

NAMI North Coastal San Diego County

Your Local Voice on Mental Illness

FEB. 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 • namincsd@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: namincsd@pacbell.net

website: www.nami-northcoastal.org

FEBRUARY EDUCATION MEETING

Date: Thursday, February 18, 2010 at 7:00 PM
Place: St. Michael's Episcopal Church Parish Hall
2775 Carlsbad Boulevard • Carlsbad 92008
Speakers: Simonne Ruff and Sue Reynolds
Topic: How Can We Attract More Affordable and Supportive Housing to North County?

About Our Speakers

Sue Reynolds has led Community HousingWorks (formerly Community Housing of North County and San Diego NHS) as Executive Director since 1997. Under her leadership, the corporation has become a productive multifamily developer, a homeownership lender, and an innovator in community-based programs that strengthen communities and families' financial independence. In nearly a decade of housing work in New York City, she staffed the citywide federation of community development corporations, and was a planner and housing financial consultant at New York's Pratt Institute Center for Community and Environmental Development. She currently sits on the Federal Home Loan Bank Affordable Housing Committee, and the Board of California Rural Housing Coalition. She was a member of the 2003 Mayor's Affordable Housing Task Force in San Diego, and was a co-founder of the San Diego Housing Federation. She has also taught graduate-level planning courses and holds a Master of Urban Planning degree from Columbia University.

Simonne Ruff is the Director of the Corporation for Supportive Housing (CSH) Program in San Diego. She joined CSH in 2005, engaging in training, TA, lending, and advocacy work. She led the development of a comprehensive marketing plan for the program, intended to help CSH provide additional, targeted support to put "a face" on housing for people with mental illness and other disabilities. She currently oversees the San Diego Program's contracts with local government agencies, including our current OCCS, San Diego, and San Bernardino contracts. Prior to becoming Director, she served as Associate Director and Program Manager. Prior to her relocation to San Diego, Simonne worked for seven years at Neighborhood Link/Senior Link, a multi-service agency in Toronto, Canada, as Senior Manager. She developed a new housing project and managed client-centered programs for vulnerable and at-risk populations, including PSH services. In addition, Simonne served as the lead researcher in a University of Toronto/Ryerson University initiative investigating the effectiveness of supportive housing.

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

On January 12th the NAMI North Coastal Board held their annual Board Retreat to set specific goals for year 2010. Tamara Stark, VP Exodus Recovery, was our very able and supportive facilitator for this evening which began with each member's most positive life moment. Special Thanks to Tamara for assisting us in this most valuable Strategic Planning for our local NAMI Affiliate. Below you will find the results of our three hour session. Thank you to our new Secretary Rita Ziegler for pulling these results together. Without our loyal and dedicated Volunteers, we could not exist, so THANK YOU ALL "UNSUNG/ UNSEEN HEROES" who make our Affiliate function so successfully!!

NAMI-North Coastal San Diego 2010 Goals

1. Hire an office manager
 - Determine budget for the position
 - Develop a job description
 - Review available office space
 - Provide training
2. Implement a Succession Plan
 - We will reach out to the general membership to identify those individuals who may be interested in being on the Board or being a part of a Committee.
3. Develop a Volunteer Program
 - Recognize volunteer participation in the monthly newsletter
 - All board members will bring ideas of volunteer needs to help develop the volunteer program structure
 - Develop a list of volunteer opportunities
 - Offer volunteer opportunities to non-members
 - Create a volunteer database

NAMI San Diego Welcomes New Executive Director

Shannon Jaccard has recently been appointed by the NAMI San Diego board as its new executive director. She succeeds Betty Reinhardt who has served admirably in this position for many years. Shannon had been communications director of NAMI San Diego and has successfully promoted the annual NAMI Walks for the Mind of America for the past several years in Balboa Park. This is a major event for the NAMI affiliates in San Diego County that draws more than 2,000 walkers and raises over \$100,000 to educate, support and advocate for the mentally ill and their families.

Ms. Jaccard was recently featured in the January edition of San Diego Magazine as one of the "50 People to Watch in 2010". Shannon has a special personal motivation for her successes. Her brother suffered from mental illness and died of a heart attack at age 25 while hospitalized. His autopsy indicated his death was brought on by the use of restraints. Shannon has tirelessly advocated against the use of restraints.

The officers, board and members of NAMI North Coastal would like to congratulate Shannon on her appointment and wish her the best of success.

Managing the Fear and Anxiety of the Unknown

by Stanley Popovich

Almost everyone worries about what will happen in the future. The prospect of not knowing if something good or bad will happen to you in the near future can produce a lot of fear and anxiety. As a result, here is a list of techniques and suggestions on how to manage this fear of dealing with the unknown.

Remember that no one can predict the future with one hundred percent certainty. Even if the thing that

you feared does happen, there are circumstances and factors that you cannot predict which can be used to your advantage. For instance, let's say at your place of work that you miss the deadline for a project you have been working on for the last few months. Everything you feared is coming true. Suddenly, your boss comes to your office and tells you that the deadline is extended and that he forgot to tell you the day before. This unknown factor changes everything. Remember: we may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

Learn to take one day at a time. Instead of worrying about how you will get through the rest of the week or coming month, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. When the time comes, hopefully you will have learned the skills to deal with your situation.

Sometimes, we can get anxious over a task that we will have to perform in the near future. When this happens, visualize yourself doing the task in your mind. For instance, you and your team have to play in the championship volleyball game in front of a large group of people in the next few days. Before the big day comes, imagine yourself playing the game in your mind. Imagine that you're playing in front of a large audience. By playing the game in your mind, you will be better prepared to perform for real when the time comes. Self-visualization is a great way to reduce the fear and stress of a coming situation and increase your self-confidence.

Remember take a deep breath and try to find something to do to get your mind off of your anxieties and stresses. A person could take a walk, listen to some music, read the newspaper, watch TV, play on the computer or do an activity that will give them a fresh perspective on things. This will distract you from your current worries.

A lot of times, our worrying can make the problem even worse. All the worrying in the world will not

change anything. All you can do is to do your best each day, hope for the best, and when something does happen, take it in stride. If you still have trouble managing your anxiety about the future, talking to a counselor or clergyman can be of great help. There are ways to help manage your fear and all it takes is some effort to find those answers.

BIOGRAPHY:

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to:

www.ManagingFear.com



Famous People & Mental Illnesses

Isaac Newton, most famous mathematician of the 17th Century was responsible for many scientific discoveries

we take for granted today, such as the "corrected" Gregorian calendar date. Newton's greatest mathematical discovery was the gravitational relationship between the earth and the moon, and of centrifugal force. Newton was well educated, had access to the best knowledge of his day and was wealthy in later life. He suffered from several "nervous breakdowns" in his life and was known for great fits of rage towards anyone who disagreed with him. Current experts on mental illness have labeled his behavior as possible manic depressive disorder or bipolar disorder, a mental illness unknown at the time. In 1705, Newton was the first scientist to be knighted by Queen Anne for his great scientific contributions.

Urgent Advocacy Action Needed by NAMI Members

At this time, we have a matter of great urgency. The Governor's budget proposal is to put Proposition 63 on the ballot again in June in order to allow for the supplantation of funds from the Mental Health Services Act to cover existing mental health services. In doing so, he would move \$452.23 million into EPSDT and \$61.2 million into Medi-Cal managed care. In addition, he has proposed to take an additional \$847 million from MHSA – permanently—if he is unable to obtain an additional 6.9 billion dollars in assistance from the federal government. In effect, if both \$452 million and \$847 million were taken from the annual MHSA funds, this would wipe out MHSA. Senator Darrell Steinberg and Assemblyman John Perez are against the Governor's proposal, but they need public support as backing. We must not let the legislature vote in favor of putting the Governor's proposals on the June ballot.

We have until March 1 when the legislature's special session ends. The State Senate Budget and Fiscal Review Committee, chaired by Sen. Denise Ducheny (Democrat – San Diego) released a schedule of public hearings through early February that will focus on the Governor's budget spending reduction proposals that need early action from the Legislature by March 1, 2010. Brief public testimony and comments will be taken at the Senate budget hearings – though persons can submit written comments and testimony before, during and after the hearings. The Assembly Budget Committee or its budget sub-committees, have not yet released a schedule of hearings, though that is expected soon.

What You Can Do

Call or write your local state senator and representative. If you write a letter, mail a copy to Senator Ducheny. Tell them that you oppose taking MHSA funds to help balance the budget. Using these allocated funds for other purposes was not the intention of California voters who voted for the passage of Proposition 63.

Editors Note: If you need help in writing the letter, I will ask our webmaster to post a sample letter on the NAMI NCSDC website at:

www.Nami-NorthCoastal.org



Once again NAMI-North Coastal will be offering a Teachers Training for the *NAMI Family to Family Education Program*. This three day training will allow one to teach the F to F 12 week course in North County. We are looking for a few good people to train as teachers, you do not need teaching experience, and you only need to be a member of NAMI to take this training.

This year the NAMI Teacher Training will be held on: (FFTT) Weekend will be held on **April 9, 10, 11, 2010**. It starts at 10:00AM on Friday in the morning and lasts until Sunday afternoon. It will be held at Mission San Luis Rey Retreat Center in Oceanside. Lodging (shared), materials, and meals are provided.

NAMI North Coastal has coordinated, planned, and created this training with the help of Lynn Cathy, *Director of F to F for NAMI California and NAMI San Diego*. Trainers will be Fran MacNeel and Marie Revere.

For Pre-registration Information Contact:

**Bob or Kathy Smith-Brooks at
760 434-3420 or 760 722-3754**

NAMI's Peer to Peer Recovery Education Class



WOULD YOU...

**Like to learn more about your
mental illness?**

**Benefit by being around others
that know what it's like living
with mental illness?**

**Be interested in developing a
Relapse Prevention Plan?**

If so, please join us for *Peer to Peer*, a ten-week structured course that will help you in your quest to live well with mental illness. You will learn about self-advocacy and, at the same time, create a special bond with others in the course.

**Thursdays
March 4 — May 6, 2010
12:30pm to 3pm**

Pilgrim United Church
2020 Chestnut Ave. • Carlsbad, CA

To sign up,
please call the NAMI-NCSDC office at:

(760) 722-3754

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 an IOOV 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 _____

Legal Aid Society Announces Advocacy Program for North County

The Legal Aid Society of San Diego, Inc. has announced a free legal advice and assistance program in the north county area for clients and those who cannot afford private legal help. Retired attorneys and legal specialists will be on hand to help with a wide range of legal issues such as:

- Child Support and Custody
- Immigration
- Divorce & Family Law
- California Identification
- Landlord/Tenant
- Small Claims Court
- Consumer Complaints
- Medi-Cal, Medicare & CMS
- General Relief & CalWorks
- Referrals on Criminal Law Issues & Warrants
- SSI, SSDI and Social Security
- Identity Theft
- State Disability Income

These services will be provided at two locations:

Every Monday from 1:00-4:30PM
at North County Lifeline,
707 Oceanside Blvd • Oceanside

Every Wednesday from 1:00-4:30PM
at Interfaith Community Services
550 W. Washington St., Suite B • Escondido

No appointment is necessary. Just show up with, not will all relevant documents, sign in, and you will be called in order of appearance. You do not have to be homeless or provide proof of income and there is no charge for this service.

News from Mariposa Clubhouse

Mariposa Clubhouse has hired a new full time SS and SSI advocate. Her name is Fatemeh Abtahi. She will

be available 5 days a week from 8 AM to 4 PM. A new weekly holistic health program has been started. It is called Health First - Steps to a Healthier You. It includes different classes to sign up for including exercise, nutrition, stress management and smoking cessation. Ardith and Helen will be training at The Village Clubhouse in Long Beach for two days the last week in January, to get new ideas for programs and activities. They are very excited as they only have to pay for their expenses. The Village of Long Beach is one of the most successful mental health programs in the United States.

For more information about Mariposa Clubhouse, call 760-439-2785.

Taking Prop 63 Funds Makes No Sense

By Rusty Selix

Just as he did a year ago, Governor Schwarzenegger has proposed diverting voter-approved Prop 63 community mental health funds to balance the state budget. This makes no sense! Not only did the voters of California overwhelmingly reject this on the ballot last year, but also the California legislative analyst and the finance department acknowledged that when Prop 63 was passed, “the expansion of county mental health services would probably result in savings on state prison and county jail operations, medical care, homeless shelters, and social service programs (that) ...could amount to as much as hundreds of millions of dollars annually.” So not only is this a proposal that flies in the face of the voters’ will, both in passing the measure in 2004 and rejecting similar cuts in 2009, but it also will not save money, would result in higher state costs on health, social services and prison costs, and worsen future budget problems.

Rusty Selix is co-author with Senator Darryl Steinberg of Proposition 63 and executive director of Community Mental Health Agencies and Mental Health Association in California

Editor’s Note: The proposal to hijack Prop 63 funds will appear on the June ballot. Obviously, NAMI membership knows to vote on this issue.

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 Aneesha 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

Tuesdays, 2:30-4 PM

Tri City Outpatient Program

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

Other Support Groups

Tuesday, 7-8:30

Emotions Anonymous

Poway Weigarten Senior Center

1304 Civic Center • Poway

Annamarie (760) 207-2944

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 Group**

Monday & Thursday • 6 PM

3350 La Jolla Village Dr. Rm 2011

La Jolla • (888) 274-3637

www.dbsasandiego.org

Wednesday • 3-4:30 PM

510 W. Vista Way • Vista

Kathy Bevilacqua (760) 806-2746

Bobbie Hamilton (760) 439-3500

**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 : tkkrkelly@yahoo.com
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

Nonprofit Org.
 US Postage
 Paid
 Permit #45
 Carlsbad, CA

“The doctor of the future will give no medicine, but interest his patient in the care of the humane frame, in diet and in the cause and prevention of disease.” -Thomas Edison

ADDRESS SERVICE REQUESTED

Volume 10 No.2 • February 2010

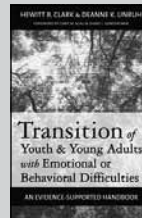
This newsletter is published by NAMI-NCSDC, an affiliate of NAMI California and NAMI. Any opinions expressed in this monthly newsletter do not necessarily reflect those of NAMI-NCSDC. Editorial contributions, humorous non-copyrighted stories, personal recovery stories and articles on mental health are 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

Transition of Youth and Young Adults with Emotional or Behavioral Difficulties

Edited by H.B. Clark, PhD and D.K. Unruh, PhD
 Brookes Publishing Co., August 2009

This book comes with high praise as a long awaited “evidence-supported handbook.” It has also been recommended at the California State level by the CMHDA Transition Age Youth (TAY) Subcommittee which has been meeting for several years and will soon produce a Resource Guide for this age group. “Drawing on the expertise of a wide range of contributors...this book collects our best, current knowledge on supporting transitions for young people with mental health issues. Through up-to-date research and in-depth analyses of seven successful transition programs, readers will discover how to...ensure the best possible adult lives for the young people they serve, young people who face the complex challenges and expectations of adult life.” Here’s to better outcomes and reduction of stigma for Transition Age Youth.

** Available on www.brookespublishing.com**