

NAMI North Coastal San Diego County

Your Local Voice on Mental Illness

JUNE 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.***

JUNE EDUCATION MEETING

Date: Thursday, June 17, 2010 at 7:00 PM
Place: St. Michael's Episcopal Church Parish Hall
2775 Carlsbad Boulevard • Carlsbad 92008
Speakers: Ed Thompson, MFT, & Officer Craig Bond

An Insider's Guide to Making PERT Work for You

Ed Thompson has been a PERT Clinician assigned to the Escondido Police Department since 2007. He is also a Team Leader in charge of PERT operations in North County. In addition, Ed is a Licensed Marriage and Family Therapist in private practice providing in-home therapy services to residents of North County. Ed received his BA degree in Law and Justice in 1988 from Glassboro State College in New Jersey where he worked for nine years in various positions within the criminal justice system. In 1996 he earned his MA degree in Counseling from Rowan University. He has over fourteen years experience as a Therapist and Program Manager in various outpatient, inpatient and residential treatment settings in Southern New Jersey and San Diego County.

Officer Craig Bond is a PERT-trained policeman with the Escondido Police Department.

PERT (Psychiatric Emergency Response Team) is comprised of teams of specially trained police officers or deputies who are paired with mental health professionals. Together, they respond on-scene to situations involving people with mental illness. The goal of the program is to refer people with mental illness who come into contact with police to the most appropriate service available and in the least restrictive environment possible. The 21 PERT teams represent a partnership between the San Diego County Mental Health Department and participating San Diego cities and the San Diego County Sheriffs Department and all of their divisions.

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

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.)

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

President's Address

by Bob Brooks

I seem to spend most of my time, talent, and space in these monthly Newsletters "THANKING" people for all the things they do for and contribute to NAMI North Coastal.

A wonderful group of NAMI members worked very hard at the PLANT SALE during the Carlsbad Village Faire. Their efforts added over \$2100 to our funds; so among other things, this will help send some of our members to various special events and trainings. As a result, many will be able to teach/lead Peer to Peer, IOOV, F to F, and attend the NAMI California Conference in San Francisco.

I do not have the names of all who have worked so hard (I was out of town), but I "THANK ALL OF YOU." However, a "SPECIAL HEART FELT THANK YOU" goes to Duane Baird who not only chaired this major effort but also contacted all the Nurseries that contributed all the plants and flowers.

Also, I wish to "THANK" all of our members who give of their time and energy to teach our FAMILY TO FAMILY classes. They spend a lot of time preparing for the 12 week class in addition to the 4 plus hours on the actual night of each class.

I also want to say "THANK YOU" to those wonderful members who contribute their time, talent, energy and knowledge to our SUPPORT GROUP meetings after our General Meeting each month. They not only give up their time to be trained to do this important task, but they HELP people at every meeting who are either suffering from a mental illness themselves or are Care Givers to someone who is suffering.

Thank you to Liz and Kathy for a few great Educational Programs this year! They not only call, book, and make sure the presenters are here but also follow through with a thank you following the General Meetings! Also, to Eric who sets up for the Programs each month!

THANK YOU ONE AND ALL! I know I will surely miss some of you, but you know who you are!

We are a "working Affiliate" all volunteer with so many, many dedicated and committed members!



Another New Plant Sale High

The sales of donated plants from NAMI North Coastal's booth at the Carlsbad Village Faire on May 3 totaled a little over \$2,100 in sales. Plant sale organizers, volunteers, generous patrons and beautiful plants proved to be a winning combination. The success of this event was primarily due to the hard work of donor and logistics coordinator, Duane Baird, with event and volunteer coordinator, Pat Devine. Duane contacted the nurseries for plant donations and, during the week prior to the Faire, picked up the plants with the help of Kerry Creen and Dexter Duenas. Then very early in the morning, Duane and Maureen and Ruben and Ann transported the plants to the booth site on State Street in Carlsbad. Dana and Kevin Thomart arrived to help with the pricing. Throughout the day, the following volunteers staffed the booth, selling the plants to Faire attendees: Ron White, Charmian Friebe, Donna Marie Bozeman, Pat Devine, Bill and Laurel De Wolf, Mike and Terry Miller, Dom Bottomley, Jim Lilley, Susan Winebrenner, Kerry Creen, Phil and Bobbi Kontoff, Tom and Vera Slipper, Ingrid Tomassoni and Eric and Marie Revere. The last group disassembled the booth, cleaned the area and transported the booth to our satellite office in Carlsbad.

This major effort would not continue to be successful without the hard work of these volunteers. The officers and board of NAMI-NCSDC sincerely thank them and donating nurseries who have made this event the best ever. This is a major example of volunteerism in action. The efforts of all involved contribute to the success of this twice yearly event as a major fundraising event for our affiliate. In addition, many thousands of Faire attendees see the NAMI banner. This presents a great opportunity to acquaint the public about our organization.

County Mental Health Announces Capital Facilities Public Forums

The San Diego County Mental Health Department has announced four regional forums to be held during the month of June for the public to express needs for capital facilities within the County as required by the Mental Health Services Act (MHSA). The County is scheduled to receive \$5.95 million in funding from California as its share of MHSA funds in fiscal year 2009-10 to build, improve or expand capital facilities. A "Capital Facility" is a building secured to a foundation which is permanently affixed to the ground and used for the delivery of MHSA services to individuals with mental illness and their families or for administrative offices.

North Region Forum

Tuesday, June 29, 2010
2:00 p.m. to 4:00 p.m.
North Inland Regional Center
Executive Conference Room
600 E. Valley Parkway
Escondido, 92025

East Region Forum

Wednesday, June 9, 2010
2:00 p.m. to 4:00 p.m.
HHSA East County Adoptions
Conference Room
198 W. Main,
El Cajon, 92020

South Region Forum

Wednesday, June 23, 2010
2:00 p.m. to 4:00 p.m.
South Regional Center
Room 2
690 Oxford St,
Chula Vista, 91911

Central Region Forum

Monday, June 14, 2010
2:00 p.m. to 4:00 p.m.
Health Services Complex
San Diego Conference Room
3851 Rosecrans Street
San Diego 92110

These forums are held so that County Mental Health Department leadership can facilitate community input into the MHSA planning process through a discussion of placement or location options for mental health services facilities within San Diego County.

NAMI North Coastal members are encouraged to attend any one of these forums to advocate for the improvement or expansion of mental health facilities in the north county area.

For any questions or to express a need for translation services or need reasonable accommodations due to a disability, including documents in alternative formats, contact: **1-888-977-6763**
www.MHSPop63.HHSA@sdcounty.ca.gov.

Current State Budget Proposals to Affect Social Services

In May, Governor Schwarzenegger proposed budget cuts and revisions that will impact mental health consumers and their families. In the coming weeks, more details will be released as to how these revised proposals would affect mental health services if they are accepted by the legislature. The budget-making process will last through the end of June and possibly several months beyond. Currently, there are more questions than answers. One thing is certain. The overall picture is grim. The state has a continued shortfall of \$19.1 billion for the coming fiscal year - only very slightly less than what was projected in January.

In the Department of Mental Health's (DMH) budget, the governor proposes to reverse the re-direction of \$602 million in Mental Health Realignment funds administered by California counties to the General Fund. The Mental Health Realignment Funds were funds originally redirected in 1991 by Governor Pete Wilson from the General Fund to the counties for them to enable them to operate their mental health and associated social service programs. This amount represents a 60% reduction of the \$1 billion that California normally gives the counties. The Governor proposes to spend this \$602 million on child welfare and food stamp programs because there is an increased caseload projection due to the economic recession. As a result of the rejection by California voters to redirect Proposition 63 funds to the EPSDT Program (Early and Periodic Screening, Diagnosis and Treatment) of children and youth under 21 and the Mental Health Managed Care Program, the governor proposes to restore \$452.3 million to the General Fund to run these programs.

Also in the DMH, the Sex Offender Commitment Program will be decreased by \$7.2 million to reflect savings in the Sexually Violent Predator Program due to a shift in the type of referrals from the California Department of Corrections and Rehabilitation. The last proposal is to suspend the AB 3632 mandate, for \$52 million in savings. AB 3632 mandates counties to provide mental health services to children who need them in order to succeed in school.

Budget reduction proposals for the Department of Health Care Services will involve Medi-Cal Cost Containment. They will limit the number of physician or clinic visits to 10 per year (\$69.2 million), increase cost sharing (\$218.8 million) with; (a) \$5 co-payments on physician/clinic/dental/pharmacy visits (\$118 million); (b) increase co-payments to \$50 for emergency room visits (\$41.5 million); and (c) increase co-payments to \$100 per day (\$200 maximum) for hospital stays (\$59.1 million).

In the Department of Alcohol and Drug Programs, the proposals would eliminate all Drug Medi-Cal programs that provide substance abuse and co-occurring disorder treatment, with the exception of the Perinatal and Minor Consent programs, effective October 1, 2010, for a decrease of \$53.4 million. The Drug Medi-Cal program serves 270,598 recipients currently.

In the Department of Corrections and Rehabilitation, \$243.8 million in the General Fund would be reduced in 2010-11 by proposing a system of block grants to provide evidence-based programming and other probation and jail services at the local level. The block grants will be funded from a portion of state savings generated by having non-sex offender, non-serious, non-violent offenders convicted with sentences of three years or less to serve their felony sentence in local jails. The state will provide the counties with approximately \$11,500 per offender, to be allocated at the local level, for programs and services such as probation programming, drug courts, and alternative custody. A proposal would add \$300 million lease revenue bond authority for local youthful offender rehabilitative facilities to enhance the capacity of local communities to implement an effective continuum of response to juvenile crime and delinquency.

Family-to-Family News

The next Family to Family class series will begin on Monday, September 13, from 6:30 pm to 9:00 pm. This series will meet once a week for 12 weeks and will end during the week of December 6. The location 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 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.

Family to Family Teacher Training

On October 1-3 at Mission San Luis Rey in Oceanside, NAMI North Coastal will be offering a Teachers Training for the NAMI Family to Family Education Program. This three day training will provide North County attendees with the knowledge and skills to teach the Family to Family 12-week course in or area.

We are looking for a few good people to train as teachers. You do not need teaching experience. The only requirement is that you be a member of NAMI. The training begins at 10:00 am on Friday and lasts until Sunday afternoon. Lodging (shared), materials and meals are provided and there is no charge for this training as it is funded by the Mental Health Services Act. NAMI North Coastal has coordinated, planned, and created this training with the help of NAMI San Diego and Lynn Cathy, Director of the Family to Family Program for NAMI California. Pre-registration is mandatory!

To register contact Bob or Kathy Smith-Brooks at **760 434-3420** or **760 722-3754**.

NAMI Veterans Family News

A Family to Family education course will be offered to family members and caregivers of military persons (active or veteran) at the San Marcos Vet Center starting Saturday, June 5 and ending on August 28. Classes are from 11:00 am to 1:00 pm. This series is **ONLY** for family or other caregivers of military persons (active or veteran) with mental illness. **It is NOT for military service members.**

The goals of this education are to give you the latest information available, to support and help you cope with your stresses, and to understand what will help in the recovery of your family member. You will

learn about the major illness of schizophrenia, bipolar, depression, obsessive-compulsive disorder, posttraumatic stress disorder, traumatic brain injury, and other disorders. In addition, there will be discussion about medications and their side effects, coping skills, recovery, disability, benefits, and advocacy. You will be in an environment where everyone understands your feelings and challenges. When you complete the course, you will leave with your set of class materials, resource information, and ongoing support contacts. **There is no charge for classes, materials or parking.**

Co-teachers Jane Fyer and Elizabeth Freed are themselves family members who also understand the military culture, having had their own experience in the military world.

This is an intense 12-week course and a commitment to attend is vital. Please do not apply if you expect that you cannot attend EVERY session. There will be no class Saturday, July 3rd due to the holiday weekend. More than one family member is welcome to attend. However, due to space restrictions, the total class is limited to twelve.

Call Jan Fyer at **858-481-7069** for more information. Please be sure to leave a detailed message on how and best time to call you if you do not make direct contact. Once accepted, you will be sent pertinent location information, maps, and directions.

Peer Liaisons

Peer Liaisons assist people to advocate for their needs and rights. They act as a two way conduit to gather and disseminate information between the San Diego County Mental Health System of Care and people receiving services and their families. Peer Liaisons provide hope, encouragement, information and connection to the community through county-wide neighborhood forums, focus groups, county meeting attendance and our monthly newsletter.

Contact Peer Liaisons at **858-274-4650**. The Peer Liaison in the north coastal region of San Diego County is Jeff Najarian: jeffrey.najarian@recoveryinnovations.org.

NAMI—In Our Own Voice

What is NAMI's IOOV? It is a presentation of personal stories by those recovering from major mental illnesses that creates awareness about what is involved in recovery. Attendees at IOOV presentations hear from people who have struggled with disorders such as depression, schizophrenia, bipolar disorder, and other serious mental illness. IOOV is a powerful anti-stigma tool that will 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 _____

Severely Mentally Ill Persons More Likely to be in California Jails than Hospitals

“More Mentally Ill Persons Are in Jails and Prisons than Hospitals: A Survey of the States,” a new report released today by the Treatment Advocacy Center and the National Sheriffs’ Association, reveals that Americans with severe mental illnesses are three times more likely to be in jail or prison than in a psychiatric hospital. “Over the past five decades the needs of Americans suffering from severe mental illnesses have been forgotten,” said James Pavle, executive director. “With little exception, incarceration has replaced hospitalization for thousands of individuals with severe mental illness in every single state.”

“If societies are judged by how they treat their most disabled members, our society will be judged harshly indeed,” said study author E. Fuller Torrey, M.D., a research psychiatrist and Treatment Advocacy Center founder. “The present situation, whereby individuals with serious mental illnesses are being put into jails and prisons rather than into hospitals, is a disgrace to American medicine and to common decency and fairness.”

The odds of a seriously mentally ill individual being imprisoned rather than hospitalized are 3.2 to 1, state data shows. In California the odds are 3.8 to 1, which is higher than the national average. The report compares statistics from the U.S. Department of Health and Human Services and the Bureau of Justice Statistics collected during 2004 and 2005, respectively. The report also found a very strong correlation between those states that have more mentally ill persons in jails and prisons and those states that are spending less money on mental health services.

Ratios of imprisonment versus hospitalization vary from state to state, as the report indicates. On the low end, North Dakota has an equal number of mentally ill individuals in hospitals as in jails or prisons. By contrast, Arizona and Nevada have 10 times as many mentally ill individuals in prisons and jails than in hospitals.

Recent studies suggest that at least 16 percent of inmates in jails and prisons have a serious mental

illness. According to author and National Sheriffs’ Association Executive Director Aaron Kennard, “Jails and prisons are not designed for treating patients, and law enforcement officials are not trained to be mental health professionals.”

Once a part of America’s dark past, criminalizing severely mentally ill people has returned. Five decades of closing psychiatric hospitals has forced large numbers of deinstitutionalized patients into the criminal justice system. “America’s jails and prisons have once again become our mental hospitals,” Pavle said.

In 1955, there was one psychiatric bed for every 300 Americans. By 2005 there was just one psychiatric bed for every 3,000 Americans. Compared to statistics from 1850, when there was only one public psychiatric bed available for every 5,000 Americans, America is heading in the wrong direction when it comes to caring for the severely mentally ill.

Report author Dr. Richard Lamb, Professor of Psychiatry at the University of Southern California said, “This report documents what we see on a daily basis. Deinstitutionalization, restrictive commitment criteria and a lack of adequate community support programs are making it more likely for psychiatric patients to be in correctional facilities than in hospitals.”

Data on prisoners for “More Mentally Ill Persons Are in Jails and Prisons than Hospitals: A Survey of the States” were obtained from the Bureau of Justice Statistics’ report, “Prison and Jail Inmates at Midyear 2005.” Data on the number of inpatients in public psychiatric hospitals, private psychiatric hospitals, and the psychiatric units of general hospitals were obtained from the 2004 Inventory of Mental Health Organizations, carried out by the Substance Abuse and Mental Health Services Administration under the U.S. Department of Health and Human Services.

The Treatment Advocacy Center is a national nonprofit organization dedicated to eliminating barriers to the timely and effective treatment of severe mental illnesses. The Treatment Advocacy Center promotes laws, policies, and practices for the delivery of psychiatric care and supports the development of innovative treatments for and research into the causes of severe and persistent psychiatric illnesses, such as schizophrenia and bipolar disorder.

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

*"In every conceivable manner, the family is link
 to our past, bridge to our future."* - Alex Haley

Volume 10 No.6 • June 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 Media

For Viewing:

The Misunderstood Epidemic: Depression

Iron Zeal Films, 2010 (DVD) | www.ironzeal.com

Susan Polis Schutz as filmmaker has the ability to distill one of life's greatest challenges, depression! This is her newest documentary with an intimate look at how depression affects its victims and their families. One of our very own from NAMI North Coastal, Ann Cummings, is in this film as well as several from the San Diego area. Peter Yarrow of Peter, Paul and Mary fame is also a major contributor to the film! This film will be shown at the NAMI North Coastal General Meeting on July 15, 2010. Be prepared for a wonderful evening...

For Reading:

Depression and Back

By Susan Polis Schutz | Blue Mountain Press, 2010

Very openly, Susan has also written this poetic memoir about her recent, courageous personal battle with depression. Susan is among the "world's best-selling authors." She and her husband, artist Stephen Schutz are widely known for their poetry books and greeting cards. They now also create documentary films as IronZeal Films. Take time this summer to view/read these two wonderful works of art!

