

*Free Education & Advocacy Meeting*  
*January 8, 2009*  
*PTSD in the Military*



**Program:** -----

**PTSD in the Military. What the Navy is doing. Can NAMI help?**

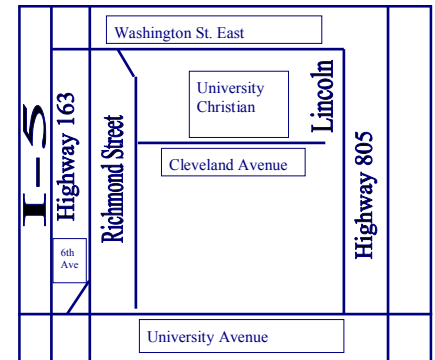
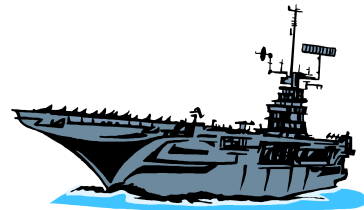
**Speaker:**

**Captain Paul S. Hammer, MC, USN**

**Director, Naval Center, Combat & Operational Stress Control**

**Captain Hammer is a psychiatrist with experience in San Diego County's public mental health system as well as in the Navy. He will address some of the well-publicized issues of PTSD among the men and women in our military services as well as the role of their families.**

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



*Schedule:*

- 6:00 p.m. - A Dialogue with Wendy McNeill,  
NAMI SD President-Elect**
- 7:15 p.m. - Captain Hammer**
- 8:30 p.m. - Tea and Comfort (socializing)**

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*NAMI San Diego, North Inland*  
*More Than Just The Blues with Dr. Sewell*  
*January 13, 2009—7:00 p.m.*

**Depression is often thought as a "normal" part of aging, but it is not. A new documentary video from NAMI San Diego's program, Senior Mental Health Partnership (SMHP) sheds light on what depression in seniors looks like and what can be done to help.**

**"Ask the Doctor" session following the video with Dr. Sewell.**

**Directions: ESCONDIDO. From Center City Parkway go east on Felicita and turn right first light (Escondido Blvd). Turn right next light (Vermont). Kinesis North (474 W. Vermont) is on the right side almost at the end of the street.**

## WHAT WOULD YOU LIKE TO ASK A BOARD & CARE ADMINISTRATOR?

The Residential Care Committee of County Mental Health Services has a mission "to improve conditions in licensed Board & Cares and in Independent Living Facilities." One of the best ways we in the Committee can do this is to ask NAMI families what questions they would like answered. Here is your opportunity to learn more about an important issue that many of you have been involved with.

**"to improve conditions in licensed Board & Cares and in Independent Living Facilities."**

Please contact Ray Schwartz, Editor of Residential Care Newsletter, at email [sdrncn@hotmail.com](mailto:sdrncn@hotmail.com), or call him directly at: (858) 273-1617.

Your questions will be answered either by a licensed facility administrator, an independent living facility owner, or a Community Care Licensing professional. With your permission we will reprint these questions and answers in the Residential Care Newsletter so that issues and concerns raised are put into practice throughout the residential care community.



## Alfredo Aguirre, Director of Mental Health Services:

On January 1, 2009, the contract between the County and USD Patient Advocacy Prog. will expire and a new provider will take over. USD has been providing quality patient advocacy services and hearing representation for mental health clients in inpatient and residential services for over 25 years. Through the USD Legal Clinic, Adele Lynch, the Prog. Director, has raised the consciousness of countless professionals, students, & community members on the importance of preserving the rights of the mentally ill. Adele has also been an invaluable resource to the community on the technicalities of mental health law. The USD staff have most conscientiously worked to defend the rights of mental health clients who were least able to defend themselves. Thank you for a job well done.

## For You To Understand By Elizabeth Tustison

I am writing this down, for you to see, so that you may understand me. There has been times when all I wanted to do was hate you, and hate you I did. There were times where I wanted to cry because of you, and cry I did. I have seen what life is, and what it is not. How we live it, or hide from it, determines what quality of life we obtain. Pain can come from outside of us, and those are the times that we all wish we had no heart. Joy can also come from outside of us, and those are the times we praise our heart. Life without chances is a life of regret. Life full of chances is a life full of ups and downs, but a life with a heart. Remember, when it hurts, that to feel is much grander than to regret being numb.

## 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:

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- ▶ Carol Matthews, M.D.

### Executive Director

Bettie Reinhardt  
[exudir@namisandiego.org](mailto:exudir@namisandiego.org)

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

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

### Telephones:

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**(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*

**Happy Holidays from the Education Department!** We have had a very busy and productive year. I'll tell you more about that in next month's newsletter.

Just a little reminder that during the holidays, the normal experiences with our loved ones can be magnified during the hustle and bustle of the season. I have printed the 11 principles we use in our family support groups that may be helpful for you just in case you can't make it to a group during the month. This may also be a good time for your loved one to attend a C.A.R.E. (Consumers Advocating Recovery through Empowerment) support group. We have Family and Consumer support groups throughout San Diego County. Locations can be found on the Client/Consumer Resource, and the Meeting Schedule General Support Groups pages of this newsletter, or on our website [www.namisanidiego.org](http://www.namisanidiego.org).

### **PRINCIPLES OF SUPPORT**

1. We will see the individual first, not the illness.
2. We recognize mental illnesses are brain disorders.
3. We aim for better coping skills.
4. We find strength in sharing experiences.

5. We reject stigma in ourselves and others.
6. We won't judge anyone's pain as less than our own.
7. We forgive ourselves and reject guilt.
8. We embrace humor as healthy.
9. We accept we cannot resolve all problems.
10. We accept a better future in a realistic way.
11. We will never give up hope!

Below is a letter submitted by a young man reflecting on his personal experiences and feelings regarding his Mom who lives with a Mental Illness diagnosis. This is one person's insight into how a child feels when a parent has a mental illness diagnosis.

Travis asked for his letter to be read at the end of one of the Family-to-Family classes by his Mom. They both asked if it could be shared with others through our newsletter.

### **Mommy Dearest**

It all began with the simple words "I want a divorce". I sat in the corner, casually reading, waiting for my friends to save me. It was a Saturday night. I watched them in the darkened studio. Father spoke so simply. All he said was "Fine, leave"! He seemed content with what mother had said; with all his strength he let her go. I was seventeen. I had already encountered in my short life two divorces, a few men-

tal breakdowns as well as several other minor grievances. I knew life would continue. It always does.

She soon left her life behind, gathering a bundle of clothing into a suitcase, a box of jewelry and photos of her "beloved" children.

Walking away from a family that supported her through hardship, a man who had loved her deeply for eighteen years, a man who stood by her when no one else would. It is curious that I am often similar to my father. She walked away that night. She walked away from her children whom she raised all of her adult life. We loved her, our mommy.

Yet her absence taught us of her infamy. If you could define her she would be an actress, a femme fatal. We began to understand.

My closeness to her was like an inseparable friendship. I was the boy who stood up and looked up with my bright blue eyes begging for guidance. I found nothing... only insanity.

Once the greatest monument in my life, my mother was all I ever wanted. I lived peacefully. A stable life in which one could find little suffering, and even less pain. Everything changed and life seems more surreal now. All I know is that enduring this suffocation will define volumes of my character; I know a time will come when I will see there is hope in my mother, and I will have the mommy I once knew.

- Travis T. Rogers

## Zen Practice & Mental Health A Workshop Report by Rick Heller

On December 3, 2008, David Thomas and I attended a workshop on Zen meditation as applied to mental health issues. The featured speaker was Dr Edward Knight Ed.D., who is diagnosed with schizophrenia and experiences panic attacks, depression and mania. Seisen Roshi was the host and led the meditation exercises. Seisen is the abbot of the Sweetwater Zen Monastery where the event took place. About 20 attended.

We opened with a 15 minute meditation and a check in a round the circle of participants. Lecture by Dr. Knight followed. He initially emphasized the importance of doing the same practice again and again and talked about the importance of letting go of thoughts. Two of the three principles of Buddhist psychology were talked about in terms of "clinging to and pushing away" ( which are expressed often as addiction and aversion), along with the third principle: illusion. He explained that clinging to and pushing away increase the power of a thought.

Dr. Knight referred to a book by a Tibetan psychiatrist, Dr. Podboll. It was originally entitled *The Seduction of Madness* and is now called *Recovering Sanity*. He applied some of these teachings to his own symptoms of feeling unreality and depersonalization. He explained that rather than being frightened by this, he tried to separate from it and manipulate it.

He noted that Hinayana insight meditation explains that if we are either attached or detached from body, feelings, mind or objects of mind suffering is caused. Suffering is key in Buddhist understanding. He talked about releasing a person's suffering so that they can deal with their own being in the present—"What can we do here?"

Dr. Knight led us through a visualization exercise that allowed us to have compassion with those who have abused us. We were to visualize, in

succession, people we know, including our abusers and have compassion on each one of them. He explained, "Nothing is written in stone—the past is transformed by practice." Dr. Knight also explained that we need to become familiar with our feelings, something that is emphasized in psychodynamic psychotherapy. "Emotions are information about the world around us," he explained.

There is a therapeutic community called Windhorse that uses "contemplative psychotherapy" based on a lot of what we learned in the workshop. The 12 step programs of addiction treatment can also be meshed with these contemplative techniques, something that entails self diagnosing.



After lunch we meditated for 30 minutes and had "council", which entailed another check in around the circle. Dr. Knight proceeded with another hour of lecture, telling us that we can be..." in the present here and now or you can be in the distractedly present." Symptoms arise, sustain, and pass away. This is how we are to observe our emotions, watching them arise, sustain and pass away. This differs from cognitive therapy which tries to stop or change our thought and feelings. The mantra AUM illustrates this process. The sound A arises in the back of the throat, U is formed in the middle of the mouth and M ends in the front of the mouth. The principle of H-A-L-T was also explained. It is borrowed from the 12 step programs and involves not allowing yourself to get too Hungry, Angry, Lonely or Tired. He also talked about fear, as when you are having an anxiety attack. It is a physiological state where adrenaline fills the adrenaline receptors. At that point what takes over is our thoughts. Letting go of our thoughts does not get rid of the physiology, but it helps us

cope better. Engaging in experiential avoidance, such as agoraphobia, leads to a meaningless life. Dr. Knight explained we need meaning and purpose and a social network to deal with stress.

Another symptom he mentioned is paranoia, which he defined as "I can know another person's intention." Despair and depression (sinking energy in Tibetan), suicide or mood changes can all be treated by letting go of thoughts. Dr. Knight explained we can develop attachment to suicidal ideation. Mania, he stated, is attachment to excitement. Not being attached to our creativity is also important. He uses the exercise of writing Haiku poems and dropping them into a stream to be swept away as an exercise in nonattachment. "We need to trust that our creativity will be there when we want it to be, he said. In regard to another symptom, hearing voices, he stated that if it doesn't interfere with our lives, don't worry about it. If hearing voices is a hindrance, we need to not entertain them similar to what was showed in the film "A Beautiful Mind". Near the end of his talk Dr. Knight explained that the practice of compassion is of great importance.

Lastly, it is easy to get lost in illusion, the other major principle in Buddhist psychology besides addiction and aversion. The parable of bringing a drink of water to Krishna was cited. Krishna asked his disciple Arjuna to get him a drink of water. Arjuna traveled down the mountain to a stream where he met a beautiful woman, fell in love with her, married her, had children and raised them. When the children grew and left home he remembered to get a cup of water for Krishna. When he brought it back to Krishna he explained, "That is illusion."

Though tired and fragile due to his symptoms, Dr. Knight exemplified something that might be found in any psychological system, the idea of providing assistance to our fellow humans and making a difference.

# Meeting Schedule and General Support Groups

## *NAMI San Diego*

FREE mtgs. & 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

### **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

### **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 Disorder**

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

### **Changed from South Bay Guidance Ctr Spanish Family Support Group**

2nd & 4th Monday, 5:45—7:45 p.m.  
Maria Sardiñas Center  
3025 Beyer Blvd. Ste. E-102  
San Diego, CA. 92154  
Call Gina Osuna at (619) 288-3133 or  
Kika Cortez (619) 397-8835 or  
Adela Soto (619) 852-2309

### **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.

### 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  
services or if you have a complaint or  
grievance, 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.

### East Wind Clubhouse

8745 Aero Dr. Ste 330, San Diego 92123  
(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

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4480 30th Street  
San Diego, CA 92116

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## E&A Meeting PTSD in the Military

January 8, 2009  
University Christian  
Church

*Return Service Requested*



**It's never too early to take a step forward for  
mental health;  
Sign up for the NAMI Walk today**

No, it's not 2009 yet, but it's not too early to sign up for the National Alliance on Mental Illness (NAMI) Walk for the Mind of America taking place on April 18, 2009 at Balboa Park.

Your participation in the walk can help the many who are in need of care and advocacy. NAMI San Diego is our city's own voice on mental illness. Your support of this organization shines a light on the stigma attached to mental illness — a stigma that comes from fear due to lack of knowledge. NAMI San Diego is at the center of education, support and advocacy regarding these brain disorders.

Fundraising Tip: Sign up your team today and include the link on holiday cards!

The walk will include music, entertainment, a health/resource fair and a chance to make a difference one step at a time. For more information on how to sign up for the walk and form or join a walk team, go to [www.namiwalksandiego.org](http://www.namiwalksandiego.org) or call NAMI San Diego at (619) 584-5564.

