

## First Thursday Free Education & Advocacy Meeting

October 2, 2008—6:30 p.m.



**WORLD PREMIERE!**  
**More Than Just the Blues**

"More Than Just the Blues," a video produced by NAMI San Diego in partnership with UCSD Geriatric Psychiatry and Aging and Independence Services. *SEE IT HERE FIRST!*

**Speaker:** Dan Sewell MD

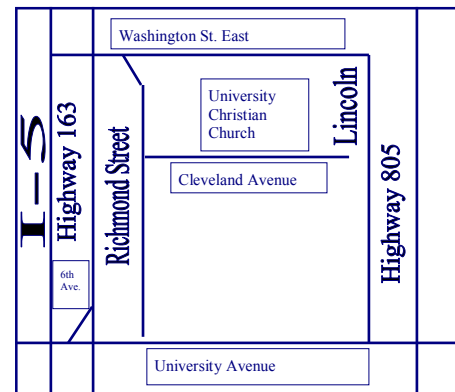
**Program:** Dr. Sewell is Clinical Professor of Psychiatry, Director of the Senior Behavioral Health Program, and Director of the Geriatric Psychiatry Clinical Fellowship Program – all at UCSD and is a member of NAMI San Diego's Medical Advisory Board. He will expand on the theme of the video – depression is not a normal part of aging and, untreated, can lead to poor quality of life and even suicide.

**Ask the Doctor:** Dr. Sewell will follow his presentation with a 30 minute open question period about all older adult mental health issues, including dementia.

### Schedule:

- 6:30 p.m. - See Video
- 7:00 p.m. - Program by Dr. Sewell
- 7:45 p.m. - Ask The Doctor—Dr. Sewell
- 8:15 p.m. - Announcements & Advocacy

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



## NAMI San Diego, North Inland

October 14, 2008—7:00 p.m.

### Rebuilding Relationships

Sisters, Kinsa and Jenni, will speak about the impact mental illness has had on their lives and how they have rebuilt their relationship. Kinsa speaks candidly about life before and after her illness began. Jenni is equally candid about the heartbreak and feelings of loss she felt as Kinsa became lost in a delusional world. Mental illness does not just affect one person; it affects all close family members and friends. Their story is filled with honesty about the struggles of finding acceptance for each other and themselves.

Kinsa and Jenni will also be speaking at the Meeting of the Minds conference in San Diego on October 28.

### Personal Enrichment

Communication requires a speaker, a listener, AND shared meaning. Understanding is not possible without a shared meaning! A lack of shared meaning can get us into arguments, leave us with hurt feelings, and lead to silence.

Enjoy a fun interactive session to explore just how personal meanings can affect understanding. Clear communication and understanding can help improve your relationships with others.

**Meetings held at Kinesis North**  
**474 W Vermont Ave., Escondido, CA 92025**



**Education Corner**  
By Anita Fisher  
Education Director

**Sign up today for new topic-based support groups through NAMI San Diego**

The National Alliance on Mental Illness (NAMI San Diego) is starting two new topic-based support groups starting this fall—one for other families and consumers who have had or may be beginning Electroconvulsive Therapy (ECT); the other is for families who have or have had a family member with a MI diagnosis in jail and/or prison.

The ECT Family Support Group is a support group open to people who have had ECT and family members who want to share experiences from their perspective. Come to a place where you can talk openly about what it's like and what issues you've had to face including side effects and stigma.

The Criminal Justice Family Support Group (CJFSG) is for people whose family member has mental illness and is incarcerated now or has been in the past. The CJFSG mission is two-fold:

- To assist each other when having to deal with the systems involved when a loved one with a mental illness is arrested and jailed.
- To combine our collective experiences and voices to help promote needed changes to those systems in San Diego County and California.

Both will meet once a month to begin with. Location and dates are pending. For more information and to sign-up for these groups, call NAMI Education Director, Anita Fisher, at (619) 398-9851 or contact the NAMI helpline at (619) 534-1434.

NAMI (National Alliance on Mental Illness) is a non-profit organization that provides education, support services and advocacy to improve the lives of everyone affected by mental illnesses. For more information, visit [www.namisaniego.org](http://www.namisaniego.org) or call 619-543-1434 or 1-800-523-5933.

**Family to Family Classes** . An Education Program for Families and Friends of individuals who experience mental illness. This 12- week class course series is taught by trained family members who have lived with the experience of having a family member diagnosed with mental illness.

**CALL NAMI SAN DIEGO AT (619) 543-1434 OR (800) 523-5933 TO RESERVE YOUR SEAT TODAY.**

**Language:** Vietnamese  
October 12, 2008 - December 21, 2008  
Sundays, 9:30 a.m. - 12:00 p.m.  
UPAC Counseling & Treatment Center  
5348 University Ave. Room 120 San Diego, CA. 92105  
For this class only: Contact Tri 619-229-2999 ext. 109 or [triwin@gmail.com](mailto:triwin@gmail.com)

**Language:** English  
October 20, 2008 - January 5, 2009  
Monday's, 6:30 p.m. 9:00 p.m.  
Carlsbad Community Church  
3175 Harding St. Carlsbad, CA. 92008

**Language:** English  
January 12, 2009 - March 30, 2009  
Mondays, 6:30 p.m. - 9:00 p.m.  
St. Marks United Methodist Church  
3502 Clairemont Drive San Diego, CA. 92117

**Language:** English  
January 10, 2009 - March 28, 2009  
Saturdays, 9:30 a.m. - 12:00 p.m.  
St. David's Episcopal Church  
5050 Milton Street San Diego, CA. 92110

**Language:** English  
February 7, 2009 - April 25, 2009  
Saturdays, 9:30 a.m. - 12:00 p.m.  
New Creation Church  
3115 Altadena Ave. San Diego, CA. 92105

**THERE IS STILL ROOM AVAILABLE IN OUR NAMI BASICS CLASS STARTING IN OCTOBER 2008. CALL NAMI SAN DIEGO AT (619) 543-1434 OR (800) 523-5933 TO RESERVE YOUR SEAT TODAY.**

**Language:** English  
October 7, 14, 21, 28, November 4, 11, 2008—Tuesdays, 6:30 p.m. - 8:30 p.m.  
North Central Family & Youth Roundtable, 3434 Midway Suite 2005 San Diego, CA. 92110

## 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
- ▶ Secretary - Wendy McNeill

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- ▶ Gay Ames
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- ▶ Neal Swerdlow, M.D., Ph.D.
- ▶ Dan Sewell, M.D.
- ▶ Carol Matthews, M.D.

**Executive Director**

Bettie Reinhardt  
[exudir@namisaniego.org](mailto:exudir@namisaniego.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.namisaniego.org](http://www.namisaniego.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@namisaniego.org](mailto:exudir@namisaniego.org) or contact any of the people mentioned in the articles.**



**Eli Lilly and Company  
To sponsor NAMI San Diego  
30-year anniversary  
celebration dinner**

SAN DIEGO— Eli Lilly and Company will be the "Presenting Dinner Sponsor" for the National Alliance on Mental Illness (NAMI San Diego) 30th Anniversary and Inspiration Awards Dinner on Friday, November 7, 2008.

Janice Chavers, of Eli Lilly Global Product Communications, said, "Eli Lilly and Company congratulates NAMI San Diego on its 30th Anniversary. Lilly proudly supports NAMI San Diego education and outreach programs through company grants, and applauds NAMI's efforts championing quality mental health care."

The celebration will be held at the Kona Kai Resort on Shelter Island from 6:00 pm - 9:30 pm. An indoor/outdoor cocktail hour and door prizes will precede the dinner

and awards ceremony. An ocean sunset, marina view and gourmet cuisine will help make this event a special night to remember.

The festivities will include honoring the following individuals and organizations that have inspired and helped NAMI San Diego achieve its mission of improving the quality of life of everyone affected by mental illnesses:

- Geni Cavitt, Channel 10 News
- Community Alliance for Healthy Minds, Connie & Rex Kennemer, founders
- Richard Conklin, LCSW, San Diego Sheriff's Department
- Ellen Frudakis, Co-founder – Impact San Diego
- Multicultural Advisory Board
- Vista Hill

The evening will be emceed by Dr. Reid Meloy.

Please plan to join us as we commemorate NAMI San Diego's 30 years of service in the community and honor those who helped us along the way. If you have any questions or would like to become a Dinner Sponsor, Table Sponsor or place an ad, please contact Trisha Gooch at any of the following—

cell: 619-616-0602;

voicemail: 619-584-5564, Ext. 302

email: trishagooch@namisd.org

**Save the  
Date!**



**San Diego County Psychiatric Hospital Auxiliary**  
*is proud to present...*

**WHAT CAN PERSONS WITH DISABILITIES AND THEIR  
FAMILIES DO TO PROTECT ASSETS?**

**What are the rules? What are the risks? What can you do now?**

More and more clients and families find themselves fighting hard and long for benefits that persons with disabilities are entitled to. Good outcomes, however, may also result in unexpected financial complications. Often a problem arises when income from such sources as SSI, SSDI or VA bulk back benefit payments, inheritances, lawsuit settlements, or other income are distributed to the disabled person. There are special rules for those who are married. With appropriate planning, income while working may be able to be protected. Two experts will discuss how to understand, plan for and deal with these situations ahead of time. Several legally acceptable options will be discussed. The rules are complicated, and we are most fortunate to have the following experts join us on our Annual Education Day.

*Arthur S Brown, Esq*  
Certified Specialist  
Trust and Probate Law  
Estate Planning

*Peter Prather, PASS\* Cadre*  
Social Security Administration  
(\*Plan for Achieving Self Sufficiency)  
Expert on disability benefits

**October 30, 2008 from 11:30 AM to 1:30 PM**

**LOCATION:** Normal Heights Masonic Temple, 3366 Adams Ave.,  
(one block off the #11 bus route)

A complimentary light lunch will be served

**Call 619-447-7814 for information**

*SDCPHA ~ Committed to supporting the patients and staff of the San Diego County Psychiatric Hospital*

# Meeting Schedule and General Support Groups

## *NAMI San Diego*

FREE mtgs. & open to the public.  
Phone #'s provided if more information is needed.

### **NEW! Criminal Justice Family Support Group - Starts 10/16**

3rd Thursday, 6:00 p.m. - 8:00 p.m.  
Spring Valley Youth & Fam. Coalition  
3845 Spring Dr. Room 1  
Spring Valley, CA 91977  
Call (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, 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 San Diego, North Inland*

### **Education Meeting**

2nd Tuesday at 7:00 p.m.  
Kinesis North  
474 W. Vermont Ave.  
Escondido, CA 92025  
Call (619) 543-1434 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 (619) 543-1434 or  
(800) 523-5933

### **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 (619) 543-1434 or  
(800) 523-5933

## *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.**

## *NAMI-SIT*

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

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

## *TARA Borderline Personality Disorder*

*Support Meetings for Family Members*

### **UCSD Outpatient Psychiatric Services (Gifford Clinic)**

1st Thursday, 6:30 - 9:00 p.m.  
140 Arbor Drive, San Diego, CA 92103  
2nd Floor Rm 247

### **Tri-city Medical Center**

3rd Wednesday, 6:30 - 9:00 p.m.  
4002 Vista Way, Oceanside, CA 92056

### **Rcho Bernardo Swim & Tennis Club**

3rd Thursday, 6:30 - 9:00 p.m.  
16955 Bernardo Oaks Drive  
San Diego, CA 92128

**For more information on TARA  
mtgs. call Sandy (760) 729-5748  
or 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  
Every Wednesday:  
1:00 - 2:30 p.m.

### EN ESPAÑOL—Casita De Salud

4486 Camino de la Plaza  
San Ysidro, CA 92173  
Llame: (619) 270-6652 o  
(619) 665-3178  
Cada Segundo y Cuarto Sabado  
Del Mes: 10:30 a.m. - 12:00 p.m.

### COMING SOON!

ECT Support Group  
See Page 2 for more information

### 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

### 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  
information@namisd.org  
Volunteer resource specialists provide information & support to callers & visitors, including consumers, family members & professionals.

### Albright Center

Hosts the Helpline, lending library, and take home materials.

### 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

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.

### 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

## 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 10, October 2008



4480 30th Street  
San Diego, CA 92116

Non-Profit  
Organization  
U. S. Postage  
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*Return Service Requested*



## Hurricane Relief



In the aftermath of the devastation of Hurricanes Gustav and Ike, thousands of people along the Gulf Coast, Texas, and Louisiana are without shelter, food, water, electricity, and other basic provisions. The hurricanes have left trees uprooted, cars demolished, and homes reduced to rubble.

Many of our NAMI family members have been impacted by these tragedies. Perhaps the most critically affected are people with mental illnesses whose treatment and medications have, in many cases, been disrupted.

With your support and the support of the NAMI community, we can aid those who so desperately need assistance. Make a donation online today and add your name to NAMI's list of Hurricane Relief Fund Supporters. You may also make your gift in tribute to a friend, family member, or victim of the hurricanes, and include a message of support for display on NAMI's Hurricane Relief Supporters Tribute.

100% of your contribution will go directly to help those with mental illness affected by Hurricanes Gustav and Ike. None of the money raised will go towards covering administrative costs. All contributions will go to local NAMI affiliates providing services in the affected areas.

Every contribution will help, whether it's \$35, \$50, \$100, \$500 or whatever you can give. What's important is the NAMI spirit that binds us as a community. In addition to providing financial relief, NAMI is developing a resource guide of supports, information, and referrals targeted for people living with mental illness and their families.



*"For those suffering from mental illness, getting through the day can be challenging enough... Now, it is an overwhelming struggle."*

**Go To: [www.nami.org/HurricaneRelief](http://www.nami.org/HurricaneRelief)**

Family fun !

**NAMI San Diego,  
North Inland**  
Invites You to Our

Bring a  
Friend !

# Annual Holiday Auction

Proceeds to fund North Inland Holiday Events

**November 11**

**5:00 pm**

Location: Kinesis North, 474 W. Vermont Ave.,  
Escondido



**We need your donations:**  
new or gently used items,  
baked goods, gift certificates...

Auction items should be brought to the auction by 4:00 on Nov. 11th



**Artists/Crafters**  
interested in selling their art  
please contact Liz at 760. 723. 3102

For more information please contact:  
Liz (760. 731. 0298) or Angela (760. 967. 8683)

# UNDERSTANDING SOCIAL SECURITY & SSI BENEFITS

**Saturday, October 11, 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

## 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 seminar will be held at:

The Arc of San Diego – North Shores  
9575 Aero Drive  
San Diego, CA 92023

**Yes!** Please register me/us for the:

\_\_\_\_\_ Understanding Social Security & SSI Benefits  
October 11, 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

## 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.

## REFRESHMENTS

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

## INFORMATION:

SNTF  
(619) 201-2672

## REGISTRATION FORM DUE ONE WEEK PRIOR TO SEMINAR

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

## The "SPECIAL NEEDS TRUST FOUNDATION" (SNTF):

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

# SPECIAL NEEDS TRUST SEMINAR

**Saturday, October 18, 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 Trust and an individual trust
- § Options regarding trustee, including the Special Needs Trust Foundation
- § Difference between First Party or Self-Settled Trust and a Third Party Trust

## REFRESHMENTS

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

## INFORMATION:

SNTF  
(619) 201-2672

## SPEAKER PROFILE:

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

## The seminar will be held at:

The Arc of San Diego – North Shores  
9575 Aero Drive  
San Diego, CA 92023

**Yes!** Please register me/us for the:

\_\_\_\_\_ Special Needs Trust Seminar  
October 18, 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 FORM DUE ONE WEEK PRIOR TO SEMINAR

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

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