

NAMI North Coastal San Diego County

Your Local Voice on Mental Illness

JAN. 2010



The mission of NAMI North Coastal San Diego County is to:

***Inspire and support those with brain disorders and their families.
Educate and inform the community. Work to erase the stigma of brain disorders.***

Officers

Co-Presidents — Bob Brooks, Jayashree Pyati
Co-Vice Presidents — Kathy Smith-Brooks & Liz Kruidenier
Secretary — Rita Ziegler
Treasurer — Mike Wade

Committee Chairs & Program Managers

Advocacy — Liz Kruidenier
Children and Youth — Open
Consumer Programs — Chris Canelias
F2F Coordinator — OPEN
Grant Administrator — Jayashree Pyati
Legislation — Thelma Hayes
Librarian — Dana Thomart
Newsletter — Eric Revere & Ingrid Tomassoni
Office Operations — Adriana Costa
Support Group Coordinators — Phil & Bobby Kontoff
Volunteer Coordinator — Pat Devine
Webmaster — Jim Boyce & Dexter Duenas

NAMI Affiliate Offices

NAMI North Coastal

P.O. Box 2235 • Carlsbad, CA 92018
(760) 722 3754 • namincoast@pacbell.net

NAMI San Diego

4480 30th Street • San Diego, CA 92116
Helpline: 619 543 1434 • (800) 523 5933
information@namisandiego.org

NAMI SIT

Copper Hill Living & Learning Center
Creative Arts Consortium
Advocacy Works
Mixteco Community Gardens
144 Copper Ave • Vista, CA
(760) 941-2153 • (858) 481-7069

phone: (760) 722-3754

e-mail: editornamincoast@pacbell.net

website: www.nami-northcoastal.org

JANUARY EDUCATION MEETING

Date: Thursday, January 21, 2010 at 7:00 PM
Place: St. Michael's Episcopal Church Parish Hall
2775 Carlsbad Boulevard • Carlsbad 92008
Speaker: Dr. Thomas Jensen, MD
Topic: Ask the Doctor: Bipolar Disorder - Current
Treatment/Medication & Use of Alcohol & Marijuana

About Our Speaker

Dr. Jensen graduated summa cum laude from USD with a degree in chemistry in 1982 and from the UCLA School of Medicine in 1986. He completed a pediatric internship and adult psychiatry residency at UCSD and a child psychiatry fellowship at Stanford University. He is board certified in Child, Adolescent and Adult Psychiatry, Behavioral Neurology and Neuropsychiatry and a Distinguished Fellow of the American Psychiatric Association (APA).

From 1991 until 1999, he ran a private psychiatry practice specializing in psychopharmacology in Maine and also held several positions in administrative psychiatry. In 1999, he relocated to San Diego where he is currently engaged in the private practice of psychiatry assisting adults, children and adolescents with both therapy and psychopharmacology with an office in Sorrento Mesa.

Dr. Jensen is an assistant clinical professor in the UCSD Department of Psychiatry and medical director of the California Bipolar Foundation. He has received awards from advocacy organizations such as LDA and CHADD. In 2000, he received a Profile in Courage award from the California Psychiatric Association; and Special Presidential Commendation from the APA in recognition of his advocacy for high quality care.

*Immediately after the presentation, refreshments will be served,
followed by a support group meeting for family members at 8:30 PM
in the church library conducted by NAMI-trained facilitators.*

President's Address

by Bob Brooks



As I read various newspapers, watch television, and read the e-mails that arrive at our house, I am reading more and more about releasing thousands of individuals from the various jails and detention centers in California. This will create a huge burden on each County's Mental Health System just as those systems are being hit with huge budget cuts.

All the above indicates that organizations such as NAMI will have to step in and try to pick up some of the gaps in the system. With this in mind, a group of us from NAMI North Coastal have met with a number of individuals at the Vista Detention Center. The outcome of this meeting was NAMI could help most by teaching the 12 week Family to Family class to the families and loved ones of those who are in the Detention Center and have mental illnesses.

In order to inform the families and others about NAMI and what we do to help and educate, we need to have information about NAMI and the Family to Family classes in the entrance lobby. With this in mind, I met with Janet Wright in Vista on December 22 and delivered copies of a large number of different pamphlets for her and the staff to review. Some of the pamphlets were also in Spanish. This same group from NAMI NC (that met a couple of months ago) will meet again in early January to proceed and map out details of our partnership. Duane Baird, a Past President, has expressed a strong interest in this project and will assist in the follow through.

NAMI North Coastal Elects New Officers for 2010

At the November general meeting of NAMI NCSDC, the following were elected as officers for 2010:

Co-Presidents

Bob Brooks & Jayashree Pyati

Co-Vice Presidents

Kathy Smith-Brooks & Liz Kruidenier

Secretary

Rita Ziegler

Treasurer

Mike Wade

New Addition:

Volunteer Coordinator

Pat Devine

Congratulations to the new officers and Thank you to the officers and volunteers who served in 2009.

Attention NAMI North Coastal Members

If you have not renewed your membership for 2010, please do it now. Thanks to those who have renewed and a special thanks to those who have contributed an extra amount. Historically, our affiliate has not mailed countless solicitations to members throughout the year asking for money. Many of our programs are funded primarily from membership dues. Please help us fund our 2010 program budget by mailing in your renewal now

ADVOCACY ALERT

Federal Legislation Introduced to End Restraint in America's Schools

On December 9, 2009, House Education and Labor Committee Chairman George Miller (D-CA) and Representative Cathy McMorris Rodgers (R-WA) introduced The Preventing Harmful Restraint and Seclusion in Schools Act (HR 4247) in the House. Senator Christopher Dodd (D-CT) introduced similar legislation in the Senate (S. 2860). NAMI applauds these federal legislative leaders for their commitment to protecting children and to ending the inappropriate use of restraint and seclusion in our nation's schools.

The inappropriate and harmful use of restraint and seclusion has disproportionately impacted students with disabilities, including those with mental illness. This legislation is long overdue and is vitally important to protect the health and well-being of students with mental illness.

The federal legislation contains a number of provisions that prevent the inappropriate use of restraint and seclusion by establishing minimum safety standards in schools in a number of areas, including the following:

- Restricting the use of restraint and seclusion to cases in which there is imminent danger of injury to the student, school personnel or others, and restricting use to trained staff;
- Prohibiting the use of mechanical restraints, chemical restraints, physical restraints or escorting that restricts breathing and aversive behavioral interventions that compromise health and safety;

- Requiring school personnel to continually monitor students placed in restraint or seclusion;
- Requiring that the use of seclusion or restraint end as soon as the imminent danger ends;
- Notifying parents or other family members immediately after an incident involving restraint and seclusion.

The legislation also requires states to develop their own policies, procedures, monitoring and enforcement systems related to the use of restraint and seclusion. They must also collect and report data annually to the U.S. Secretary of Education.

Help from NAMI members is needed to get this vitally important legislation enacted early in 2010. Please contact your Representatives in the House to ask them to co-sponsor House Bill H.R. 4247 and your Senators to co-sponsor Senate Bill S. 2860. Call them by using the Capitol Switchboard at (202) 224-3121 and email them by using NAMI's Legislative Action Center. Urge them to co-sponsor *The Preventing Harmful Restraint and Seclusion in Schools Act*.

Reinhardt to Retire as Executive Director of NAMI San Diego

NAMI San Diego is planning a Retirement Bash to "roast" Bettie Reinhardt on the occasion of her retirement as Executive Director of NAMI San Diego. It will be held at Tom Ham's Lighthouse in San Diego on February 4. A casual buffet supper will be served.

To request an invitation, send an e-mail to:
information@NamiSanDiego.org
or call Rita at
619-398-9850



Tri-City Healthcare Grant Funds Successful IOOV Program

Over the period of 7 months since a grant of \$10,000 was received from the Tri-City Healthcare Foundation, 130 presentations by In Our Own Voice teams have reached an estimated 500 – 600 people.

The purpose of this program and presentations is to erase the stigma of mental illness in the community, give hope and confidence to each and every person that suffers from the illness and provide them with self respect, good self- images, self confidence and self motivation to achieve normalcy and a quality life. The presentations have been met with much enthusiasm and the presenters, who are struggling with major mental illnesses themselves, have received positive reviews.

The total number of IOOV presenters have doubled over the last year and the number of venues have almost tripled. Several presentations have been made at hospitals, but have gradually expanded to churches, rehabilitation and out-patient treatment centers, local colleges, Vista Fire Department, North County Mental Health Clinic, homeless shelters, Carlsbad Police Department, and sober living homes for both men and women, just to name a few.

There are plans to offer these presentations to families of those who are incarcerated in local jails. The hope is that the inmates may be able to receive the motivation to succeed in society.

These presentations will continue throughout the first half of 2010 with the remaining grant money.

NAMI NCSDC Hosts Annual Holiday Party

NAMI North Coastal's annual holiday party was held at St. Michael's parish hall on December 10. Over 100 attendees dined on delicious pizza from Knockout Pizzeria in Carlsbad while listening to Christmas music played by Cecilia Mondero and sung by Mark Story.



Guests at NAMI Holiday Party

Thanks to Fran MacNeel for spearheading this event, Carol Ager for arranging the pizza discount, and Fran's volunteer team of Sharon Thompson, Terry Miller, Maureen Baird, Marie Revere, Ann Cerecedes and Adriana Costa. Also, thanks to Eric Revere for hosting and securing the karaoke machine, to the small army of volunteers who set up and decorated tables, served food and cleaned up and NAMI members who donated gift cards NAMI North Coastal is especially grateful to Knockout Pizzeria of Carlsbad, not only for discounting the pizzas, but also for donating 2 - \$25 gift certificates and tee shirts for the raffle.

Family to Family News

NAMI-North Coastal San Diego County is offering a **FREE 12 week course** called the *“Family-To-Family” Education Program*. The course is designed to provide family members with practical help, emotional support, and coping skills that family members need to support, live with or understand relatives suffering from biologically based brain disorders (mental illness). Information on schizophrenia, bipolar disorder, major depression, obsessive compulsive disorder, panic disorder, PTSD, and other mental illnesses is provided. NAMI-NCSDC presents the most current clinical information on these illnesses.

Family-To-Family course topics include: Learning about Feelings, Learning Mental Illness Facts, Introduction to Schizophrenia, Critical Periods, Introduction to Depression and Bipolar Disorder, Diagnosis and Causes, Basics about the Brain, Problem Solving Skills Workshop, Medication Review, What it’s Like to be Mentally Ill, Empathy Workshop, Communications Skills Workshop, Relative Groups and Self Care, Rehabilitation, Advocacy: Fighting Stigma, Certification and Celebration. The program discusses the clinical treatment of mental illnesses and teaches the knowledge and skills that family members need to cope more effectively.

Information for the Next Family-To-Family Course

There Are 7 Openings Still Left!

To Register, please call NAMI NC office at:

760-722-3754

Leave your name, phone number and the best time to call

Date: Tuesday, January 12- March 30, 2010

Time: 6:30 PM – 9 PM

Note: The class meets every Tuesday for 12 weeks.

Place: St. Michael’s Episcopal Church
2775 Carlsbad Blvd., Carlsbad • CA 92008
in classrooms downstairs

Teachers: Fran McNeel & Dexter Duenas

Please Commit to Attending the Entire 12 Weeks.

NAMI—In Our Own Voice

What is NAMI’s IOOV?

It is a presentation by consumers that creates awareness about what is involved in recovery from mental illness. Hear from people who have struggled with disorders such as depression, schizophrenia, bipolar disorder, and other severe mental illness. IOOV is a powerful anti-stigma tool to change hearts, minds, and attitudes about mental illness.

To schedule a presentation in your location, please call Chris Canelius at **760-722-3754**.



Become a NAMI-NCSDC Member!

Annual Membership Dues \$50 _____

Supporting Membership \$60, \$75 _____

Professional Membership \$100 _____

Sustaining \$100, \$500, \$1000 _____

Scholarship Fund _____

Any donation is welcome _____

**Mail check to: NAMI-NCSDC
P.O. Box 2235 • Carlsbad, CA 92018**

NAME: _____

STREET: _____

CITY: _____

STATE: _____ **ZIP:** _____

PHONE: (H) _____

PHONE: (W) _____

PHONE: (C) _____

E-MAIL: _____

I have taken the Family-to-Family classes _____

Please contact me about volunteer opportunities _____

I am unable to volunteer at this time _____

California Mental Health Planning Council to Meet in San Diego

The California Mental Health Planning Council (CMHPC) will hold its annual public meeting on Tuesday, Wednesday, and Thursday, January 19, 20, & 21, 2010 at the Bahia Resort Hotel, 998 W. Mission Bay Drive, San Diego, CA. On Tuesday, the Children and Youth, Adult, and Older Adult System of Care Subcommittees will meet. On Tuesday afternoon, the Cultural Competence Committee will meet. On Wednesday morning, the Human Resources Committee, the Quality Improvement Committee, and the Policy and System Development Committee will meet. Members of the public are welcome to attend and observe these meetings.

The Planning Council will also provide time on the agenda on Thursday at 9:30 a.m. for members of the public to voice their concerns about mental health issues of importance to them.

Access to the agenda, meeting notice, and “Request To Present” form are also available on the website at www.dmh.ca.gov/MHPC. If you are interested in making a comment during this time, please complete the form and return it to the Planning Council at least four days before the meeting. If you have any questions or would like to request reasonable accommodations for the meeting, please call Ann Arneill-Py, PhD, Executive Officer, at **(916) 651-3839**.

Mental Health Must Be High On List of Essential Services

An Editorial by Eric Revere

An editorial in the December issue of the Sacramento Bee written by Thomas C. Gagen, CEO of Sutter Medical Center in Sacramento focused on the increased risk that the general public and health care providers are exposed to as a result of mental health budget cuts. Mr. Gagen writes, “Providing much-needed urgent acute psychiatric care without appropriate resources is an extreme disservice to care providers, law enforcement and the individuals

requiring psychiatric care. These individuals are our families, neighbors and friends.”

Health care providers in local emergency departments and other patients are among those exposed to risk. Hospital emergency rooms are not physically designed or equipped to handle psychotic or violent individuals. When community treatment options are not available, psychotic individuals end up there, where dangerous encounters between staff and mentally ill individuals can result in injury or worse. Hospital staffs are already spread very thin, having to treat an increased number of ill people.

Mr. Gagen states that, “Budget cuts may currently be necessary, but it’s not OK to cut services that protect the community from injury and even death. No one argues that the county budget is a mess, but one of the reasons we have local government is to provide certain essential services – such as services for those with mental health needs. Our elected officials can no longer ignore this issue; they should act now to find funding for this crisis situation.”

I fully agree with Mr. Gagen and what he says can be applied to San Diego County. There have been several tragic and near tragic incidents documented by local newspapers since July 2009 involving psychotic individuals. These incidents highlight failures of the system. We cannot expect our hospitals, our police and health caregivers to continue to be at risk when critical mental health services are cut.

Attention Callers to the NAMI North Coastal Office

Our office volunteers are complaining that people calling the NAMI North Coastal office are leaving messages that are difficult and sometimes impossible to understand. When calling the office and leaving a message, please speak up, speak clearly and leave your name and number twice. If your name is difficult to pronounce, please spell it out. This will make the jobs of our office volunteers much easier.

Meetings, Treatment and Support Group Resources

24-Hour Domestic Violence Hotline

1-888-DVLINKS (385-4657)

Posters and safe cards advertising this number are available for distribution.

Please contact Aneesa Bharwani at
(858) 272-5777

or abharwani@ccssd.org.

CRISIS TEAM 800-479-3339 SUICIDE PREVENTION (888) 784-2433

Warm Line (Consumer Support)

(800) 930-9276

5 PM • 11 PM daily

Staffed by consumer volunteers

SSI Consumer Advocates

Mike is available at the Mariposa Clubhouse to answer SSI questions or help fill out and file SSI applications. Call (760) 439-2785

Support Groups – North County

Tuesdays from 2:30-4 PM

Tri City Outpatient Program

510 West Vista Way / Vista • (760) 940-5050

3rd Thursdays 8:30-10 PM

NAMI North Coastal Support Group

St. Michael's Episcopal Church

2775 Carlsbad Blvd. / Carlsbad • (760) 722-3754

Tuesdays from 4-6 PM

NAMI North Inland Support Group

Joslyn Senior Center

210 E. Park / Escondido

NAMI Connection Support Groups

Wednesdays from 1-2:30 PM

Mariposa Clubhouse

560 Greenbrier Rd. / Oceanside • (760) 439-2785

Thursdays, 5-6:30 PM

St. Michaels Episcopal Church Ministry

2775 Carlsbad Blvd. / Carlsbad • (760) 729-6575

Center (2nd Floor)

Tuesdays, 2:30-4 PM

Tri City Outpatient Program

510 Vista Way / Vista • (760) 940-5050

Wednesdays, 5:00 PM

NAMI Fallbrook Share and Care

Fallbrook Healthcare Foundation Bldg

Corner of Mission & Fig. • (760) 745-8381

Wednesdays, 1:45-2:30 PM

Dual Recovery Anonymous

510 West Vista Way / Vista • (760) 639-1430

Every Thursday 1:30-2:00 PM

Dual Recovery Anonymous Meeting

North County Mental Health Clinic

1701 Mission Avenue / Oceanside

Contact Jon at (760) 967-4493

Tuesday, Thursday & Friday • 10:15 AM -1:45 PM

Dual Diagnosis Program at Tri-City

Medical Center Outpatient Behavioral Health

Unit, 510 West Vista Way / Vista • 760-940-5050

(Melrose Plaza)

First & Second Wednesdays • 7 PM

Adult, Children & Siblings Support Group

Scripps-Mende Wellbeing, UTC Mall.

Contact *Michelle* at (858) 756-3140

Depression & Bipolar Support Alliance Support Groups – North Coastal

Monday & Thursday • 3-4:30 PM

Monday & Thursday • 6 PM

3350 La Jolla Village Dr. Rm 2011

La Jolla • (888) 274-3637

www.dbsasandiego.org

Wednesday • 6 PM

510 W. Vista Way • Vista

Kathy Bevilacqua (760) 806-2746

Bobbie Hamilton (760) 489-3500

TARA Borderline Personality Disorder Support Groups

1st Thursdays 6:30-9:00 PM Gifford Clinic,

UCSD Outpatient Psychiatric Services,

140 Arbor Dr. San Diego, 2nd Floor,

Room 247 • (760) 729-5748

3rd Wednesdays, 6:30-9:00 PM

Tri-City Medical Center

4002 Vista Way, Oceanside • (760) 729-5748

Bipolar Support Groups

1st Tuesdays 6-8 PM • Carmel Valley

2nd Thursdays 10 AM - Noon • Poway

3rd Wednesdays 10 AM - Noon • Rancho Santa Fe

RSVP to: tkelly@californiabipolarfoundation.org

for attendance and directions

Day Treatment Programs

Monday-Friday 9:00 AM - 3:00 PM

Aurora Behavioral Health

11878 Ave. of Industry / San Diego

(858) 675- 4285

Monday - Friday • 8:30AM - 4:00 PM

Tri City Medical Center

Outpatient Behavioral Health

510 West Vista Way, Vista, CA • (760) 940-5050

Palomar Outpatient Behavioral Health Program

125 Vallecitos del Oro, Ste 125 / San Marcos

(760) 739-2988 or (760) 510-8352

Monday-Friday • 8 - 4 PM

Kinesis North/Inland BPSR Center

474 West Vermont, Escondido, CA

760-480-2255

Recovery Classes

Mondays 2-4 PM

RICA W.E.L.L. Class

510 W. Vista Way /Vista • (619) 542-1660

Board Meetings

2nd Thursday • 6:30 PM

NAMI North Coastal

St. Michael's Episcopal Church

2775 Carlsbad Blvd. (library)

Carlsbad • (760) 722-3754

1st Wednesday, • 12:00 NOON

NAMI SIT. Board of Directors

144 Copper Avenue / Vista • (858)481-7069

Meetings (Public Invited)

3rd Thursday • 7:00 -8:30 PM

NAMI North Coastal

St. Michael's Episcopal Church

2775 Carlsbad Blvd. / Carlsbad • (760) 722-3754

2nd Thursday at 12:30 PM

North County Forum for Mental Health

Tri City Medical Center, Room #6

4002 West Vista Way / Vista • (760) 940-5050

1st Thursday 6:30-9:30 PM

NAMI San Diego Meeting

Universal Christian Church

3900 Cleveland / San Diego • (619) 543-1434

Socialization Centers

Monday-Friday • 8:00 AM to 4:30 PM

1st Saturday, 10:00 AM - 2:00 PM

Escondido Clubhouse

474 West Vermont / Escondido

(760)737-7125 • Fax (760) 737-8348

Program Coordinator: Kim Feinberg

Friends. Copper Hill

144 Copper Avenue. / Vista

Contact Dolores or Mike at (760) 631-2206

Monday-Friday • 8:00 AM - 4:30 PM

Mariposa Clubhouse 560 Greenbrier Dr., Suite D

Oceanside • (760) 439-2785

Contact Ardith Young, *Director*

Out Patient Treatment

Monday-Friday • 8 AM - 5 PM

Pegasus West - Dual Diagnosis

1701 Mission Avenue, Suite A / Oceanside

760-967-4475 • 760-966-3827 (fax)

Monday-Friday • 12 NOON- 8PM

Walk-In Assessment Center

524 West Vista Way / Vista • (760) 758-1150

Monday-Friday • 12 NOON-7 PM

Walk-In Assessment Center

600 East Grand Ave. / Escondido • (760) 796-7760



NAMI-NCSDC
P.O. Box 2235
Carlsbad, CA 92018

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*“Be silent as to services you have rendered,
but speak of favors you have received.”*

– Seneca

ADDRESS SERVICE REQUESTED

NAMI North Coastal Newsletter

Volume 10 No.1 • January 2010

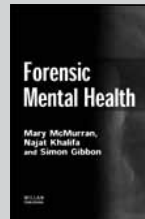
This newsletter is published by NAMI-NCSDC, an affiliate of NAMI California and NAMI. Any opinions expressed in this monthly newsletter do not necessarily reflect those of NAMI-NCSDC. Editorial contributions, humorous non-copyrighted stories, personal recovery stories and articles on mental health are invited and may be sent via e-mail by the 20th of each month for publication consideration in the following month’s edition to:

editornamincsd@pacbell.net

NAMI-NCSDC

P.O. Box 2235 • Carlsbad, CA 92018
phone/fax: (760) 722-3754
e-mail: namincsd@pacbell.net
www.nami-northcoastal.org

Incorporated as a 501(c)(3) nonprofit corporation in 1983



Recommended Reading

Forensic Mental Health

By Mary McMurran & Najat Khalifa
Wilan Publishing (UK) 2008

This is an interesting book because it involves a different perspective from England and Wales concerning both the criminal justice and pertinent legislation relating to England and Wales. Can we learn anything from their system? Since our U.S. system is so decidedly lacking, it might be useful to peruse this book for clues to success. The book provides a concise introduction to the increasingly important field of forensic mental health. What is the broader context of the criminal justice and the mental health systems and how do we navigate them? This is a resource guide with key concepts for anyone just learning about the field with greatest appeal to the novice and the newcomer. Worth a look!!

** Available on Amazon.com **