 92122

Call Michelle Cauble at (858) 756-3140

Spouses of Persons with the Diagnosis of Bi-polar

3rd Tuesday, 6:30 - 8:00 p.m.

Clairemont Lutheran Church

(Luther Hall, Room 2 on the 1st Floor)

4271 Clairemont Mesa Blvd.

San Diego, CA 92117

Call (858) 273-7423 for more information

Spanish Support Group-South Bay

1st Monday, 6:00 - 8:00 p.m.

South County Family Resource Center

690 Oxford Street

Chula Vista, CA 91911

Call Luz Fernandez (East County Clinic) at

(619) 401-5500 for more information

Spanish Family Support Group

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

South Bay Guidance Center

835 3rd Avenue, Suite C

Chula Vista, CA 91911

Call Gina Osuna at (619) 425-6879

NAMI Patton

3rd Sunday, 1:00 - 3:00 p.m.

c/o Patton State Hospital

(Administration Annex - Room 148)

3102 E. Highland Ave.

Patton, CA 92369

Tel: (909) 425-7392 ☎ Fax: (909) 425-0160

NAMI-SIT

Schizophrenics in Transition

Board Meeting

144 Copper Avenue

Vista, CA 92083

Call (858) 481-7069 for meeting time

NAMI-SIT includes the following:

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

NAMI North Inland

P.O. Box 300386

Escondido, CA 92030-0386

(760) 745-8381

Education Meeting

2nd Tuesday at 7:00 pm.

Kinesis North

474 W. Vermont Ave.

Escondido, CA 92025

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

Monday Share & Care in Fallbrook

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

Fallbrook Healthcare Foundation Building

Corner of Mission and Fig

Fallbrook, CA 92028

Call (760) 745-8381 for more information

Tuesday Share & Care Meeting

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

Joslyn Senior Center

210 East Park Avenue

Escondido, CA 92025

Call (760) 745-8381 for more information

NAMI North Coastal

P. O. Box 2235

Carlsbad, CA 92018

760-722-3754

Education Meeting

3rd Thursday, 7:00 - 8:30 p.m.

St. Michael's by the Sea Episcopal Church

2775 Carlsbad Blvd.

Carlsbad, CA 92008

Call (760) 722-3754 or (800) 523-5933

Education Meeting followed by

*NAMI Facilitated Share & Care
Support Group 8:30 - 10:00 p.m.*

TARA Borderline

Personality Disorder

Support Meetings for Family Members

UCSD Outpatient Psychiatric Services (Gifford Clinic)

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

140 Arbor Drive, San Diego, CA 92103

Sunrise at La Costa

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

7020 Manzanita St., Carlsbad, CA 92009

Tri-city Medical Center

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

4002 Vista Way, Oceanside, CA 92056

Rancho Bernardo Swim and Tennis Club

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

16955 Bernardo Oaks Drive

San Diego, CA 92128

**For more information on above meetings
please call Sandy at (760) 729-5748 or
e-mail: sboone@compuidusa.com**

Support groups for
families and caregivers of
children and adolescents

La Mesa Group

(Next meeting is on September 11, 2007)

2nd Tuesday, 6:30 - 8:00 pm

Lake Murray Evangelical Free Church

(1st Floor, Fellowship Hall)

5777 Lake Murray Blvd, La Mesa 91942

Peggy & Bob Chambers: (619) 464-0476

NAMI C.A.R.E. Support Groups

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

NAMI San Diego Office

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

Gifford Clinic (Cafeteria)

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

Sharp Mesa Vista Hospital

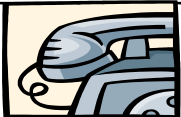
(Activity Room)
7850 Vista Hill Ave.
San Diego, CA 92123
Every Thursday: 11:15 a.m. - 12 Noon

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 Wednesday: 1:00 - 2:30 p.m.



Access & Crisis Line

1-800-479-3339
24 hours a day/7 days a week

Client Warm Line

1-800-930-9276
Daily: 5:00 p.m.—11:00 p.m.
Call us. We are fellow consumers who
have been there, done that. Listening
and talking are what we like to do.

NAMI San Diego Helpline

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

Resources

Client/Consumer

Patient Advocacy Program

5998 Alcalá Park, AW 304, San Diego 92110
(619) 260-7660 or 1-800-479-2233
Fax: (619) 260-7680

Monday - Friday: 8:00 a.m. - 5:00 p.m.

The Consumer Center for Health Education and Advocacy

1475 Sixth Ave., 4th Floor, San Diego 92101
Toll Free: 1-877-734-3258 ☎ Fax: (619) 471-2782
Monday - Friday: 9:00 a.m. - 5:00 p.m.

If you need help getting mental health services or
if you have a complaint or grievance, call or write
us. We are ready to help you.

Bayview Clubhouse

330 Moss Street, Chula Vista 91911
(619) 585-4646 ☎ Fax: (619) 585-4625
Monday - Friday: 8:00 a.m. - 4:00 p.m.
Evenings/Weekends - Call for Schedule

Casa Del Sol Clubhouse

1157 30th Street, San Diego 92154
(between Coronado Ave. & Beyer Blvd.)
(619) 429-1937 ☎ Fax: (619) 429-5205
Monday: 8:30 a.m. - 6:00 p.m.
Tue, Thurs & Fri: 8:30 a.m. - 4:30 p.m.
Wednesday: Noon - 8:00 p.m. (Bilingual)

Corner Clubhouse

2864 University Ave., San Diego 92104
(North Park at Utah Street)
(619) 683-7423 ☎ Fax: (619) 683-7428
Monday - Friday: 8:00 a.m. - 4:00 p.m.

East Corner Clubhouse

1060 Estes Street, El Cajon 92020
(619) 440-5133 Ext. 109 ☎ Fax: (619) 440-8522
Mon, Tue, Thurs & Fri: 8:00 a.m. - 4:00 p.m.
Wednesday: 8:00 a.m. - 6:30 p.m.

Eastwind Clubhouse

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

Escondido Clubhouse

474 W. Vermont Ave., Ste. 105
Escondido 92025
(760) 737-7125 ☎ Fax: (760) 737-6129
Monday - Friday: 8:00 a.m. - 4:30 p.m.
1st Saturday of month: 10:00 a.m. - 2:00 p.m.

Friend-to-Friend

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

Friends In Hand Clubhouse

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

Mariposa Clubhouse

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

The API Discovery Clubhouse

5550 University Ave., San Diego 92105
Membership Information: (619) 667-6176
Saturday & Sunday: Noon - 4:00 p.m.

The Meeting Place, Inc.

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

The Oasis Clubhouse

3635 Ruffin Road, Ste. 101, San Diego 92123
(858) 300-0470 ☎ Fax: (858) 300-0471
Monday - Friday: 10:00 a.m. - 7:00 p.m.
Serving Transitional Age Youth (16-25)

Neighborhood House Association (NHA) Friendship Clubhouse

286 Euclid Ave., #104, San Diego 92114
(619) 266-2111 Ext. 106 ☎ Fax: (619) 266-0496
Monday - Friday: 8:30 a.m. - 5:30 p.m.

Visions

226 Church Avenue, Chula Vista 91910
(619) 420-8603 ☎ Fax: (619) 420-0385
Mon - Fri: Noon - 7 p.m.; Sat & Sun: Noon - 5 p.m.

The Access Center of San Diego

1295 University Ave., Ste. 10, San Diego 92103
(619) 293-3500 ☎ Fax: (619) 293-3508
Monday - Friday: 9:00 a.m. - 5:00 p.m.

Employment Services

1202 Morena Blvd., Ste. 201, San Diego 92110
(619) 276-8071 ☎ Fax: (619) 276-3542
Monday - Friday: 8:00 a.m. - 4:30 p.m.
(Must be receiving services from a county funded
mental health program and approved by Department
of Rehabilitation)

Job Options

3465 Camino del Rio South, Ste. 300
San Diego 92108
(619) 688-1784 (Valorie) ☎ Fax: (619) 688-9884
Mon - Thurs: 8 a.m. - 5 p.m.; Fri: 8 a.m. - 4 p.m.

San Diego Park and Recreation Therapeutic Recreation Services

3325 Zoo Drive, San Diego 92101
(619) 525-8247 ☎ Fax: (619) 299-9304
Monday - Friday: 8:00 a.m. - 5:00 p.m.
Provides year round recreational experiences for
individuals with disabilities.

The Creative Arts Consortium

P. O. Box 3053, San Diego 92163
(619) 282-4627 or (858) 481-7069

Compeer San Diego

(858) 361-3632
Offering support, information, and friendship!
website: www.compeersandiego.org
e-mail: info@compeersandiego.org

DBSA-Depression Bipolar Support Alliance

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



Membership

NAMI San Diego relies on its membership and your generous contribution to continue providing education and other services to people with mental illnesses, their families, and the community. To join NAMI San Diego, renew your membership, or make a contribution, complete the information below and enclose your check payable to: **NAMI San Diego.**

Name: _____ E-mail address: _____

Address: _____ Home Phone: _____

City/State/Zip: _____ Work Phone: _____

Cell Phone: _____

____ Please email my newsletter

____ Membership \$40.00
 () New Member () Renewal

____ Professional Membership \$75.00

____ Organizational Membership \$100.00

____ **Please contact me about a Scholarship Membership**

____ Donation* _____

____ Please contact about volunteer opportunities

Annual Supporting Donors

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Silver—\$100-\$499

Bronze—up thru \$99

To pay by Credit Card:

print name as it appears on card

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card number expiration date

____ Visa ____ MasterCard \$ _____

amount

signature

Planned Giving!

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

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

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

Please Mail To:

NAMI San Diego
 Attn: Membership
 4480 30th Street
 San Diego, CA 92116

Or Fax To:

619.584.5568

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

The Advocate

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4480 30th Street
San Diego, CA 92116

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

1st Thursday!!!

September 6, 2007
University Friendship
Church



Return Service Requested

Check out these Fall classes

English Family to Family
September 4 – November 27
Tuesday evenings 6:30-9:00pm
St. David' Episcopal Church
5050 Milton St.92117

English Family to Family
September 5 – November 28
Wednesday evenings 7:00 -9:00pm
Rancho Bernardo Community Presbyterian Church
17010 Pomarado Rd. 92128

Familia a Familia
Tuesday evenings
September 11 – November 27
6:30-9:00pm
Casita de Salud
4486 Camino de la Plaza, San Ysidro

English Family to Family
September 6-November 29
Thursday evenings 6:30-9:00pm
Pegasus East
7841 El Cajon Blvd., La Mesa 91941

English Family to Family
September 10-November 26
Monday evenings 6:30-9:00pm
V.A. Hospital
3350 La Jolla Village Dr.
Patient Education Room
Military connected families

Schizophrenia Education
September 5-October 10
Wednesdays 6-8:00pm
Pegasus East 7841 El Cajon Blvd. La Mesa

San Diego TARA's Advanced DBT FAMILY Class Series
Coping Skills for Families of People with
Borderline Personality Disorder

CLASS SCHEDULE:

Friday, October 26, 7:00-9:00pm

Saturday, October 27, 8am-5:30pm

(Continental Breakfast & lunch provided)

Sunday, October 28, 8am-5pm

(Continental Breakfast & lunch provided)

CLASS LOCATION:

UCSD Outpatient Psychiatric Services (Gifford Clinic)

140 Arbor Drive

San Diego Ca 92103

**Advanced registration is mandatory
To reserve your place in this workshop,
please call 760-729-5748 ask for Sandy**

- **Learn to minimize stressful interactions**
- **Learn to increase trust**
- **Help understand the pain of the person you love living with BPD**
- **Help reframe BPD behavior so your anger can change to empathy**
- **Education material provided**



DBSA SAN DIEGO

PRESENTS

MEGAN WEBSTER

Poet, Author, Parent and Professor

Megan Webster is a founding member of San Diego Writers, Ink. She has authored several texts in English as a second language and three poetry chapbooks, most recently, BIPOLAR EXPRESS, which won the 2004 S.D. Book Award for Best Unpublished Poetry Chapbook. Published by Finishing Line Press in 2006, BIPOLAR EXPRESS was also a finalist in the New Women's Voices Chapbook Competition. Megan has taught ESL and literature in Mexico and at Northeastern University. She currently teaches poetry at San Diego Writers, Ink and does freelance editing. Her son is bipolar and her poetry is her coping skill, often documenting her experiences living with a bipolar person. She will share some of her poems and also do some interactive exercises with the audience.

She will talk to us about.....

“Coping Through Poetry.”

GARREN AUDITORIUM – UCSD CAMPUS
BASIC SCIENCE BUILDING

6:00PM – 7:30PM

MONDAY, September 10, 2007

FREE PARKING AT THE V.A. PARKING LOT
(SHORT WALK OVER THE BRIDGE)
FOLLOW THE SIGNS ABOUT 1 BLOCK

ACCESS AND CRISIS LINE PRESENTS



Mental Health America of San Diego County
4069 30th Street
San Diego, CA 92014



Join our keynote speaker, Carol Lebeau,
KGTV 10 News, for this exciting event

BENEFITING:



SUNDAY, OCTOBER 28, 2007

Balboa Park (6th and Laurel)

Registration: 7:30 a.m. – 9:00 a.m.

Opening Ceremonies: 8:30 a.m.

Walk starts at: 9:00 a.m.

Register online at www.mhasd.org

Or call 619-543-0412 ext. 212



SPECIAL NEEDS TRUST SEMINAR

Saturday, October 13, 2007 Saturday, February 9, 2008
Saturday, June 14, 2008 9:30 a.m. – 11:30 a.m.

THE CURRENT DILEMMA:

- Parents with a child who has a disability often find themselves in a dilemma when planning for the future of this child.
- Individuals with special needs may have resources from an inheritance or settlement that may exclude them from receiving government support.

The Special Needs Trusts were established to assist families and individuals with special needs establish a discretionary trust that allows them to supplement the child's or individual's monthly income from SSI with restricted funds with no adverse effects. This seminar will inform families and individuals of their options for estate planning.

WHAT YOU'LL LEARN:

- Planning for the future
- Court vs. non-court procedures
- Advantages of the Special Needs Trust and individual trust
- Options regarding trustee, including the Special Needs Trust Foundation
- Difference between a First-Party or Self-Settled Trust and a First-Party Trust

SPEAKER PROFILE:

Nancy Spector – Attorney, Certified Specialist in Estate Planning, Trust, and Probate Law.

Yes! Please register me/us for the:

_____ Understanding Social Security & SSI Benefits
_____ October 6, 2007
_____ February 2, 2008
_____ June 7, 2008
Number Attending _____

_____ Special Needs Trust Seminar
_____ October 13, 2007
_____ February 9, 2008
_____ June 14, 2008
Number Attending _____

Enclosed is my check/money order for \$_____
\$8 per person*/\$10 per family per seminar. *Please note that seminars are free of charge for people with disabilities.
Make checks payable to the Special Needs Trust Foundation

REGISTRATION IS BASED ON A FIRST-COME-FIRST-SERVED BASIS. FORMS ARE DUE ONE WEEK PRIOR TO EACH SEMINAR. FORMS/PHONE CALLS RECEIVED AFTER THAT TIME CANNOT BE GUARANTEED ADMISSION. (No registration confirmation will be sent.)

Name _____

Address _____

City _____

State, Zip _____

Day-Time Phone _____

Please mail registration form and payment to:

Special Needs Trust Foundation
9575 Aero Drive
San Diego, CA 92123-1803

UNDERSTANDING SOCIAL SECURITY & SSI BENEFITS

Saturday, October 6, 2007

Saturday, February 2, 2008

Saturday, June 7, 2008

9:00 a.m. – 12:00 Noon

SSI, SSDI, SSA, SGA...The alphabet soup of Social Security...
What does it all mean?

Attend an in-depth seminar to gain an understanding of the Social Security system. Find out, step-by-step, how to get and keep your SSI benefits without jeopardizing other income sources.

YOU WILL LEARN:

- Eligibility for benefits
- How to calculate benefits
- The link between state & federal benefits
- Understanding rules & regulations
- The Work Incentive Program
- Maintaining benefits while working
- PASS, Plan for Achieving Self-Support

WALK AWAY WITH:

An information packet that will guide you through the maze of Social Security and give you an understanding of where you fit in.

SPEAKER PROFILE:

Get it straight from someone who knows! Peter Prather works for the Social Security Administration. His presentation will cover the application and approval process, and various work incentive programs available.

The seminars will be held at:

The Arc of San Diego – North Shores
9575 Aero Drive

DIRECTIONS:

From North or South I-15, exit at Aero Drive. Travel West on Aero Drive for approximately one mile. At the top of the hill make a U-turn at Ruffin Rd.—**please note that this will be the second Ruffin Rd. you will cross.**

Travel back down Aero Drive. Arc North Shores Center will be on your right.
Park in the lot or on the street.

REGISTRATION:

\$8 per person* per seminar

\$10 per family per seminar

***Seminar free of charge for people with disabilities.**

The SNTF thanks Peter Prather and Nancy Spector for speaking free of charge. Fee covers costs related to seminar.

REFRESHMENTS

INFORMATION:

SNTF (619) 338-4477

The “SPECIAL NEEDS TRUST FOUNDATION” (SNTF):

is a joint effort of Access to Independence, The Arc of San Diego, Community Options, Community Catalysts, Developmental Services Continuum, Friends of Vista Hill, Home of Guiding Hands, NAMI San Diego, Sharp Healthcare Foundation, St. Madeleine Sophie's Center, United Cerebral Palsy Assoc. Of San Diego, and UNYEWAY.