

The Simple Things In Life

Sometimes it's the simple things in life that matter. This is true here at the NAMI office. While we are always, of course, in need of monetary donations, there are some other simple every-day items we could also use.

These may even be things that are sitting around your house waiting to be 'recycled.' If they are in good working condition why not donate them to NAMI? Below is our current WISHLIST.

Please review the list and if there is anything you are able to help us with call, [619-398-9858](tel:619-398-9858). Thank you for thinking of us.

It is your help and consideration that make all the difference!

- **Box of Basic Tools**
- **Table Umbrella**
- **New Fax Machine**
- **Plastic Outdoor Chairs**



NAMI San Diego

Free Education & Advocacy Meeting

Thursday, April 8, 2010 6:30 p.m.

PLEASE NOTE MEETING DATE IS NOT APRIL 1ST!

In Our Own Voice

Ask The Doctor: Dr. Christine Rufener, Ph.D. is the Local Recovery Coordinator at the VA San Diego Hospital and she will be speaking on the Recovery Programs at the VA Hospital.

Main Program: IOOV

In Our Own Voice: Living with Mental Illness (IOOV) is a powerful public speaking program to fight stigma and promote integration. The program features two presenters and a DVD of others who all live with mental illnesses. Topics covered include: dark days, acceptance, treatment, coping skills, and successes, hopes and dreams. With this program, we are jumping into the fray of stereotypes and taking on long-held negative beliefs about those who experience mental illnesses. The presenters share their personal experiences and in doing so open minds to positive possibilities and outcomes.

Schedule:

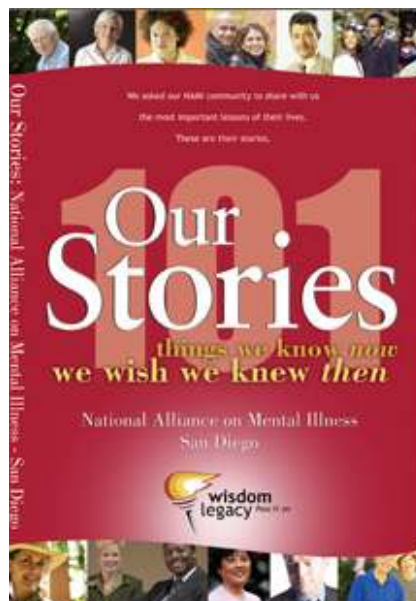
6:30 p.m. Meet the Doctors

7:00 p.m. Program

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

101 Stories:

*things we know now
we wish we knew then*



42 NAMI San Diego members have come together to write a book about their shared experience in the mental health journey and this is our story.

In this book, authors share moments of great pain to great joy and stories range from personal lived experience with a mental illness to having a sibling, child, or parent with a mental illness. The goal was to have at least one story that each person can relate to.

**BUY THE BOOK AT:
www.namisandiego.org**



*Annie Dunlop
Dev. & Events Mgr.
NAMI San Diego*

NAMI Walk San Diego County on April 17th 2010

Upcoming Walk Events:

Team Captain Information Meeting

When:

April 3rd, 2010, at 10:00 am

Where:

6th Ave and Quince San Diego
(NAMI Walk Site)

Join us Saturday Morning to meet fellow team captains, share ideas for fundraising, put together your team, ask the Walk Manager Annie Dunlop any questions you may have regarding the walk, pick up flyers, and take a look at the walk site and where you want your team to gather on the day of the walk.

*This meeting is also open to any walkers that are not team captains.

NAMI Walk San Diego County Volunteer Information Meeting

When: April 8th, 2010, at 7:00 pm
Where: University Christian Church, Friendship Hall, 3900 Cleveland Ave, SD, CA 92103

Volunteer Information for Walk Day, complete with Walk

registration brochures, online registration help, and a thank you note station to encourage walkers to recognize their donors.

NAMI Walk Iraq

In support of the NAMI Walk San Diego the Forward Operating Base-Echo in Iraq will hold a 5K IBA Run; FOB Echo will be hosting a 5k run on 17 April 2010 at 1900 hrs IQ.

See more...

www.nami.org/namiwalks10/SDC/TeamIraq

Cash or Check?

Don't know what to do with the NAMI Walk donations that come in the form of cash or check? First, make sure the check is made out to NAMI San Diego, then send the check directly to the NAMI San Diego office. PLEASE MAKE sure all checks or cash have a note with the appropriate walker and team information.

The NAMI Walk is fast approaching!

Our goal this year is to have 3,000 walkers!! We already have 77 teams signed up; is your team signed up?

The first team to have 20 walkers
on board wins a gift certificate to
Starbucks!

To sign up your team:
www.nami.org/namiwalks/CA/sandiego

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**

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sjaccard@namisandiego.org

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

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

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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 Shannon Jaccard at (619) 584-5567 or fax to (619)584-5569 or email at sjaccard@namisandiego.org or contact any of the people mentioned in the articles.

New San Diego Behavioral Health Court



KPBS Interview, SAN DIEGO — Lots of mentally ill people end up on the streets of San Diego. And many of them eventually end up in jail. The cycle of arrest, incarceration and release is something that advocates for the mentally ill want to stop. And now, San Diego Superior Court has begun a project aimed at diverting people from jail to treatment. It's called behavioral health court.

Thirty-one-year-old Pharaoh Degree lives in his mother's home in Spring Valley. It's a spacious home with a view of Mount San Miguel. Degree said he was diagnosed with schizophrenia 11 years ago while he was in the U.S. Army. But when he was discharged, he didn't come home to his mom. He chose to live on the streets.

"I came back to live in San Diego and I immediately was homeless," said Degree. "I was living on the streets, indulging in drugs and alcohol. And that's when most of the trouble happened. Petty theft, possession charges, ending up in and out of county jail -- things like that."

Degree said he may have been sent to jail more than ten times while he lived on the streets. Once he ended up in prison. It's a common story for people who are mentally ill and come in conflict with the law. Degree said being in jail had its upside. It was a chance to get some treatment. But his mother, Anita Fisher, said sick people shouldn't go to jail.

"Jail and prison is not a place that's designed to treat illness. You wouldn't send cancer patients

or any other ailment to jail or prison for treatment. You would send them to a place designed for that. A hospital," said Fisher.

The effort to quit sending mentally ill people to jail in San Diego has led to Behavioral Health Court, which held its first session last month. Behavioral Health Court is modeled on drug court, which sentences drug addicts to treatment rather than incarceration. Judge Robert Trentacosta presides over health court. He said the court won't hear serious felony cases. But they adjudicate many smaller crimes which homeless, mentally ill people often commit.

"Jail and prison is not a place that's designed to treat illness. You wouldn't send cancer patients or any other ailment to jail or prison for treatment. You would send them to a place designed for that. A hospital."

"We get a lot of cases where individuals attempt to self-medicate," said Trentacosta. "So there's drug use, drug possession, drug sales. We get a lot of cases involving theft, vandalism, trespass."

He said rather than jail time, offenders in health court are sentenced to probation. They are assigned a parole officer and social worker who can provide them services.

"It's follow up with doctors. It may be medication. It's housing, if they are in need of housing. And then you can move on to vocational training or educational training," said Trentacosta.

San Diego's behavioral health court receives \$800,000 a year from the Mental Health Services Act, passed by California voters in 2004. People running health court in San Diego hope it will eventually save the county money,

as fewer mentally ill people have to be arrested, housed and treated in jail.

Richard Conklin oversees social service staff for the San Diego jail system. He said there are about 5,000 people in jail in San Diego on any given day. And about 20 percent of them require psychiatric treatment. He said mentally ill people ended up in jail following the closure of state hospitals and the failure to fund treatment in the community.

"That's where you saw mentally ill folks and others end up homeless and being sentenced into the criminal justice system," said Conklin.

Behavioral health court is based on an 18 month treatment plan instead of jail time. Judge Trentacosta said offenders who use the court are required to sign a contract and stick to the rules. Pharaoh Degree had to make the step from incarceration to treatment without the new health court. He said treatment isn't easy, but the alternative is the troubled life he led before.

"It was out of control, lost. No plan. No hope. You know what I mean, not reaching out to family," said Degree.

Behavioral Health Court is new to San Diego but not to California. The National Alliance on Mental Illness says 25 counties in California have something similar to what's been launched here. Judge Trentacosta said the San Diego court will keep records and a year from now, they'll have a pretty good idea of how well it's working in the county.

Listen to the interview: <http://www.kpbs.org/news/2010/mar/02/health-court-sentences-mentally-ill-treatment/#comments>



*Wendy McNeill
Contributing Writer
What A First Grader Can
Teach You*



A couple of weeks ago I started tutoring a first grader named Antonio.

Before our first appointment, I was gravely intimidated. I have no experience working with children, and I was sure this would be obvious to him, his parents, the neighbors, and society at large. Although I have been tutoring adults for over a decade, I was sure that I would be exposed as a fraud. Who was I to be guiding one of the youth of our country into the great, wide world of the English language? I was the worst thing in the world: a novice.

Not only was I a fraud and a novice, I don't speak Spanish, the language of Antonio's mother. Of course, I speak what I call "pool hall" Spanish, which is to say I know the difference between "chicos" (solids) and "grandes" (stripes) and can order a margarita. I cannot say, "Your child needs to work on his adjectives."

My deficits were causing me great anxiety. I meditated and meditated hard on one of my therapist's mottos, **"Use What You Have."** I figured that this was the time to exercise some of his wisdom.

What did I have? A love of the English language. Creativity. Persistence. Not patience--yet.

As for my Spanish, I have "politeness" down. I can introduce myself, and I know "bien," "gracias," "mucho gusto," "casa" and "bonita." I've learned that a few words and a lot of respect goes a long way.

So, what else have I learned? That you don't need to know everything in the world to be valuable. That relaxing into the discomfort will make the discomfort less. That it's OK to do something new without falling apart.

Right now, Antonio is working on identifying his letters, and it is hard work. He struggles mightily but has a fantastic attitude and is a joy to work with. Upon our first meeting, my fears evaporated, and I realized that I might make a small but valuable contribution in his life.

Antonio knows when he's done well.

"Teacher, do I get a sticker?"

"Yes! You earned it!"

"What does that one say?"

"Good job!"

"Here you go!"

Antonio smiles his big smile, puts it on his shirt, and shows his mother, who smiles, too.

I think I should get a sticker.



*Education Corner
Anita Fisher
Ed. Director*

NAMI San Diego is proud to congratulate Devin Eshelman, P2P (Peer-to-Peer) Coordinator on his "This Person" award at the annual San Diego Wellness and Recovery Summit on March 10, 2010. Devin was unaware he would be receiving this award.

Devin was nominated by Renee Garrett, NAMI SD P2P Mentor. Here is Renee's introduction; There are and have been many people in my life that have been instrumental as a support of my recovery journey.

One person that holds a special place in my heart, and who is currently supporting me in my recovery is Devin Eshelman. Last year I attended a NAMI Peer-to-Peer training. Devin was one of my mentors. He listened to what I had to say. He even took time after class was over to speak with me about concerns that I had. Devin was very helpful in supporting me when I was having a hard time filling out my "Relapse Prevention Plan." Devin taught me many things that I am so thankful for. Because of his mentoring me, my quality of life has been enhanced. I'm so grateful that he is a part of my life. He has not only helped me but many others as well, and he continues to work as a mentor for NAMI today.

Devin always encouraged me and gave me hope! As a result, I am now teaching Peer-to-Peer as a mentor and I am offering hope to my peers today.

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

East County Support Group

2nd Tuesday, 6:30 p.m. - 8:30 p.m.
East County Mental Health
1000 Broadway Ste. 210
El Cajon, CA. 92021
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 (619) 543-1434 or
(800) 523-5933

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 Tuesday, 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

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

Every Tuesday,
4:00 - 6:00 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

Copper Hill Living & Learning Ctr., Creative Arts Consortium, Vet to Vet, Creative Opportunities, Advocacy Works, Friends In Hand Clubhouse
Info: (858) 481-7069

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

**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. FREE, flexible.

NAMI San Diego Office

4480 30th Street
San Diego, CA 92116
Thursdays: 6:00-7:30 p.m.

Mariposa Clubhouse

560 Greenbrier, Suite C-E
Oceanside, CA 92054
Call: (760) 439-2785
Wednesdays: 1:00 - 2:30 p.m.

Tri City Outpatient Program

510 W Vista Way Vista, CA 92083
Wednesdays: 2:30 - 4:00 p.m.
For more information on this specific support group contact:
NAMI-NCSDC at (760) 722-3754

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

(Education Bldg)
7850 Vista Hill Ave.
San Diego, CA 92123
*1st Monday of the Month:
5:00 p.m. - 6:30 p.m.*

ECT Support Group

NAMI San Diego Office
4480 30th Street San Diego, CA.
*Every 2nd and 4th Tuesday
5:30 - 7:00 p.m.*

Consumer Support Group for people who have had or may be beginning Electroconvulsive Therapy (ECT).

EN ESPAÑOL—

San Ysidro Health Center

4004 Beyer Blvd. San Ysidro, CA.
Llame: (619) 309-3884
2o, 4o y 5o Sabado Del Mes: 9:30 a.m. - 12:00 p.m.

Access & Crisis Line

1-800-479-3339
24 hours a day/7 days a week



Client Warm Line

1-800-930-9276
Daily: 4:00 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 Helpline, mini library, & materials.

The Consumer Ctr. for Health Ed. & Advocacy

1475 Sixth Ave., 4th Floor, SD 92101
1-877-734-3258 ✕ Fax: (619) 471-2782
Monday - Friday: 9:00 a.m. - 5:00 p.m.
Need help getting mental health services or have a complaint or grievance, call or write us.

Jewish Family Service Patient Advocacy Prog.

2710 Adams Ave. San Diego 92116
(619) 282-1134 / 1-800-479-2233
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

7155 Mission Gorge Rd. San Diego, CA. 92120
(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

DBSA-Depression Bipolar Support Alliance

There are meetings in different regions of the county. Call for meeting info: 858-444-6776 or go to the DBSA website at: www.dbsasandiego.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
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- 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 Shannon Jaccard at 619-584-5567 or email sjaccard@namisandiego.org

The Advocate

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4480 30th Street
San Diego, CA 92116

Non-Profit
Organization
U. S. Postage
Paid
San Diego, CA
Permit No. 2695

Return Service Requested

Education & Advocacy Meeting

NAMI San Diego
NOTE DATE!

April 8, 2010 at 6:30 p.m.
University Christian Church
3900 Cleveland Ave.
San Diego, CA.

PROPOSED MERGER WITH COMPEER SAN DIEGO

The Board of Directors of NAMI San Diego has determined that it is in the best interests of NAMI San Diego and its members to merge with Partnership for Chances d/b/a Compeer San Diego ("Compeer"). California law requires the members of NAMI San Diego to approve the proposed merger. If the members approve such a merger, Compeer will merge into NAMI San Diego and the separate corporate existence of Compeer will cease. NAMI San Diego will assume all of the assets and liabilities of Compeer.

A special meeting of the members of NAMI San Diego will be held on **April 8th at 6:30PM at the University Christian Church, Friendship Hall, 3900 Cleveland Avenue, San Diego, CA 92103**. Members of NAMI San Diego will be asked to vote on the proposed merger at this special membership meeting.

Included in this newsletter is proxy in the event that a member is unable to attend the meeting but wishes to vote on the merger. Please mail your proxy to NAMI San Diego at 4480 30th St, San Diego, CA 92116.

Please address any questions or concerns regarding the proposed merger to Shannon Jaccard, Executive Director of NAMI San Diego, at 619.584.5567 or sjaccard@namisandiego.org.

Background about Compeer San Diego:

Compeer San Diego has been a non-profit organization dedicated to providing friendship and information for those with a mental illness in the San Diego Area. Our mission is to provide volunteer based one-to-one peer friendships to community members with a mental health challenge. Founder, Shannon Jaccard, started the organization when she noticed how many friends deserted her brother after he had been diagnosed with a mental illness. Even though they had a strong friendship, he still wanted and needed other friends. Through Compeer friendships, community volunteerism and contributions, Compeer San Diego has made a positive impact on lives affected by mental illness.

NAMI SAN DIEGO

PROXY

I, _____, a voting member of NAMI San Diego, a California nonprofit public benefit corporation (the "**Corporation**"), revoke any previous proxies and appoint _____ as my proxy to attend the special meeting of the Corporation's members on **April 8th, 2010**, and any adjournment of that meeting, and to vote or otherwise represent my membership as to the following matter in the manner I have specified below:

The merger of Partnership for Chances d/b/a/ Compeer San Diego, a California nonprofit public benefit corporation ("**Compeer**"), with and into the Corporation, whereby the separate corporate existence of Compeer shall cease and the Corporation shall continue as the surviving corporation and succeed to all of the assets, rights, privileges, powers, debts, obligations and liabilities of Compeer.

As to this matter, my proxy is directed to exercise my vote as follows:

_____ Approval

_____ Disapproval

Signature

Date

Printed Name