

*Free Education & Advocacy Meeting
Living (Well) With Co-Occurring Disorders
Thursday, May 7, 2009—6:30 p.m.*

Speaker: Vivian Eisenecher

Author of *Recovering Me, Discovering Joy / Uplifting Wisdom for Everyday Greatness*, Vivian Eisenecher has been an inspirational speaker, mentor and writer since 1996. Using her experience, strength and hope, she is committed to helping educate and enlighten the general public about the puzzling aspects of the addiction/recovery process and the strong correlation between anxiety, depression and alcoholism. Vivian holds a marketing degree in Business Administration (magna cum laude). Her other published works include articles for The Chicken Soup for the Soul series and Woman's World,. She is featured on the 2009 Faces of Recovery Calendar and is a Board of Director for A New Path (Parents for Addiction Treatment and Healing).

Schedule:

- 6:30 p.m. Roundtable discussion with Dr. Steve Koh
- 7:00 p.m. Advocacy and announcements
- 7:15 p.m. Program – Vivian Eisenecher
- 8:30 p.m. Tea and Comfort



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

*NAMI San Diego, North Inland
NAMI's own mental illness awareness program
for teachers and others in our schools.*

Tuesday, May 12, 2009—7:00 p.m.

Kinesis North, 474 W. Vermont, Escondido, CA

You will see the program just as it is presented in our schools.

Speaker: Jean Selzer, Paul and Linda Love, and Julie Benn. True to the program model, the speakers represent an educator who has become knowledgeable about mental illness, a Family-to-Family teacher, an individual living with mental illness who experienced the onset during his/her school years, and a parent whose child's experience of mental illness began during school years and required the assistance of the school system as well as that of a mental health professional.





*Education Corner
By Anita Fisher
Education Director*

NAMI Connection

During the month of April, Devin Eshelman, Jim Whitman, and Eric Corey were trained as facilitators for the new NAMI Consumer Recovery Support Group called Connection. The new group will begin on Thursday, May 7, 2009, at the NAMI San Diego office. Other details can be found at the end of this introduction.

About NAMI Connection Recovery Support Group

NAMI Connection is a recovery support group program for adults living with mental illness that is expanding in communities throughout the country. These groups provide a place that offers respect, understanding, encouragement, and hope.

NAMI Connection groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Each group:

- Meets weekly for 90 minutes
- Is offered free of charge
- Follows a flexible structure without an educational format
- Does not recommend or endorse any medications or other medical therapies

All groups are confidential - participants can share as much or as little personal information as they wish.

Meetings will be guided by NAMI Connection's Principles of Support.

Who can attend a NAMI Connection Recovery Support Group?

Support groups are open to all adults with mental illness, regardless of diagnosis. Participants should feel welcome to drop by and share feelings, difficulties, or successes. Support groups should add to and not replace the treatment plan determined by you and your mental health care provider. Everyone is a valued participant.

WHERE CAN I FIND A NAMI CONNECTION MEETING?

NAMI San Diego Office
4480 30th St
San Diego, CA 92116

WHEN: EVERY Thursday, starting May 7, 2009

TIME: 6:00PM-7:30PM

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
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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.



*Planned Giving
By Bettie Reinhardt
Executive Director*

Your New Investments and Planned Giving for NAMI San Diego

Every crisis seems to have an associated opportunity and the current low price of equities and investment properties is the opportunity resulting from our painful recession.

Now is the time to plan to avoid capital gains on those low-figure investments. Both Charitable Remainder Trusts and Charitable Lead Trusts give you significant tax benefits. Check with your financial adviser, tax professional and/or a trust attorney to confirm the details.

That said, this is how they work. Charitable Remainder Trusts (CRT) are irrevocable trusts that actually provide for and maintain two sets of beneficiaries. The first set are the income beneficiaries (you and, if married, a spouse). Income beneficiaries receive a set percentage of income for your lifetime from the trust.

The second set of beneficiaries is made up of the charities you name. They receive the principal of the trust after the income beneficiaries pass away. While a CRT is an irrevocable trust, you and your spouse may change the charitable beneficiaries at any time. Under certain conditions, you may even serve as trustees of the CRT. As trustees, you can maintain full investment control of the assets inside the CRT.

Because their assets are destined for a charity, CRTs do not pay any capital gains taxes. These taxes can range from 10% to 20% of an asset's growth in value. For this reason, CRTs are ideal for assets like stocks or property with a low cost basis but high appreciated value.

If you wish to reverse who receives income and who receives the asset, you can create a Charitable Lead Trust (CLT). Like a CRT, CLTs offer current income tax deductions and a reduction of capital gains taxes. The only difference is the CLT flip-flops the parties involved. Charities become the income beneficiaries, receiving a steady stream of income during the owner's lifetime.

At the owner's death, named beneficiaries then receive the bulk of the CLT's assets. And just like the CRT, Charitable Lead Trusts also receive the same preferential tax treatment.

For more information on including NAMI San Diego in your estate planning, contact Bettie Reinhardt, 619.584.5567.

FOOD!

FUN!



PRIZES!

Game Night & Potluck with NAMI San Diego!

Play with Jokers?

You like Poker?

*Do you Dabble with
Scrabble?*

You into Wii?

So are We!

Want Us to Meet You?

This is the Venue!

When: Thursday, June 4, 2009

Time: 6:00 p.m. and Beyond!

Where: University Christian
Church Friendship Hall

3900 Cleveland Ave in San Diego
(across from the Post Office—
Parking at DMV).

Lots of Parking at DMV

See you in June for the
Antics!

For Questions Contact:
wendymcneillsd@yahoo.com





*Everybody Knows
Somebody
By Wendy McNeill
President Elect*

The McNeill contingent got to the April 2009 6th Annual NAMI Walk stupid-early. It was a few minutes shy of six, and Balboa Park was anything but dead, although we still were. (Starbucks intervention would occur later.) In fact, at this obscene hour, Balboa Park, which was blessed with real San Diego weather this year, was positively teeming with life.

This year I would not be walking. I was rather pleased with this development, as my least favorite part of the Walk was the actual walking. Even though I realize that walking is an integral part of the NAMI Walk for the Minds of America experience, I confess that it's not my cup of tea. After all, I look ridiculous in tennis shoes. It's just one of the laws of the universe.

For me to abstain guilt-free from walking this year, it would require The Universe Herself to intervene on my behalf...and She did with a vengeance.

This is how it went down.

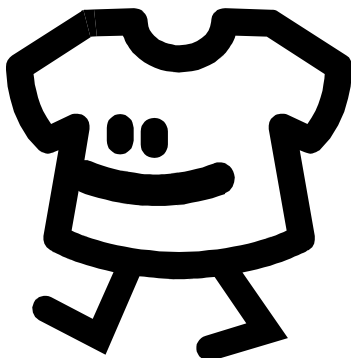
It all began with a T-shirt. Now, I am one who at times is slow to catch on. Although I have attended over half a dozen NAMI Walks, I was not fully cognizant of the fact that the Official NAMI Walk t-shirt was only obtainable by an individual who had raised \$100. I realized this mid-morning on Thursday, April 16, 2009, two days before the Walk on early-morning April 18, 2009.

My in-depth analysis of this topic was as follows: What a crying shame. I thought everyone should have the opportunity to have a shirt with NAMI's name on it.

Of course, most people who did not raise \$100 already did have a shirt, their team t-shirt. But what about those who did not? What about Johnnie and Suzie and their dog Skippy who read about the Walk in the UT and don't know NAMI from wasabi? Who would provide for these people? How would their wardrobe promote NAMI?

Here is when things got ugly: my bleeding heart, closet Republican, and rampant fashionista coalesced, and voila! A headache waiting to happen for Bettie Reinhardt, NAMI San Diego Executive Director.

And that was in fact what happened.



After plunking myself down in Bettie's office and detailing my "Save Johnnie and Suzie" scenario, I ended up getting on the line with Warren Karmol, the NAMI National Walkmeister (not his real title) who told me very diplomatically that I could not alter the Official T-shirt fundraising incentive mechanism per the "franchise model."

Now, little did I know that we were called a "franchise" in this context. It made me feel a bit like McDonalds, but in a good way. After all, they have like a gajillion burgers sold at this point in history.

Then...the moment of truth! Warren shared that we could sell our own local shirts. (This revelation should not have been a revelation at all, of course, as the Walk teams were doing just that.) But then Warren shared his stroke of genius, The Latest and Greatest in NAMI Mottos:

**EVERYONE KNOWS SOMEONE.
EVERYONE KNOWS SOMEONE.
EVERYONE KNOWS SOMEONE.**

So simple. So true. So NAMI.

I bid farewell to Bettie, who insisted that I had concocted this t-shirt producing scheme just so I wouldn't have to walk. Hmmm...

So, off I jetted to the t-shirt place that had done all the work for NAMI thus far. The t-shirt folks (ROK in North Park, on University across from BofA, thanks a million times over!) were marvelous, and we knocked it out in record time.

Naturally, when I had the shirts printed, something was lost in translation, as the Warren Walkmeister post-it note had been lost in transportation.

The motto got San Diegoized to read:

EVERYBODY KNOWS SOMEBODY.

Catchy, dontcha think?

So, as my honey, my mom, and my step-father all helped carry the boxes of newly-printed shirts to the table that had been added for my enterprise, as if this adventure had been planned from the beginning, I kept looking at the people arriving, and more people, who would total 2,300 in all.

That's a lot of Everybodys. And a lot of Somebodys.

And I'm one of each. We just need to keep reminding people.

My heartfelt gratitude and thanks to all those who participated in the success of the 6th Annual NAMI Walks for the Minds of America on Saturday, April 18, 2009 in Balboa Park 6:30 a.m. to 12:00 p.m.

Comments, Questions, & T-Shirts!
wendymcneillsd@yahoo.com

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

Spanish Family Support Group

2nd & 4th Monday, 6:00—8:00 p.m.
Otay Mesa Library
3003 Coronado Ave.
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

Wednesdays, 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 Connection

Casual & relaxed. Can share challenges & successes of coping with mental illness. Groups are 90 minutes, FREE, flexible.

NAMI San Diego Office

4480 30th Street
San Diego, CA 92116
Every Thursday Starting May 7th
6:00-7:30 p.m.

NAMI C.A.R.E.

Consumers Advocating for Recovery through Empowerment
NAMI San Diego Helpline at
(619) 543-1434 or 1-800-523-5933

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: _____

We are a green friendly organization. Please help us save trees and postage. By submitting your e-mail address you will get your newsletter via-e-mail when you are a new member or renewing your membership. Paper newsletter will ONLY be sent if specifically requested.

I understand and agree

I Request My Paper Newsletter

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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San Diego, CA 92116

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E&A Meetings

May 7, 2009
University Christian Church
San Diego

May 12, 2009
Kinesis North
Escondido



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

Record number of walkers make NAMI San Diego Walk a success

More than 2,000 walkers pounded the pavement for mental health on April 18, 2009 at the annual National Alliance on Mental Illness (NAMI) San Diego County Walk for the Mind of America.



"This is a record number of walkers and it shows how many people are interested in breaking the stigma of mental illness and making a difference with their presence in this event," said NAMI San Diego County Walk Manager Shannon Jaccard.

The NAMI San Diego 2/5K walk/run helps raise money and awareness about our city's and our country's need for a world-class treatment and recovery system for people with mental illness. So far, \$112,000 has been raised from the 2009 walk.

To put it in perspective, more than 244,000 people are living with mental illness in San Diego alone. In the state of California, 600,000 children, adults and elderly are in need of mental health services that aren't readily available. In our nation, one in five people will suffer from a serious mental illness in their lifetime.

Sheriff Bill Kolender was the Honorary Chair of the walk and spoke at the event. Over the years, the Sheriff has set a precedent for mental health advocacy throughout the department and is a proponent of a mental health court in our community. The walk also featured a health resource fair with over 50 booths and an area for kids' activities.