

NAMI North Coastal San Diego County

Your Local Voice on Mental Illness

MAY 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.***

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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

email: namincsd@pacbell.net

website: www.nami-northcoastal.org

**To submit an article for the newsletter
please email editornamincsd@pacbell.net
(more details on back page.)**

MAY EDUCATION MEETING

Date: Thursday, May 20, 2010 at 7:00 PM
Place: St. Michael's Episcopal Church Parish Hall
2775 Carlsbad Boulevard • Carlsbad 92008
Speakers: Michael Phillips, Attorney
Topic: The Role of Patient Advocacy

About our Speaker

Michael Phillips, Supervising Attorney for the Jewish Family Service Patient Advocacy Program (a San Diego County contract) was named Advocate of the Year by the California Association of Mental Health Patients Rights Advocates in 2009. Phillips has been providing advocacy for mental health consumers since 2002. He attended the University of San Diego School of Law where he first interned in that school's mental health clinic. He learned firsthand that those with mental health issues are a potentially vulnerable class of people who can benefit greatly from advocates who represent them in due process hearings, to make sure that they are aware of their rights, and to investigate complaints and grievances on their behalf.

Patient Advocates work throughout the County advocating for the rights of those with mental illnesses at psychiatric hospitals, board and care facilities, legal hearings, and more. Patient advocates work to ensure patients are being treated with respect and their rights are being observed!

“My goal,” says Phillips, “is to usher in a new era of patient advocacy in San Diego (County) in which collaboration with all members of the mental health community results in a better environment for all parties involved.”

Come on Thursday, May 20th, to listen to this very educational program!

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

I believe it is past time for NAMI North Coastal to say *THANK YOU* in a big way to Carlsbad by-the-Sea Episcopal Church. They have allowed us to hold both our monthly Board Meetings and our monthly general meetings in their Parish Hall for more than 12 years. In addition, we have held numerous 12 week Family-to-Family classes in the same location.

As well, last year at this time and again last Sunday the OUTREACH Committee of St. Michael's awarded NAMI North Coastal a gift of \$1000.00. I told them how grateful we were, and that their gift would allow us to teach our 12 week Family-to-Family class to at least 50 people. I then showed them the NAMI National Family-to-Family Tribute DVD, so that they could see/learn what this particular program was all about.

All of us at NAMI North Coastal give all of you at St. Michael's a *GREAT BIG THANK YOU* for allowing us to use your Church to help those suffering from a mental illness and their loved ones.

Also, a large *THANK YOU* to all those who walked on and supported us on April 17th. Without these funds, we could not further our mission and vision!

NAMI California Conference 2010

NAMI California has announced that the theme for this year's conference is **Lighting the Way to Recovery Together**. The conference will be held on August 27th and 28th at the San Francisco Airport Marriott Hotel. NAMI members may register online at www.namicalifornia.org by July 3rd and pay only \$170 for the 2-day event. Discounted hotel rates can be made directly with the hotel until August 18th.

The annual conference is a great learning opportunity on the latest developments and practices in the mental health field. Many of the presenters are from prestigious California universities engaged in research and treatment programs. It is also a time to renew enthusiasm with members of other NAMI affiliates.

2010 NAMI National Convention to be Held in Washington, DC

The NAMI National 2010 Convention will be held on June 30th – July 3rd at the Washington Hilton Hotel in Washington, DC. Discounted registration until May 31st is only \$235 for family members and \$135 for consumer members. Discounted room rates at the Hilton are \$155 to \$165. Budget accommodations at the nearby Churchill Hotel are \$129.

**For Registration & More Information Visit
www.nami.org.**

NAMI North Coastal Walk 2010

The NAMI walk this year was a huge success!
This is a letter from Sandy Murphy about
her experience on that day.

Dear Family and Dear Friends,

I wish to give you the essence of what it was like on Saturday to walk for you, my sister Colleen, my son Sean and NAMI. Mike and I drove down to Balboa Park and got the best parking spot right in front. So we were off to a good start. I wrote each of your names on a rainbow ribbon and I wore it around my neck over my NAMI T-shirt. Many people asked me about the ribbon. "These are my people who helped me support NAMI," I would tell them. We joined our co-walkers, Ann and her son Sean, and we were ready to be a part of a sea of people, all wearing either the NAMI white shirt or team colors. This year's theme was Changing Minds One Step at a Time.

We took our place among the crowd of 1,600 or more and began following a woman holding a sign that said "Normal is Over Rated" with a photograph of Dr. House from the TV show House. It did bring a smile and a sense of humor to our undertaking.

As I walked I talked to strangers to reach out and



PHOTO: INGRID TOMASSONI
NAMI NORTH COASTAL WALK 2010

find out about the many different teams (identified by their team T-shirts). I found a lady who had helped Sean. Her name was Kathy and she is a nurse who I met while Sean was at Sharp Mesa Vista. We both shed a tear. We both spoke about meeting at a previous NAMI walk. I hugged an old friend with whom I had taken a Family to Family class 6 years ago. We talked and walked a little ways filling in with our stories from our lives.

I got a hug from Danny and Ellen and her Impact Adult Group. I told part of my story to a PERT member. PERT, which stands for Psychiatric Emergency Response Team, are crisis intervention specialists who respond when police are needed to intervene in serious mental health incidents. She shared her work and how they are trying to train the police. I could feel the healing begin. God has promised me a good life. And I got a good walk with lots of people who understand what it is like to live with mental illness. I gazed out on all the people and felt so much love,

Could anything or anyone ever be the same? No, NAMI and living with mental illness changes lives. NAMI has changed me.

Thanks again for your money it will help someone in need of help. And we raised the most money for the Walk this year. "YEA, Way to Go!"

Thank you from the bottom of my heart, thank you from my soul, and thank you for caring.

Editor's Note: This is a letter from Sandy Murphy to those who supported her on the 2010 NAMI Walk. I asked her to allow us to publish it because I believe it typifies not only the meaning and purpose of the Walk, but makes us all feel a little better about what we do and why we do it.



NAMI Semi-Annual Plant Sale

Remember to visit the NAMI North Coastal plant sale booth on Sunday, May 2nd, at the Carlsbad Village Fair. Our booth is on the south side of State Street between Carlsbad Village Dr. and Grand Ave. This is another of our major fundraising events and an excellent opportunity to present NAMI to the many thousands of people who visit the Faire. Those who have volunteered to help are please asked not to forget their appointed times. Volunteers can park in either of the small lots behind or to the side of our satellite office at the Carlsbad Pediatric Dental Care office on **570 Laguna Drive.**

The Peer Support Specialist: A Friend in Deed

“Sometimes I need someone to talk to who’s been through it all.” Many consumers and providers have heard this mantra before, and they know that trained professionals are not the consumer’s only source of assistance. A person who has been through similar agonies and triumphs can uniquely connect with a struggling client. That is where the Peer Support Specialist (PSS) comes in.

The idea behind peer mentoring is that people who have experienced similar mental health-related challenges and are further along on the path of recovery can be of invaluable help to those striving to move forward. Although the PSS assists the client in a broad spectrum of ways, two areas form a rough division: helping an individual with his or her recovery and helping those close support him or her while learning to care for themselves.

The training program of Recovery Innovations of California, an organization that prepares Peer Support Specialists, addresses both areas. RICA’s instruction involves three modules: getting to know oneself, developing communication skills with others, and learning specialized skills in specific recovery contexts.

The first module teaches the PSS to gain a thorough understanding of her own strengths and challenging areas. The PSS trainees evaluates how their own self-esteem might benefit or disrupt a client’s recovery—as well as her own.

The second module, “a turning point,” focuses on how the PSS trainees can “re-envision their stories from a strengths perspective,” and use their experiences as models without reverting to unwanted patterns, according to RICA’s Web site.

The third module hones skills and complementary characteristics that drive one to be a PSS. Trainees receive specialized instruction in areas such as conflict resolution and addiction-related trauma recovery.

The client who must rely solely on her doctor misses a chance to receive important stabilization in the

form of the PSS, who offers the client benefits such as social networking or being an example of one who has been through miseries and come out triumphant on the other side.

For General Information

Recovery Innovations of California,
Toll Free at **(866) 481-5361**

For their California office, go to:

<http://www.recoveryinnovations.org/rica/index.html>

Recovery Innovations of California can provide half-day workshops up to multi-day events. For workshops, education, classes, and consultations and to learn more about content, costs and scheduling, e-mail Lisa St. George, Regional Vice President at:

lisas@recoveryinnovations.org

San Diego Location

3565 Del Rey St., Ste. 202 • San Diego, CA 92109
P: (858) 274-4650 • F: (858) 274-4662

Ventura Location

1911 Williams Dr., Ste. 125 • Oxnard, CA 93036
P: (805) 981-5439 • Fax (805) 981-5448.

Peer to Peer Recovery Education News

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 P2P...a 10 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. The next class series will begin on Tuesday, May 18 and meet on successive Tuesdays until July 20. It will meet from 9:30am to noon at the Escondido Clubhouse, 474 West Vermont Ave. in Escondido. The next class series will begin sometime in September. The exact date, place and time will be announced in future newsletter issues. Please call (760) **722-3754** to enroll in these classes.

Family-to-Family NEWS

The next Family to Family class series will begin the week of September 13. This series will meet once a week for 12 weeks and will end during the week of December 6. The location, exact dates and teachers will be announced in future newsletters and on the NAMI North Coastal website. 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 urged to commit to attending all classes. There is no fee for these classes, but they offer a priceless education on all aspects of mental illness. This program is unsurpassed in enabling family members to deal with serious mental illness in their families. It is taught by trained, dedicated and unpaid NAMI volunteers who freely commit many hours of their time.

Laura's Law Petition

If you have not signed the online petition to implement Laura's Law in San Diego County, please do so at

www.ipetitions.com/petition/lauraslawsandiegocounty

Note: The web address was incorrectly printed in the April newsletter.

Over 125 NAMI client and family members and other concerned citizens of San Diego County have signed the petition. To learn about Laura's Law and how it will help to obtain treatment for those seriously mentally ill citizens in our County who have insight impairment, go to the Treatment Advocacy Center website at:

www.TreatmentAdvocacyCenter.org

*Happy Mother's Day
May 9th*

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 _____

Open Forum to Plan Second MHSA Innovation Cycle

All interested members of the public are invited to an open forum to discuss the Mental Health Services Act (MHSA) for Innovation Planning Cycle 2. The forum will be held on Wednesday, May 12, 2010, from 2:00 PM to 4:00 PM at the Behavioral Health Services Building in the La Jolla Room, 3255 Camino del Rio South, San Diego.

This forum is designed for the community at large to participate in the inclusive MHSA planning process by reviewing previously submitted ideas as well as providing new ideas for the Innovation Component of the County's MHSA Plan. Innovations are defined as novel, creative and/or ingenious mental health practices/approaches that are expected to contribute to learning. The Innovation Component allows counties the opportunities to "try out" new approaches that can inform current and future mental health practices/approaches. Innovation ideas will introduce a new practice, adapt an existing practice for a new setting, or introduce a new practice that has been successful in a non-mental health setting.

For questions, requirements for translation services or reasonable disability accommodations, including documents in alternative formats, contact

MHSPop63.HHSA@sdcounty.ca.gov
888-977-6763

New Documentary to Air on KPBS

The Misunderstood Epidemic: Depression is the newest documentary by filmmaker Susan Polis Schutz. It is an intimate look at how depression affects its victims and their families. It will air on KPBS San Diego May 3rd at 9 PM and May 11th at 9 PM. Our own Ann Cummings is in this film.

The film explores through firsthand accounts how depression can happen to anyone regardless of age, race, or socioeconomic background. One by one the topics are addressed in candid detail: symptoms; suicide; the stigma and lack of understanding; the stress in families and relationships; the loss of ability to work. The film also discusses the pros and cons of

medication, different types of therapy, and support groups. It contains uplifting advice to families and friends of people who are depressed. It inspires hope for happiness and a path to get better.

The inspiration for this documentary came from Susan Polis Schutz's own experience with depression. Susan kept a journal while struggling to overcome depression. That journal was the basis for Susan's recent book, *Depression and Back: A Poetic Journey Through Depression and Recovery*. The film and book will help people understand depression, give them hope, and show them that they are not alone.

UCSD Conference To Kickoff Mental Health Awareness Month

May is Mental Health Awareness Month. Community Advocates for Disability Rights and Education (CADRE) will hold its annual Inner/Outer Limits Conference May 1st and 2nd at the University of California, San Diego. The conference is being held in conjunction with Mental Health Awareness Month.

Good News About Depression and Bipolar Disorders: Recent Advances in Diagnosis and Treatment is the topic of the noon May 1 discussion to be held in the Santa Barbara Room of the UCSD Price Center. Dr. John Kelsoe, associate professor of psychiatry, and Dr. Constance Nagi, chief of the Division of Dermatology and director of dermatologic surgery, UCSD Department of Medicine, will lead the discussion.

Rhythms and Blues: Hormonal Basis of Mood Disorders in Women is the topic of the noon May 2nd event to be held in the UCSD Women's Center. Dr. Barbara Parry, psychiatry professor and director of research of the Women's Mood Disorders Clinic, will discuss premenstrual dysphoric disorder (PMDD) with perspective to other women's mood disorders.

Both programs are free and open to the public. Refreshments will be served.

Inner/Outer Limits is sponsored by CADRE and the Women's Center. For further information call **(858) 534-3958**.

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
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Carlsbad, CA 92018

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ADDRESS SERVICE REQUESTED

*“Our lives begin to end the day we become silent
about the things that matter”
-Dr. Martin Luther King*

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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

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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

The Glass Castle
By Jeanette Walls
Scribner, 2005

This memoir is a winner of a Christopher Award, Winner of a Books for a Better Life Award, and a New York Times Notable Book as well as the 2005 ELLE Readers Prize and the 2006 American Library Association Alex Award. I was asked to review this book by one of our members and was at first not sure what to expect. “The Glass Castle is a remarkable memoir of resilience and redemption, and a revelatory look into a family at once deeply dysfunctional and uniquely vibrant.” This personal, peculiar family saga is unending, but also so engrossing that you never want to put it down as you read... part substance abuse issues and part mental health issues, an alcoholic father and a mentally ill mother. This is a tragic but true story told with humor, grace, kindness, and love tested. Some have doubted the authenticity of the writing, but those who grew up with the Walls children and family say it is all encompassing, a real family! A Sunday afternoon’s read...

** available on www.amazon.com **

