

NAMI North Coastal San Diego County

Your Local Voice on Mental Illness

APR. 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.***

APRIL EDUCATION MEETING

Date: Thursday, April 15, 2010 at 7:00 PM
Place: St. Michael's Episcopal Church Parish Hall
2775 Carlsbad Boulevard • Carlsbad 92008
Speakers: Karen Godfrey and Dawn Sizemore
Topic: In Our Own Voice – Living With Mental Illness

About the Topic

With an accurate diagnosis, effective medication, attention to health and wellness, and peer and family support, most people living with mental illness can obtain relief from their symptoms and achieve satisfying and meaningful lives. The “In Our Own Voice” presentation demonstrates how individuals with severe mental illness experience recovery. Each program presenter has been through training to translate the story of his or her own struggles and successes. The “In Our Own Voice” presentation covers the following components of recovery: Dark Days, Acceptance, Treatment, Coping Strategies, Successes, Hopes and Dreams. Come and listen to how 2 individuals have faced the recovery process. It is an eye-opening, stigma-reducing, straight-from-the-heart offering of messages of hope and recovery to consumers and family members affected by serious mental illnesses. In addition, it provides paid work opportunities for its presenters, encouraging self-confidence and self-esteem.

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.

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 — Ann Cummings
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@namisd.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

About our Speakers

Karen Godfrey...

is NAMI North Coastal's new IOOV Coordinator. An Encinitas resident for 30 years, Karen is a graduate nurse and pharmacy technician. Although Karen has been a NAMI member for only 7 months, she has become a trained IOOV presenter and hopes to become a trained Peer-to-Peer Mentor and NAMI Connections Support Group Facilitator.

Dawn Sizemore...

has been one of our strongest NAMI consumer advocates since 2006. Originally trained in the Peer to Peer Recovery Education Course as a Mentor, Dawn quickly shifted into the In Our Own Voice Program and started representing NAMI throughout north county events and locations. The following year, Dawn trained to become a NAMI Connections facilitator and has been running a support group for local clients and consumers weekly ever since. Dawn is a college graduate and has two sets of twins – now all teenagers! We are very fortunate to have been the recipients of Dawn's talents and skills these last 4 years and hope she will continue to share her knowledge and experience with us.

President's Address

by Bob Brooks

Two things I would like to comment on this month. First, I would like to say THANK YOU Tri-City Medical Center for allowing NAMI North Coastal to use rooms 1 or 2 for the past 12 weeks to hold a Family to Family class. It has been a perfect setting, and we had one of our best classes ever.

In addition, Charlene Moore, who is the very important liaison to the local Community for Tri-City's Out Patient Behavioral Health...THANK YOU...for setting this all up and obtaining permission for us to accomplish one of our missions, and that is to educate the community about mental health.

Also, a BIG THANKS in advance to Charlene and Tri-City for the rooms to do this again starting on **Wednesday, April 7th**.

Charlene deserves credit also for continuing to reserve space for the North County Mental Health Forum once a month at the Hospital. That meeting brings together various groups in North County who have an interest in and/or concerns about Mental Health issues in North County. This group originally formed in 1998 to try to address (monthly) the ongoing issues in North County relating to current problems on mental health.

In attendance, besides Tri-City and NAMI, are the PERT Officers and the Mental Health Clinician who rides with the officer, Health Aides for at least two of our Board of Supervisors who represent North County, representatives from EXODUS Recovery (WIAC), Interfaith Community Services, Bi-Polar Foundation in San Diego County, CSU San Marcos, RICA, and often others.

My second issue for this month is the NAMI WALK which is scheduled for April 17th at Balboa Park in San Diego. This is a fun event for the whole family including your "pooch." This event is the major fund raiser for all the NAMI's in San Diego County, so your help is needed to contact as many SPONSERS as possible.

Very importantly, the one thing you need to remember is to instruct everyone to write their WALK check or e-mail to NAMI North Coastal.

April F2F Teacher Training Postponed

The Family to Family Teacher Training scheduled for April 9th through the 11th has been postponed until October 1st through the 3rd. Family members wishing to take this training should call...

Bob or Kathy-Smith Brooks at
760-434-3420 or
The NAMI office at
760-722-3754

NAMI Walk San Diego County on April 17th 2010

Upcoming Walk Events:

Team Captain Information Meeting

When: April 3rd 2010 at 10:00AM

Where: 6th Ave and Quince (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 7:00PM

Where: University Christian Church,
Friendship Hall, 3900 Cleveland Ave.
San Diego, 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 online at:

www.nami.org/namiwalks10/SDC/TeamIraq

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

New Peer-to-Peer Class to Start in North Inland Area

A new Peer-to-Peer class series is scheduled to start on April 6th. It will meet every Tuesday beginning April 6 from 9:30AM until 12NOON at the Escondido Clubhouse.

Note: The series will end June 8th.

The Escondido Clubhouse
is located at:
**474 W Vermont Ave.
Suite 105 • Escondido**

Peer-to-Peer is a peer-led mental illness recovery course and is open to any person with a diagnosis of serious mental illness. It is not only informative, but highly interactive and includes take-home material.

For more information, please call:

760 722-3754

Please speak slowly and clearly and leave a phone number and the best time to call back.

FREE Legal Assistance

The Legal Aid Society of San Diego County, Inc. is providing free legal advice and assistance to clients and those who cannot afford legal help.

Lawyers will be on site at:

North County Lifeline

707 Oceanside Blvd. • Oceanside

Mondays • 1-4:30PM

Interfaith Community Services

550 W. Washington St., Suite B, Escondido

Wednesdays • 1-4:30PM

New Leader = New Hope

Debbie Zomparelli is a leader in the making. Over the course of the last 3 years through her work with the National Alliance on Mental Illness, Debbie has sought to assume multiple positions of leadership within the organization.

- Becoming a mentor (teacher) in the Peer to Peer Recovery Education Course, Debbie taught 3 consecutive classes as the lead mentor (the mentor with the most responsibility for the course). Finishing all 3 classes, Debbie went on to become a “Trainer” for the Peer to Peer Program allowing her to teach others how to become mentors for the course.
- In NAMI’s Consumer Presenter Program “In Our Own Voice”, Debbie has provided education and increased public awareness of the nature of brain disorders to community and civic organizations, law enforcement officials, students, family members, friends, lay audiences and other consumers. The power of IOOV is based on trained consumers sharing their journeys about living with a mental illness. IOOV gives hope, educates, opens minds, and changes attitudes. Debbie’s mission has been to contribute to the eradication of stigma surrounding mental illnesses. She has presented at more than 50 locations in San Diego County.
- In the NAMI-Connections Support Group Program Debbie has been a group facilitator for 2 1/2 years. NAMI Connection Recovery Support Groups are for individuals 18 years and older who are living with mental illness, regardless of their diagnosis. Debbie has led over 400 support groups in the last 2 1/2 years. She is now ready to become a NAMI Connections “Trainer” so that she can teach others the skills she has learned and developed over the course of the last several years. Teaching others to become facilitators has become Debbie’s passion and dream. She wants to pass her torch on to others and expand the NAMI Connections Support Groups through San Diego County.

Debbie’s goal and vision is to meet the ongoing needs of those who live with psychiatric challenges by providing support groups throughout San Diego County in safe, flexible, casual, and confidential environments that would be led by NAMI trained individuals who are also in recovery – people who understand the challenges faced by individuals who live with mental illness. Debbie wants to be a part of this expansion project to help and assist others with the isolation and loneliness that so often accompanies mental illness. She wants to help to provide respect, understanding, encouragement, hope, and support to those that are suffering in silence and seclusion.

The NAMI NCSDC Board is supporting Debbie by funding her trip to the NAMI Train the Trainers Conference in St. Louis, Missouri, where she will undergo the training necessary to become a NAMI Connections’ Trainer April 22-25, 2010. She will return to California after the 4-day training with the ability to change lives, warm hearts, move mountains, and create dreams that just might come true.

New Family to Family Class

The next Family to Family class series will begin on Wednesday, April 7, from 6:30 PM to 9:00 PM. The series will meet once a week for 12 weeks and will end on June 23. It will be held at Tri-City Hospital in Oceanside. The teachers are Jayashree Pyati and Anna Kelso.

To sign up and for further information, call the NAMI office at **760-722-3754**.

As each class is very important and builds upon the previous one, attendees are asked to commit to attend all classes. There is no fee. This program is one that NAMI offers to the community to enable family members to deal with serious mental illness in their families.

NAMI North Coastal San Diego County Income & Expense Statement

January through December 2009

Income

Reimbursements for Program Expenses...17,292
 Contributions/Donations Income...8,371
 Grants...10,000
 Membership Dues Collected...9,755
 Fundraising Activities...3,785
 Newsletter Subscriptions...90
Total Income...\$49,293

Expenses

Carlsbad Village Faire...487
 Training (Client Programs)...931
 Client Holiday Party...1,442
 Client Programs...16,209
 Client Education & Conferences...1,409
 Donations...805
 Meetings...566
 Family to Family Education...6,669
 Library - Resource Material...155
 Membership...325
 Newsletter...3,524
 Bank Charges...168
 Membership Dues...3,173 (paid to NAMI CA
 & NAMI)
 Web Site...144
 Insurance...1,553
 Postage and Delivery...1,159
 Printing and Reproduction...1,014
 Telephone...2,462
 Promotions & Advertising...26
 Office Supplies...400
 State of California...20
Total Expenses...\$42,641

Net Ordinary Income...\$6,743

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 Ann Cummings 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 _____

Chris Canelias is Moving On

For the last nine months Chris Canelias has been NAMI-NCSDC's Consumer Coordinator. Stepping down from her responsibilities as of February 2010, Chris brought many talents and skills to NAMI. Chris oversaw the job responsibilities for the IOOV Program as well as for the P2P Program and Connections Program. As a Board Member, Chris attended meetings, worked on the newsletter committee, represented NAMI on the PERT Academy as well as with the Community Research Foundation. Working typically more than 20 hours a week on her various NAMI responsibilities, Chris used her work at NAMI as a springboard to expand her work as a Peer Specialist with IMPACT/Community Research Foundation. Chris acknowledges that her work for NAMI helped to "open doors for her" within the mental health community and assisted in developing her passion for educating others with mental illnesses and specifically for those who are homeless.

As NAMI's IOOV Coordinator, Chris both managed and presented the IOOV Program for NAMI North Coastal as well as for NAMI Inland. Her torch has been passed onto Karen Godfrey of Encinitas, NAMI's new IOOV Coordinator. Karen was introduced to NAMI last year by Chris and took the IOOV training in San Diego. Having known Chris for 10 years, Karen was impressed by Chris' dedication, passion, and commitment to NAMI. Karen feels that Chris' involvement with NAMI has created a sense of inspiration and hope in others. "Having watched Chris grow and change and accomplish new personal goals has been a breath taking experience. I also think Chris' work with NAMI empowered ME to begin living my life again and stop isolating, which I had been doing for several years, and get involved with NAMI."

Chris would like to continue to work with NAMI through the PERT Academy as a panel member. She will also be an active member of the NAMI Walk as well as continue to be a NAMI member. She is very grateful to NAMI and feels her participation has "changed her life." "I am turning out to be the woman I was always meant to be and

I would like to thank NAMI, the Board members, and my friends for all the support this last year. I look forward to the coming years with NAMI."

Chris has offered to be a resource person for NAMI members. You can contact her by email at: **chrisc1433@yahoo.com**

Editor's Note: Although we are sad that Chris is moving on from active participation on our board and client programs, we are very grateful for her volunteer efforts with our NAMI affiliate. We are very hopeful that her new job with Community Research Foundation will present opportunities to offer even more help to those in need.

NAMI Members Launch Laura's Law Campaign

A group of concerned NAMI members and other mental health advocates in San Diego County have launched a campaign to petition County supervisors to implement Laura's Law in San Diego. A petition has been drafted and can be signed online at:

**www.ipetitions.com/
PetitionLaurasLawSanDiegoCounty**

An informative website is also planned. "There have been a rash of possibly avoidable deaths, serious injuries and incarcerations involving seriously mentally ill people who have refused treatment and whose parents and family members have been unable to get help or needed treatment," says Eric Revere, a member of the San Diego County Mental Health Board. Laura's Law, passed by the California legislature in 2002, but whose implementation in each county must be passed by a resolution of the county supervisors, will enable mandated assisted outpatient treatment for those who have a history of non-compliance to include hospitalization, incarceration and homelessness. Revere further states, "This law protects the rights of not only those individuals who have no insight into their own illnesses, but also of loved ones and the public safety of all citizens of our community. I urge all citizens of San Diego County to sign this petition."

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

Fatemah Abtani 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 4-6 PM

NAMI North Inland Support Group
Joslyn Senior Center
210 E. Park / Escondido

Other Support Groups

Tuesday, 7-8:30

Emotions Anonymous
Poway Weigarten Senior Center
1304 Civic Center • Poway
Annmarie (760) 207-2944

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

NAMI Connection Support Groups

Wednesdays from 1-2:30 PM
Mariposa Clubhouse

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

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 • (858) 274-4650

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

ADDRESS SERVICE REQUESTED

*"Frisbeetarianism is the belief that when you die,
 your soul goes up on the roof and gets stuck there."
 -George Carlin*

Volume 10 No.4 • April 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

**Wrestling with Our Inner Angels:
 Faith, Mental Illness and the
 Journey to Wholeness:**
 Nancy Kehoe
 Josey-Bass, 2009

This review is taken from an excerpt in the Winter NAMI Advocate. This book offers a compelling, intimate, and moving account of how the author brought her background as a psychologist and nun to bear in groups of people with mental illnesses. Kehoe has listened for years to those who have a mental illness and now shares their compelling stories. Indeed, one of the many ways that NAMI conveys its message is by people telling their stories! Others have said that this book is written with compassion, an open mind, and unflinching honesty. She also offers her own journey of faith, an often overlooked perspective in the mental health treatment field.

** available on www.amazon.com **

