

First Thursday Free Education & Advocacy Meeting

December Potluck

An Evening of Fun Awaits You!

Bring the Entire Family!!

**Bring a Dish to Share.
Call Gay Ames at (619) 226-8505 or
E-mail: r.ames@cox.net**

Schedule:

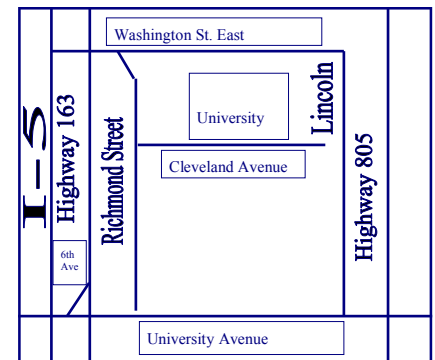
6:00 p.m. -

**Potluck Dinner
Entertainment by Kinsa Bernbeck
Annual Meeting Business**

7:30 p.m. -

**Karen Henry, NAMI California
President, Board of Directors**

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



***NAMI San Diego, North Inland**
Tuesday, December 9, 2008—6:00 p.m.*

ANNUAL HOLIDAY CELEBRATION

Kinesis North, 474 W. Vermont, Escondido

Potluck sit-down dinner

Please bring a food dish to share

Enjoy:

Christmas Caroling,

Fun & Games,

Winnie and her Bell Ringers





***A Night To Remember
By Louise Groszkruger
Board President***

Friday night's Awards Dinner celebrating NAMI SD's 30th Anniversary was a great success. Although I didn't have the privilege of attending all past dinners, of those I have attended, this one was simply the BEST.

The positive energy that started during the cocktail hour could be felt throughout the entire evening. Everyone at my table was impressed by the number of attendees as well as by the 2008 Inspiration Award Winners.

"I just want you to know that we enjoyed the Friday night dinner. We were so touched by the people who were given awards. NAMI did a wonderful job organizing!"

The awardees demonstrated the breadth and depth of the collaborations that NAMI SD has developed over the past 30 years. It is very inspiring to see how many different individuals and organizations are speaking in unison about the importance of erasing the stigma of mental illness and promoting recovery.

Thirty years ago no one could have imagined a NAMI dinner featuring mental health champions from the Sheriff's Department, the Media, a multi-cultural advisory board, as well as organizations such as IMPACT, Vista Hill, and the Community Alliance for Healthy Minds.

I would like to thank Trisha Gooch, NAMI San Diego Dinner Coordinator and all of the many volunteers who helped pull together this inspiring dinner.

I would also like to thank Dr. Reid Meloy for his eloquent and professional job as Master of Ceremonies.

In closing I would like to share an e-mail I received on Saturday from a guest at my table:

"I just want you to know that we enjoyed the Friday night dinner. We were so touched by the people who were given awards. NAMI did a wonderful job organizing!"



***ECT Support Group
By Anita Fisher
Education Director***

NAMI San Diego is pleased to announce the first Electroconvulsive Therapy (ECT) Monthly Consumer Support Group.

The 2nd Tuesday of the month beginning December 9, 2008
Time: 5:30pm-7:00pm
Location: NAMI San Diego Office-Education Suite, C, 4480 30th St. San Diego, CA 92116

Consumer Support Group for people who have had or may have Electroconvulsive Therapy (ECT). The ECT Support Group is a support group open to people who have had ECT 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.

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

Directors at Large

- ▶ Donald Berk
- ▶ Judy Wasik
- ▶ Angela Billing
- ▶ Lisa Ponfick, MD
- ▶ Gay Ames
- ▶ Karen Britt
- ▶ Liz Bernbeck

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
Web Site: 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 or contact any of the people mentioned in the articles.



We are thrilled to return to San Francisco to celebrate our 30th Anniversary, which will be the first time since our 1991 National Convention.

The San Francisco Hilton Hotel is located in the heart of the city in the Union Square neighborhood. This wonderful area boasts a number of reasonably priced restaurants and is located just 3 blocks from Bart, San Francisco's metro system. To get a better idea of what the city and Union Square has to offer, check out: www.unionsquaresf.net.

The year's location provides a wonderful opportunity to combine the NAMI Convention with a great vacation. **To give folks a few extra bucks for travel, we have a special offer for early registrants – we have reduced the "First-on-Board" registration fee to only \$150. Register by December 31, 2008, to be eligible for this special rate.**

NAMI's 2009 Annual Convention – celebrating our 30th year! – will be held July 6–9 in San Francisco.

We've got lots of special events planned to celebrate this milestone in our history. We'll take a look back at some of our major accomplishments, and equip you

with the information and tools you need to tackle the challenges that still lay ahead of us. And all of this will be taking place in one of the world's great cities!

Don't miss this opportunity to join thousands of your NAMI friends and advocates to celebrate our past while we stand together to look to the future.

Dr. Marsha Linehan, creator of dialectical behavioral therapy, a revolutionary treatment for people with borderline personality disorder, will present at the Research Plenary during the upcoming convention.

Dr. Linehan is a professor of psychology at the University of Washington in Seattle and director of the Behavioral Research and Therapy Clinics.

She originally developed the therapy to help chronically suicidal people. It has since been adapted for a variety of settings as well as for a number of other seemingly intractable behavioral disorders

How to Register

There are three ways to register for the 2009 NAMI Annual Convention:

1. Online
2. Fax
3. US Mail

Go To www.nami.org and Search the word "Convention" for Instructions.

Full Conference Registration

First-on-Board deadline 12/31/08
Members \$150
Non-Members \$200

Super Saver deadline 3/1/09
Members \$195
Non-Members \$250

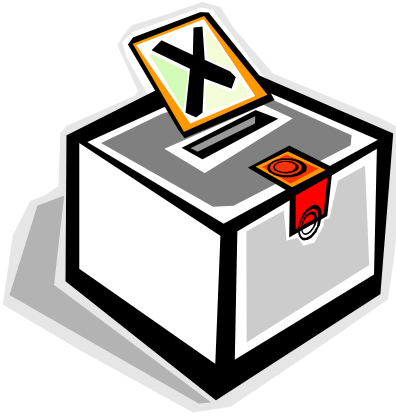
Early Bird deadline 5/31/09
Members \$225
Non-Member \$275

Last Minute after 5/31/09
Member \$250
Non-Member \$295

Consumer deadline 5/31/09
Member \$125
Non Member \$175

Consumer after 5/31/09
Member \$135
Non-Member \$190

Children
(age 10-17) \$75



ELECTION TIME

Pursuant to the NAMI San Diego Bylaws, below is a list of the Board-approved proposed slate of Board Directors to be elected at the general membership meeting on December 4, 2008. The Bylaws specify that Board members should be on staggered terms. That is, half of the current 12 positions are continuing through December, 2009. Note that "any member present at a meeting of the members at which directors are to be elected may nominate one or more persons."

The Slate below includes five people to fill two-year terms that end December, 2010. Please take a moment to review the brief bios of the proposed slate.

- ✓ **Liz Bernbeck** Currently the representative from NAMI San Diego, North Inland on Board Executive Committee (Board appointment during 2008). Master's degree in Marriage and Family Therapy.
- ✓ **Angela Billing** A director on current NAMI SD Board. Previously President of Board of Directors, NAMI North Inland (Board appointment during 2008).
- ✓ **Wendy McNeill** Currently the Board Secretary and frequent community speaker and newsletter columnist. Previously NAMI SD Newsletter editor.
- ✓ **Lisa Ponfick, MD** A director on current NAMI SD Board (Board appointment in 2008). Board certified psychiatrist. Has also completed MBA and fellowship in child and adolescent psychiatry.
- ✓ **Judy Wasik** Recently retired from career as trainer for Navy and returned to NAMI SD Board during 2008.

Board members who continue filling positions with two-year terms that end December, 2009:

Gay Ames, Don Berk, Karen Britt, Louise Groszkruger, Sally Shepherd, and David Miller.

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

3rd Thursday, 6:00 p.m. - 8:00 p.m.
Spring Valley Youth & Fam. Coalition
3845 Spring Dr. Room 31
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

COMING SOON!

ECT Support Group
Contact Anita Fisher 619-398-9851

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 (CANCELLED/ CLOSED PERMANENTLY)

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.

ECT Support Group

NAMI San Diego Office
4480 30th Street San Diego, CA.
Every 2nd Tuesday
5:30 - 7:00 p.m.
Consumer Support Group for people
who have had or may be beginning
Electroconvulsive Therapy (ECT).

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 ser-
vices or if you have a complaint or griev-
ance, call or write us. We are ready to help
you.

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
info. & support to callers & visitors,
including consumers, family members &
professionals.

Albright Center

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

Patient Advocacy Program

5998 Alcalá Park, AW 304, San Diego 92110
(619) 260-7660 / 1-800-479-2233 F:(619) 260-7680
Monday - Friday: 8:00 a.m. - 5:00 p.m.

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 Drive, Ste. C-E, Oceanside 92054
(760) 439-2785 ✕ Fax: (760) 439-6902
Monday - Friday: 8:00 a.m. - 4:30 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.

Mental Health America 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

8885 Rio San Diego Dr. Ste. 131 San Diego 92108
(619) 293-3500 ✕ Fax: (619) 293-3508
Monday - Friday: 8:30 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 12, December 2008



4480 30th Street
San Diego, CA 92116

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

December Potluck

1st Thursday!!!

December 4, 2008
University Christian
Church



Announcing our 5th Annual NAMI WALK for the Mind of America!

The walk is an amazing morning where we all come together to support one another. Your enthusiasm will bring more walkers to the event and raises funds for our local programs and advocacy work. Sign up today and help spread the message that we need a world class system of treatment for mental illness and create the funding to keep our local education, support and anti-stigma programs available to those in need.

DATE - April 18, 2009

LOCATION - Balboa Park at 6th Ave and Quince St.

GOAL - **\$175,000!!!!**

No. of WALKERS - **1600**

When can I Start Registering - TODAY

When should I Start Recruiting Sponsorship - TODAY

www.namiwalksandiego.org

