

## First Thursday Free Education & Advocacy Meeting June 5, 2008

### Program: NAMI San Diego Turns 30!

Before we were known to the community as NAMI San Diego, we were a group of parents in the late 70s meeting around Helen and Hank Teisher's sunroom and calling ourselves "Parents of Adults Schizophrenics." Our name has evolved to better express our mission and our membership. Over the years we have graduated from a sun room to office space.

Join us to explore the history of NAMI San Diego. Learn about the changes that have occurred both for the organization and for the mental health community.

There will be a panel to share stories of 30 years of mental health and NAMI evolution plus the opportunity to share your hopes for our future.

### Special Membership Meeting on June 5, 2008

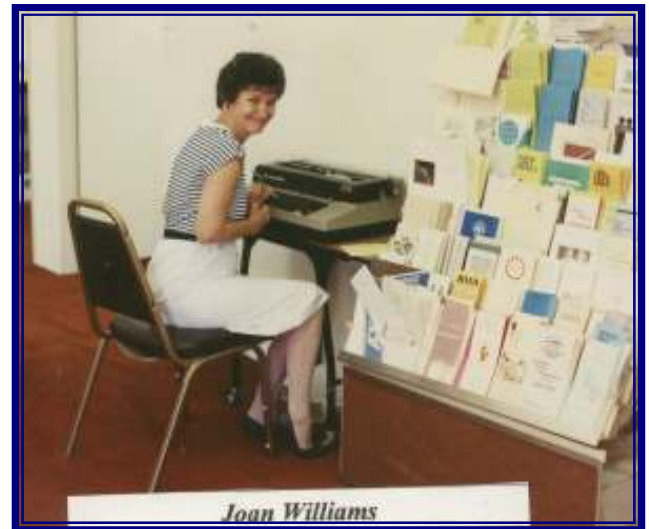
This meeting has been called for the purpose of acting on the following matter:

The merger of NAMI North Inland San Diego County, Our Voice for the Mentally Ill, a California nonprofit public benefit corporation ("NAMI North Inland), with and into the Corporation\*, whereby the separate corporate existence of NAMI North Inland shall cease, the Corporation shall continue as the surviving corporation and succeed to all of the assets, rights, privileges, powers, debts, obligations and liabilities of NAMI North Inland, and each membership of NAMI North Inland shall be converted into one (1) membership of the Corporation.

No other business may be transacted at this meeting.

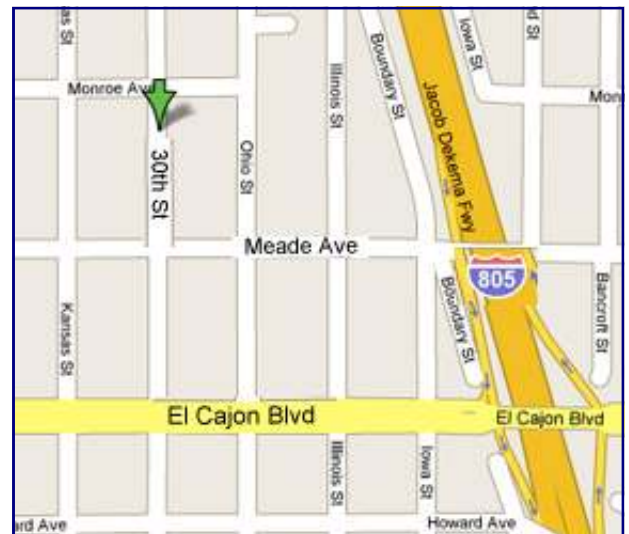
\*Corporation = NAMI San Diego.

You may complete the proxy form mailed to each member (as of May 15, 2008) on May 23, 2008 and return it in the self-addressed envelope if you do not expect to be present at the meeting and wish your membership to be voted.



### **NOTE LOCATION CHANGE ONLY FOR JUNE MEETING**

**St John Garabed Armenian Church  
4473 30th Street  
San Diego, CA. 92116**



### Schedule:

- 6:30 p.m. - Announcements/  
Advocacy**
- 6:45 p.m. - Program**
- 8:00 p.m. - Business Meeting**

***The Princess/Pariah Paradox***  
**By Wendy McNeill**  
**Board Member**

I pay no taxes. I feel like a Fortune 500 company.

Actually, what I'm really feeling is the Princess/Pariah Paradox. Am I the entitled, privileged, spoiled Silver Spoon who gets everything she wants, or am I the chronically disabled, certifiably insane bipolar who deserves a statue erected in her honor, symbolizing her triumph over prolonged suffering? Well...both, I guess. One way or the other, though, I'm better than regular people by a long shot.

But the "PPP" isn't really working for me anymore. As my therapist reminds me time and time again, "You're not that special." God, if I keep up this "normality isn't mediocrity" kick much longer, I won't even have an airtight excuse for getting out of jury duty.

So my big problem now: the California Insurance Licensing Exam. Yes, I am sad to say that I am now a member of the corporate machine. (Sigh.) The fact that I'm even studying for the exam remains a huge joke. I mean, what is an artistic genius with unparalleled intellectual potential doing trying to sell home and auto insurance to the law-abiding citizens of San Diego, and stranger still, why do I care?

Why me? I'm not supposed to know the difference between Cov A and Cov C. Or the answer to the question, "If you run into a deer running across the road, is that covered under Comp or Collision?" (It's Comp.) This is the kind of information that we rely upon from mere mortals, not me.

So why do I care? 1) Because my co-workers keep telling me how hard it is to pass. 2) Because I'm not getting a perfect score on all the quizzes and 3) Because I've

been told that the exam is too stressful, and I'll end up in the hospital. So I either have to pass with flying colors so everyone will know what a fabulous human being I am (Princess), or I have to fail miserably and end up in the hospital (Pariah).

So, I'm damned if I don't and damned if I do.

Some have shared this solution: Let Go and Let God. If I say that 15 times fast, will I be able to pass?

Better yet: medical intervention. If I turn to the bottle of Ativan, will that quell the anxiety that eats me from the inside out? Moreover, if I enjoyed channel surfing, would I be better off? The answer is, I don't know the answer. And how can I Let Go and Let God, anyway? I'm agnostic.

The fact of the matter is that there is an answer. To pass the licensing exam, all you need is 70%. The median. I don't have to be the Princess or the Pariah. And as my newly acquired work comrade said to me, "In this business, 70% is 100%."

So keep me in your thoughts (agnostics/atheists/Equal Opportunity) and prayers (Believers.)

After I pass, we can celebrate.

Oh, and would you like my business card?

I can get you a really good rate.



## ***Making It Happen***

NAMI San Diego, a non-profit organization, provides education, support services, and advocacy to improve the quality of life of everyone affected by mental illnesses.

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

### **Board of Directors:**

- ▶ President - Louise Groszkruger
- ▶ Past President - Sally Shepherd
- ▶ Treasurer - Paul Cumming

### **Directors at Large**

- ▶ Donald Berk
- ▶ Judy Wasik
- ▶ Chris Gorman, MD
- ▶ Gay Ames
- ▶ Karen Britt
- ▶ Wendy McNeill

### **Medical Advisory Board**

- ▶ Kristin Cadenhead, M.D., Chair
- ▶ Neal Swerdlow, M.D., Ph.D.
- ▶ Dan Sewell, M.D.
- ▶ Carol Matthews, M.D.

### **Executive Director**

Bettie Reinhardt  
 exudir@namisandiego.org

**The NAMI San Diego Advocate is a monthly publication of**

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

### **Telephones:**

**(619) 543-1434 (Helpline)**  
**(800) 523-5933 (Helpline)**  
**(619) 584-5564 (Administration)**  
**(619) 584-5569 (Fax)**

**E-mail: [information@namisd.org](mailto:information@namisd.org)**

**Web Site: [www.namisandiego.org](http://www.namisandiego.org)**

### **The NAMI San Diego Advocate**

**Staff: Rita Navarro**  
**Patrick Cremeens**

**Articles received by the 15th will be considered for publication in the following month's newsletter.**

*The opinions expressed in the newsletter do not necessarily reflect those of NAMI San Diego.*

**To register your opinion, call Bettie Reinhardt at (619) 584-5567 or fax to (619)584-5569 or email at [exudir@namisandiego.org](mailto:exudir@namisandiego.org) or contact any of the people mentioned in the articles.**



*Education Corner*  
By Anita Fisher  
Education Director

C.A.R.E. — CONSUMERS  
ADVOCATING RECOVERY through  
EMPOWERMENT

What is NAMI-C.A.R.E.?

- A peer based, mutual support group for individuals facing the challenge of recovering from any serious mental illness.
- A group led by consumers for consumers that employs guidelines and principles of support designed to empower its members.
- A group for all consumers with any kind of mental illness. NAMI-C.A.R.E. is not illness specific and welcomes all persons with any psychiatric diagnosis.
- A support group model that focuses on allowing all participants to share their experiences and learn from each other in a safe and confidential environment.
- NAMI-C.A.R.E. is free of charge.

Why is peer support important?

- Feelings of isolation can be immobilizing. Support can give relief from isolation while giving the opportunity to not only associate within a group, but also the possibility to form meaningful, lasting, individual friendships.
- Sharing our own experiences can lead to increased self-esteem, self-awareness and self-confidence.
- Groups provide great opportunities for learning new strategies and options for dealing with the day-to-day rigors of living with any mental illness.
- Support can keep us focused on the here and now, while moving us forward in our recovery.

Where and when do NAMI-C.A.R.E. Support Group Meetings take place?

*GIFFORD UCSD*  
140 Arbor Drive  
San Diego, CA 92103  
2:00-3:30p.m.  
1st, 3rd and 5th Wednesday

*SHARP MESA VISTA*  
Call (760)722-3754  
7850 Vista Hill Avenue  
San Diego, CA 92123  
Noon-1:00pm Every Thursday

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

*MARIPOSA CLUBHOUSE*  
560 Greenbrier, Suite 102  
Oceanside, CA 92054  
10:00-11:30a.m.  
Every Wednesday

FOR FURTHER INFORMATION  
PLEASE CALL: (800)-523-5933 OR  
VISIT OUR WEBSITE:  
[www.namisaniego.org](http://www.namisaniego.org)

**APRENDE COMO ENTENDER Y  
AYUDAR A SU SER QUERIDO  
QUE SUFRE DE UNA CONDICION  
DE SALUD MENTAL**

Regístrese ahora para la clase de Familia-a-Familia verano/FALL, curso de 12 semanas en las siguientes áreas:

- Centro de San Diego—Logan Heights—Clinica Sureste del Condado de Salud Mental
- Norte—Escondido—Iglesia San Miguel Episcopal
- Sur—San Ysidro—Clinica Maria Sardinias

**Las clases se llenan rápidamente, por favor comuníquese con Gina Osuna al (619) 961-6521 para mas información para poner su nombre en la lista de espera.**

**ANNOUNCEMENT**

**NAMI North Inland P2P  
(Peer to Peer class)**

NEXT CLASS:

Rancho Bernardo Community  
Presbyterian Church  
17010 Pomerado Road,  
San Diego, CA 92128

Wednesday, June 4, 2008 to  
Wednesday, August 6, 2008

10 a.m. to 12 p.m.

TO REGISTER:

Call Lois at 760-745-8381 or  
Ann Cummings (760) 722-3754

**Board and Care Committee**

In February 2007 we asked for your input on residential care facilities, licensed or unlicensed. The survey resulted in useful information, for which the Board and Care Committee thanks you.

Now we ask you to share ALL your experiences with residential care - good, bad, or ugly. We need your help to improve quality of care. While the ideal residential facility would offer a transition from dependency to recovery, today's reality falls far short. You can help by sending your responses to (email) [magne@san.rr.com](mailto:magne@san.rr.com) or calling Margaret at 858-451-3881. Also welcome: your comments and opinions.

Issues that please or trouble you may include: telephone use, quality/quantity of food, day programs and education available, clubhouse visits suggested, accuracy in dispensing medications, safety of possessions, cleanliness of interior and exteriors, good communications in English, help with doctor visits. If you want to receive the Residential Care News, call Ray at 858-273-1617 or e-mail Ray at [sdrnc@hotmail.com](mailto:sdrnc@hotmail.com)

Margaret Agne, for Board and Care Committee

***County Walk Reached and Surpassed Goal!***  
***By Shannon Jaccard***  
***Communications Director***



We at NAMI in San Diego County want to sincerely thank everyone involved in our recent Walk for the Mind of America on April 19, 2008. You have personally helped make a difference with your feet, your donations, and your time and energy.

The day of the walk was wonderful. The slightly overcast skies kept us cool, but there was no rain. After stretching, listening to some inspirational words-including Geni Cavitt of Channel 10 News and Councilman Scott Peters-and pondering the vast effects of mental illness in our community, we hit the streets. We had a total of 1,600 walkers - that's 400 more than last year! We have raised so far \$154,000-we've exceeded our goal!! In fact, we are still collecting and counting, so watch for updates through June 19th.

After the walk, we were serenaded by the Gay Men's Choir, hung out at the resource fair, played with clowns, kids and pets, and overall enjoyed one another's company.

We are so grateful to all who came to support NAMI, and to honor the memory of my brother, Jeffrey. Thank you for being there for us and for making such a huge difference in the lives of many. We are collecting pictures of the walk! Please send any to: [information@namisd.org](mailto:information@namisd.org)

Thank you so much from all of us at NAMI!! And mark your calendars for next year's walk on April 18th, 2009!!

***Save The Date for NAMI 30th Anniversary Dinner—Nov. 7***

The annual Recovery in Action Dinner featuring the Inspiration Awards will have an "added value" this year, as NAMI celebrates its 30th anniversary on November 7th at the beautiful Kona Kai Resort on Shelter Island. Special guests, music, door prizes and more will make this a memorable evening for all. Invitations will be mailed in August.

You might not know that the San Diego affiliate of NAMI began in the early 1970s as "Parents of Adult Schizophrenics." In an era when parents were thought to be the cause of their children's mental illness, this courageous group met around their kitchen tables to give each other support and to share information to help each other find the best possible care for their children. In 1978, the organization incorporated. Later that same year the California Alliance for the Mentally Ill was incorporated and the National Alliance on Mental Illness was incorporated the following year.

Today, NAMI San Diego is one of the most successful affiliates in the country and is still supporting, educating and sharing information to improve the quality of life for all people living with mental illnesses and their families, while advocating tirelessly to end the stigma associated with these biological brain disorders.

Dinner organizer Trisha Gooch is seeking contact information for any of the original members of Parents of Adult Schizophrenics. If you have any information about our earliest founders, or if you would like to help out on the Dinner Committee, please call Trisha at (619) 584-5564, ext. 302, or email her at [trishagooch@namisd.org](mailto:trishagooch@namisd.org). Please mark your calendars now and plan to join us for this wonderful event.

**SAVE THE DATE: NOVEMBER 7, 2008**  
**PLACE: KONA KAI RESORT, SHELTER ISLAND**

**California HMO enrollees have help options**

The Office of the Patient Advocate (OPA) is an independent office in state government that informs and educates consumers about their rights and responsibilities as HMO enrollees. The OPA website, [www.opa.ca.gov](http://www.opa.ca.gov), has helpful information for HMO enrollees.

OPA also produces materials such as the HMO Guide that advises enrollees on how to get the most out of their health plan. Another useful tool is the Annual Report Card that ranks California HMOs and medical groups on a variety of factors. OPA works in cooperation with the California Department of Managed Health Care (DMHC) to operate The HMO Help Center to help enrollees with managed care questions and complaints.

**When Consumers Need Help with Their Health Plan**

Always call the health plan's Member Services Department first. They may be able to resolve a problem right away.

Call The HMO Help Center if:

- An enrollee has not received a decision within three days for urgent problems or 30 days for non-urgent problems.
- An enrollee is not satisfied with the decision the health plan made.

The HMO Help Center  
 1-888-HMO-2219 toll free  
 TDD 1-877-HMO-8900 toll free  
[www.hmohelp.ca.gov](http://www.hmohelp.ca.gov)

For local assistance, contact the Consumer Center for Health Education and Advocacy at 1-877-734-3258 or Vitali Ponce x 2736.

## Meeting Schedule and General Support Groups

### *NAMI San Diego*

Meetings are FREE and open to the Public. Phone #'s provided if more information is needed.

#### **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, Rm 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

#### **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 Ellie Taylor (858) 485-0703 or  
Judy Mapston (858) 603-4085

#### **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 Bipolar**

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

#### **Spanish Support Group-South Bay**

1st Monday, 6:00 - 8:00 p.m.  
South County Family Resource Center  
690 Oxford Street  
Chula Vista, CA 91911  
Call Luz Fernandez (East County Clinic)  
at (619) 401-5500 for more information

#### **Spanish Family Support Group**

3rd Thursday, 6:00 - 8:00 p.m.  
South Bay Guidance Center  
835 3rd Avenue, Suite C  
Chula Vista, CA 91911  
Call Gina Osuna at  
(619) 425-6879 or (619) 288-3133

#### **NAMI Patton**

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

### *NAMI-SIT*

#### **Schizophrenics in Transition Board Meeting**

144 Copper Avenue  
Vista, CA 92083  
Call (858) 481-7069 for meeting time

NAMI-SIT includes the following:

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

### *NAMI North Inland*

P.O. Box 300386  
Escondido, CA 92030-0386

#### **Education Meeting**

2nd Tuesday at 7:00 p.m.  
Kinesis North  
474 W. Vermont Ave.  
Escondido, CA 92025  
Call (760) 745-8381 or (800) 523-5933

#### **Monday Share & Care in Fallbrook**

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

#### **Tuesday Share & Care Meeting**

1st, 3rd, 4th, 5th Tuesday,  
4:00 - 5:30 p.m.  
Joslyn Senior Center  
210 East Park Avenue  
Escondido, CA 92025  
Call (760) 745-8381

### *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 Monday, 6:30 - 9:00 p.m.  
140 Arbor Drive, San Diego, CA 92103

#### **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](mailto:sboone@compuidusa.com)**

# Client/Consumer Support Groups and Resources

## **NAMI C.A.R.E. Support Groups**

Consumers Advocating for Recovery through Empowerment  
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 Thursday:  
6:00-7:30 p.m.*

### **Gifford Clinic (Cafeteria)**

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

### **Sharp Mesa Vista Hospital**

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

### **Mariposa Clubhouse**

560 Greenbrier, Suite D  
Oceanside, CA 92054  
Call: (760) 722-3754

### **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. Fellow consumers who have been there, done that. Listening & talking are what we like to do.

### **NAMI San Diego Helpline**

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

### **Albright Center**

Hosts the NAMI San Diego Helpline, lending library & take-home materials.

### **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 Ctr. for Health Ed. & 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.*

### **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.*

### **Friends In Hand Clubhouse**

144 Copper Ave., Vista 92083 (302 Bus Route)  
(760) 631-2206 *Saturday: 11:00 a.m. - 4:00 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  
*M-TH: 8 a.m. - 6 p.m. FR: 8 a.m. - 4 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 Clubhouse**

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 serv. from a county funded mental health prog. & approved by Dept. of Rehabilitation)

### **San Diego Employment Solutions**

10981 San Diego Mission Road Ste. 108  
San Diego 92108 ✕ (619) 521-9569  
For people with history of long-term unemployment

### **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.*

### **Career Connection Staffing Service**

2864 University Ave., San Diego 92104  
(619) 291-9611 ✕ Fax: (619) 291-9615  
*Monday - Friday: 8 a.m. - 4 p.m.*  
Services available in each region of San Diego County

### **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](http://www.compeersandiego.org)  
e-mail: [info@compeersandiego.org](mailto:info@compeersandiego.org)

### **DBSA-Depression Bipolar Support Alliance**

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

## Become a Member and/or Make a Donation

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: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Green Friendly/E-mail my Newsletter

Fax Phone: \_\_\_\_\_

### Become a Member

- Membership \$40.00  
 New Member  Renewal
- Professional Membership \$75.00
- Organizational Membership \$100.00
- Please contact me about a Scholarship Membership**

### Make a Donation

- Platinum Donation - \$1,000 or More Amt. Donating: \_\_\_\_\_
- Gold Donation - \$500 - \$999 Amt. Donating: \_\_\_\_\_
- Silver Donation - \$100 - \$499 Amt. Donating: \_\_\_\_\_
- Bronze Donation - \$1 - \$99 Amt. Donating: \_\_\_\_\_

#### To pay by Credit Card:

Print Name As It Appears On Card

Card Number

Expiration Date

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

Signature

#### Please Mail To:

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

#### Or Fax To:

619.584.5568  
 (ONLY if paying by credit card)

### Planned Giving

Leaving something behind to help future generations is one of the most gratifying things we can ever do. It is possible to provide for your heirs while at the same time continuing your support of NAMI San Diego. If you would like advice on charitable bequests, charitable remainder trusts or charitable lead trusts, contact your personal attorney or call NAMI volunteer and chartered financial consultant Michael McNeill (858-272-7997) of Prudential Financial to assist you in choosing what plan works best for you.



### Endowment

An endowment is a special investment fund in which the principal can never be spent. The investment return (interest) is used to provide income for a nonprofit organization, in perpetuity. If you would like information on contributing to the NAMI Endowment Fund, call Bettie at 619-584-5567

# The Advocate

Vol. XII, Issue 6, June 2008



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San Diego, CA 92116

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1st Thursday!!!

June 5, 2008  
St. John Garabed  
Armenian Church

= **DETAILS INSIDE** =



**NAMI Picnic—ALL WELCOME!**  
**Saturday June 21st 11:30—2:30**  
**Harry Griffin Regional Park—La Mesa**

## Directions

Take 8 East  
Exit Severin/Fuerte  
Cross over the freeway  
Turn right on Frontage Road  
Murray Drive  
Go 0.4 miles  
Turn left on Water  
Go 0.1 miles  
Turn right on Mildred  
Go 0.1 miles  
Park entrance on  
The right

Look for the large white and blue NAMI banner!

NAMI San Diego  
4480 30th Street San Diego, CA 92116  
information@namisd.org  
www.namisandiego.org



**Hamburgers, Hot Dogs, and  
Beverages Provided**  
**Please Bring a Dish to Share**

**Games! Raffles! Walk Recognition!**

**To RSVP, please call  
Kimberly Estrada – 619.398.9854  
By Monday, June 16th**

**Donations for the lunch appreciated**

# UNDERSTANDING SOCIAL SECURITY & SSI BENEFITS

Saturday, June 7, 2008  
9:00 a.m. – 12:00 Noon

The seminar will be held at:  
The Arc of San Diego—North Shores  
9575 Aero Drive San Diego, CA. 92123

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.

## DIRECTIONS:

From North or South 1-15, 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.

# SPECIAL NEEDS TRUST SEMINAR

**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  
\_\_\_\_\_ June 7, 2008  
\_\_\_\_\_ Number Attending \_\_\_\_\_

\_\_\_\_\_ Special Needs Trust Seminar  
\_\_\_\_\_ June 14, 2008  
\_\_\_\_\_ Number Attending \_\_\_\_\_

Enclosed is my check/money order for \$\_\_\_\_\_

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