



NAMI-NCSDC  
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Carlsbad, CA 92018

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*“Accustom yourself continually to make many acts of love, for they enkindle and melt the soul.”*

- St. Teresa of Avila

ADDRESS SERVICE REQUESTED

**Volume 9 No. 9 • September 2009**

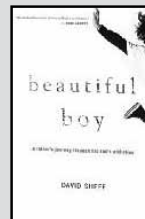
This newsletter is published by NAMI-NCSDC, an affiliate of NAMI California and NAMI. Any opinions expressed in this monthly newsletter do not necessarily reflect those of NAMI-NCSDC. Editorial contributions, humorous non-copyrighted stories, personal recovery stories and articles on mental health are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

**newslettereditor@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**

**Beautiful Boy:**

*a father’s journey through his son’s addiction*  
By David Sheff  
Mariner Books 2009

Recently, several of us attended an inspirational presentation titled “Alive Today” given by David Sheff and his son, Nic. It was held in La Jolla and sponsored by the Vista Hill Women’s Council on Mental Health. Mr. Sheff has written his book, *Beautiful Boy*, to educate others about addiction and many say this book is about truth and healing. Before Nic Sheff became addicted to drugs and alcohol, he was a wonderful and joyous person, a varsity athlete, an honor student, and much more. This book chronicles Nic’s shocking descent into substance abuse and his gradual loss of hope. In addition, Nic was recently diagnosed with bipolar disorder. It took a violent relapse one summer in California to convince Nic that he really needed to quit abusing substances and put his life back together. This is the true story of Nic and his family and their journey through addiction and recovery. David Sheff has won many honors for his writing and has been named *Time Magazine’s 100 World’s Most Influential People of 2009*.



# NAMI North Coastal San Diego County

*Your Local Voice on Mental Illness*

SEPT. 2009



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 — Liz Kruidenier, Kathy Smith-Brooks  
Secretary — Fran MacNeel  
Treasurer — Mike Wade  
Past President — Connie Hoban

## Committee Chairs & Program Managers

Advocacy — Liz Kruidenier  
Children and Youth — Open  
Crisis Calls — Jane Hird  
Consumer Programs — Chris Canelias  
F2F Coordinator / Grant Administrator — Jayashree Pyati  
Hospitality — Jim Lilly  
Legislation — Thelma Hayes  
Librarian — Dana Thomart  
Newsletter — Eric Revere, Laurel Jacobsen, and Ingrid Tomassoni  
Office Operations — Adrianna Costa  
Support Group Coordinators — Phil & Bobby Kontoff  
Volunteer Coordinator — Tina Overbeck  
Webmaster — 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**

## SEPTEMBER EDUCATION MEETING

*(is every 3<sup>rd</sup> thursday of the month)*

**Date: Thursday, September 17, 2009 at 7:00 PM**

**Place: St. Michael's Episcopal Church Parish Hall  
2775 Carlsbad Boulevard • Carlsbad 92018**

**Speaker: Marshall Lewis**

**Topic: Drugs, Alcohol and Mental Illness**

### ***About Our Speaker***

Marshall Lewis, M.D., D.F.A.P.A., is the Clinical Director of the Behavioral Health Division and Health & Human Services Agency in the County of San Diego. He was recruited from Stanislaus County Behavioral Health and Recovery Services where he had served as Medical Director since 1998. Prior to that, Dr. Lewis was the Executive Medical Director, Mental Health Services, for St. Luke's Hospital in San Francisco. During his distinguished career, he has held numerous positions in various alcohol and drug settings and mental health programs. He holds academic appointments as Assistant Clinical Professor of Psychiatry from the UCSD School of Medicine and is an Assistant Clinical Professor in Family Practice at the UC Davis School of Medicine. Dr. Lewis' B.A. is from Yale University and his M.D. is from Vanderbilt University School of Medicine. He is Board Certified in both Addiction and Psychiatry and has a particular interest in individuals with co occurring disorders.

He has special interests in models of integration with primary care, and in the use of family support specialists in clinical settings. Dr. Lewis is Board Certified in both General Psychiatry and Addiction Psychiatry and has a particular interest in individuals with co-occurring disorders.

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

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This has been an interesting month. Besides attending a GRAC (Government Relations Advocacy Committee) meeting with Liz and Thelma in Clairemont Mesa, I attended a CHIP (Community Health Improvement Project) meeting in San Diego, the Mental Health Forum at Tri-City Hospital, and the NAMI California Conference in Torrance.

I also met with the person responsible for those suffering with a mental illness that are currently in the Vista Detention Facility (read Vista jail) with about 800 total beds in this Center. There are approximately 125 of the 800 who actually receive treatment and medications. With State Budget Cuts beginning, we are discussing how NAMI North Coastal and law enforcement may collaborate. One thing we can do is to make sure family members of those in that facility are given the chance to take the NAMI Family to Family Program, so they understand how to help and learn the dynamics of mental illnesses.

I also attended the NAMI California Conference in Torrance. On Thursday August 20th, they held a Leadership Conference for Affiliates which was very interesting (my comments about the activities elsewhere in this issue). On Friday the 21st, I had to pick and choose what I wanted to attend since there were so many different workshops offered at the same time.

The keynote address was presented by Tom Wootton who spoke on "Bipolar in Order: Looking at , Depression, Mania and Schizophrenia from the other side." This was a very informative talk, and he is the author of "The Bipolar Advantage."

The next speaker was Akikur Mohammad, MD who spoke on Dual Diagnosis.

After that came Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI) with even more about PTSD in the afternoon by Clayton Chay.

During the afternoon session "Is Transformation Working" was presented by three people who are on the Mental Health Services Commission. One of whom was Darlene Prettyman, from Kern County, (Darlene and I were both on the NAMI CA Board of Directors together 1996 to 2002). They discussed what has transpired to help MHSA transform Mental Health Treatment and Services in California Counties.

In addition, Dawn Sizemore and Debbie Zomparelli from our Affiliate attended the Conference. They will make a short presentation at our next Board Meeting in September. Thank you Dawn and Debbie for representing our Affiliate! It was really great to make contact with people from other Counties as well as share information. Mark Refowitz our past San Diego County Mental Health Director was in two of the sessions I attended. Mark was interested in our progress, and it was nice to chat with him again.

p.s. - Please respond to the Nominating Committee if they call you to serve on our Board of Directors!

————— we need you! —————

### Death of a Mental Health Hero

*On August 26, the American people lost more than just an experienced congressional politician in the passing of Senator Ted Kennedy. We lost a mental health champion. During his career, Senator Kennedy worked diligently with both democrats and republicans to pass health care legislation. He was particularly interested in mental health care and played a major role in passing the Mental Health Parity Act of 1996 and 2008. This landmark bill compelled insurance companies to cover serious mental illness with the same benefits as other major illnesses such as cancer and heart disease.*

*Mental health heroes on the national level are rare birds. Senator Kennedy will be long remembered for his dedicated commitment to helping the mentally ill in this country.*

# Meetings, Treatment and Support Group Resources

## 24-Hour Domestic Violence Hotline

**1-888-DVLINKS (385-4657)**

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

Please contact Aneesa Bharwani at  
(858) 272-5777

or abharwani@ccssd.org.

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

### **Warm Line (Consumer Support)**

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

3<sup>rd</sup> Thursdays 8:30-10 PM

### **NAMI North Coastal Support Group**

St. Michael's Episcopal Church

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

### **NAMI Connection Support Groups**

Wednesdays from 1-2:30 PM

Mariposa Clubhouse

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

Thursdays, 5-6:30 PM

St. Michaels Episcopal Church Ministry

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

Center (2nd Floor)

Tuesdays, 2:30-4 PM

Tri City Outpatient Program

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

Wednesdays, 5:00 PM

### **NAMI Fallbrook Share and Care**

Fallbrook Healthcare Foundation Bldg

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

Wednesdays, 1:45-2:30 PM

### **Dual Recovery Anonymous**

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

Every Thursday 1:30-2:30 PM

### **Dual Recovery Support Group**

North County Mental Health Clinic

1701 Mission Avenue / Oceanside

Contact Jon at (760) 967-4493

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

Dual Diagnosis Program at Tri-City

Medical Center Outpatient Behavioral Health

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

(Melrose Plaza)

First & Second Wednesdays, 7 PM

### **Adult, Children & Siblings Support Group**

Scripps-Mende Wellbeing, UTC Mall.

Contact *Michelle* at (858) 756-3140

### **Depression & Bipolar Support Alliance Support Groups**

– North Coastal • www.dbsasandiego.org

Contact *Bobbie Hamilton* at (800) 930-9276

**Monday & Thursday • 6 PM**

3350 La Jolla Village Dr. Rm 2011

La Jolla • (888) 274-3637

**Wednesday • 3-4:30 PM**

510 W. Vista Way, Vista

### **TARA Borderline Personality Disorder Support Groups**

1<sup>st</sup> Thursdays 6:30-9:00 PM Gifford Clinic,

UCSD Outpatient Psychiatric Services,

140 Arbor Dr. San Diego, 2<sup>nd</sup> Floor,

Room 247 • (760) 729-5748

3<sup>rd</sup> Wednesdays, 6:30-9:00 PM

Tri-City Medical Center

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

3<sup>rd</sup> Thursdays 6:30-9:00 PM

Rancho Bernardo Swim & Racquet Club

16955 Bernardo Oaks Drive (760) 729-5748

### **Bipolar Support Groups**

1<sup>st</sup> Tuesdays 6-8 PM • Carmel Valley

2<sup>nd</sup> Thursdays 10 AM - Noon • Poway

3<sup>rd</sup> Wednesdays 10 AM - Noon • Rancho Santa Fe

*RSVP to: tkelly@californiabipolarfoundation.org for attendance and directions*

## Board Meetings

2<sup>nd</sup> Thursday, 6:30 PM

### **NAMI North Coastal**

#### **St. Michael's Episcopal Church**

2775 Carlsbad Blvd. (library)

Carlsbad • (760) 722-3754

1<sup>st</sup> Wednesday, 12:00 NOON

### **NAMI SIT. Board of Directors**

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

### Meetings (Public Invited)

3<sup>rd</sup> Thursday, 7:00 -8:30 PM

### **NAMI North Coastal**

St. Michael's Episcopal Church

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

2<sup>nd</sup> 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

1<sup>st</sup> Thursday 6:30-9:30 PM

### **NAMI San Diego Meeting**

#### **Universal Christian Church**

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

## 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 8:30 AM - 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 ñ 4 pm

### **Kinesis North/Inland BPSR Center**

474 West Vermont, Escondido, CA

760-480-2255

## Socialization Centers

Monday-Friday, 8:00AM to 4:30PM

1<sup>st</sup> 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

### **North Coastal Mental Health Center**

1701 Mission Avenue, Suite A / Oceanside

760-967-4475 • 760-966-3827 (fax)

Monday-Friday Noon -8 pm

### **Walk-In Assessment Center**

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

Monday-Friday Noon-7 PM

### **Walk-In Assessment Center**

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

## Recovery Classes

Mondays 2-4 pm

### **RICA W.E.L.L. Class**

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

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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# The Case for Assisted Outpatient Treatment (AOT)

by Eric Revere

On July 17 in Mira Mesa, a woman holding a knife against the neck of her 85-year-old mother was shot and killed by a San Diego policeman. A neighbor told police that the last times she saw the victim's daughter, she was "talking nonsense." On July 18, a Normal Heights woman was convicted and sentenced to 16 years for killing her 75-year old mother. She had called 911 and told the dispatcher that she started hearing voices saying, "Just stab your mom, stab your mom." On August 4, a San Diego policeman shot and killed a street person wielding a steak knife and threatening to rob two crowded Gaslamp Quarter restaurants. On August 13, the FBI arrested a 39-year old man on suspicion of making threats on Craigslist against local elementary schools. He had previously done so and was asked to seek a mental health evaluation, as he told police that he was part of a mind-control experiment. He spent only 8 days in a county facility. He then proceeded to post more threats against schools attended by children whose parents are in the military. On August 16, a man who had been pacing in and out of a Chase Bank in Solana Beach was arrested on suspicion of burglary. The arresting deputy allegedly found a demand note in his trousers.

Although the signs of mental illness are fairly obvious in all 5 incidents, there was no indication that any of these people were being treated for their symptoms. In the most recent incident, we learned that the young man was the son of an acquaintance. My wife Marie spoke to his mother and learned that he had stopped taking his medication, been evicted from a board and care residence and was living on the street. Even though no crime was committed, his unkempt appearance so unnerved bank staff that they called police to report him as a suspicious character. His mother told Marie that the so-called "demand note" was a poem that he carried with him.

I do believe that at least half of these incidents could have been prevented if the individuals had been compelled to complete a long term treatment program for their apparent mental illnesses. It is an established fact that 40-50% of those with major mental illnesses do not have insight into the

seriousness of their illness. They are not aware that their behavior poses a danger to themselves or others. They refuse medication and treatment because they do not believe they are ill.

Current treatment laws mandated under Section 5150 of the California Welfare and Institutions Code call for short term confinement; 72 hours followed by 14 days if client's mental functioning has not sufficiently improved. By law, these clients are informed that they can refuse the very medication that would help them. All too often, the result is this too-short treatment period does not stabilize the illness and the clients enter the "revolving door" of repeated jail confinement, hospitalization, homelessness or the commission of criminal acts with tragic consequences.

Studies by Duke University found that AOT for more than 6 months combined with routine outpatient services reduced hospital admissions by 57% and length of hospital stays by 20%. The re-arrest rate of those in treatment for more than 6 months was one-fourth the rate of those not under treatment orders. The incidence of violence was cut in half.

For more information, the website for the  
California Treatment Advocacy Coalition is  
[www.TreatmentAdvocacyCenter.org](http://www.TreatmentAdvocacyCenter.org)

## NOMINEES SOUGHT FOR NAMI NCSDC 2010 OFFICERS

At the October 15 general meeting, NAMI North Coastal officers for the year 2010 will be introduced to the membership. At this time, only one person has volunteered to be nominated as secretary. Our affiliate must replace our Co-President Bob Brooks and our Co-Vice Presidents, Kathy Smith-Brooks and Liz Kruidenier whose term ends on December 31.

The nominating committee is asking for your help to fill these positions. If you can serve or know a member who would like to join the leadership of our organization, please call Eric Revere at 760-436-5760, [ericspa7-nami@yahoo.com](mailto:ericspa7-nami@yahoo.com), or call our office at 760-722354 and leave your name and number.

## **ABC PRIMETIME Airing Mental Health Controversy**

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ABC Primetime News recently aired a story concerning current debates regarding the right of people diagnosed with mental illnesses to make their own choices versus the concern of families, doctors, and the state that allowing seriously mentally ill persons to solely decide whether they want to take their medication or not poses great risk to themselves, their families and the community.

The Mad Pride movement maintains that mentally ill people should never be forced to take medication, that it should always be their prerogative to choose. Some Mad Pride activists claim that medication stifles creativity, interferes with cognition and affects their ability to “be themselves.” Mad Pride has published booklets on how people with diagnoses of mental illness can wean themselves off their prescribed medications in pamphlets such as “The Harm Reduction Guide to Coming Off Medications.” Caty Simon, who has been diagnosed bipolar and hospitalized for three suicide attempts, shares a video diary with ABC news, detailing her experience of withdrawing from her medications to show others that it can be done safely and effectively. After being unable to sleep for eight days straight, Caty does admit that what she is going through could be overwhelming even to someone who isn’t already struggling from mental illness.

Joe Bruce and his son, William, also wanted to share their experience with others, and the tragic consequences that stemmed from William’s rejection of treatment for his schizophrenia disorder. Throughout his teens, William exhibited troubling behaviors, such as failing grades, minor run-ins with the law, sleeplessness, and suicidal tendencies. William’s troubles reached a critical point when he told state police and his dad that people were watching him and the CIA had implanted a device

in his skin. After threatening two longtime family friends with an assault rifle, he underwent psychiatric evaluations. Diagnosed paranoid schizophrenic, he was admitted to the Riverview Psychiatric Center. William didn’t believe he was sick and he was over the age of eighteen so he left the treatment center unmedicated as Maine state laws allow adults to refuse medication. Believing that the pope had ordered him to do so, William murdered his mother with a hatchet. He was found guilty by reason of insanity. Years later, now an indefinite resident at Riverview, when asked if he should have been forced to take medication, William answers an emphatic yes.

Arthur Caplan, a professor of medical ethics at the university of Pennsylvania and critic of the Mad Pride movement states: “It isn’t all self determination. Some people are really severely mentally ill. We see them on the streets, as homeless. Those aren’t the people that are going to be showing up at a Mad Pride movement, and they’re certainly not the people who are going to be helped by saying well, ‘You have your rights.’”

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### **LEADERSHIP CONFERENCE AT THE NAMI CALIFORNIA CONFERENCE, TORRANCE • CALIFORNIA AUGUST 20, 2009**

*by Bob Brooks*

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Some time was spent on By-Laws. NAMI California wants standardization of By-Laws by all Affiliates. NAMI CA indicated they started with the best they could find (NAMI San Diego) and then worked them over to say what they wanted. NAMI CA hopes over time that all affiliates will adopt them.

Next, US Income Tax forms (#990) were presented that all affiliates must fill out each year to retain their 501(c) 3 designation (I have given a set to our Treasurer, Mike Wade) with changes made in the last two years. *(continues on p.4)*

## **LEADERSHIP CONFERENCE AT THE NAMI CALIFORNIA CONFERENCE (CON.)**

Next, Policies and Procedures from NAMI CA were presented for Affiliate Board of Directors. Copies are being made and will be distributed to our Board for review. Most of the policies and procedures relate to a NAMI Affiliate with an Executive Director (i.e. San Diego and a few others).

Kern County (Bakersfield) presented a very interesting program they developed called “Outspoken Young Minds” (OSYM). The program is targeting teenagers through young adults (14-25).

There was discussion about NAMI affiliates working with their County Mental Health Directors to assist in the various Mental Health Programs affected by the State Budget Cuts. This is already in place in San Diego County. The NAMI’s in San Diego have met with our Mental Health Director twice and will meet next in October 2009.

There was discussion by Mark Gale who is on the NAMI Board of Directors working with the Prisons to help those with mental illnesses in prison to continue to receive treatment and medications in the face of the State Budget cuts relating to Prisons. NAMI North Coastal is already holding such discussions with our local law enforcement in North County. There was discussion about use of each County Mental Health Quality Improvement Committee (QRC in San Diego County) to help reduce the use of Seclusion and Restraint. One suggestion was to improve the data sharing via the internet by various hospitals in the state concerning this issue.

A very interesting presentation by Leaders of Orange County’s Latino and Vietnamese Mental Health Community concerning how they address and teach the NAMI Family to Family Program.

It was a very interesting gathering, and it covered more items than listed here.



## **Oceanside Resolution to Limit Home Occupants**

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A resolution by the Oceanside City Council to limit occupants for single-family homes will become effective one month after a second reading by the Oceanside City Council on September 2. This ordinance will require the owner of any single-family home leased to three or more occupants to obtain a special permit from the city. Residences with six or more adults, age 18 or older, would also have to get a high-occupancy permit, which would cost an estimated \$200 per year. To qualify for a permit, a homeowner would have to prove that he or she could provide an off-street parking space for each adult.

This ordinance will have a discriminatory impact on housing for persons with disability, both mentally and physically. These include board and care homes, sober living homes and independent living homes. It could severely restrict the establishment of programs such as Fairweather Lodge in Oceanside. It may establish a trend that other north county cities will follow, adding more obstacles to establishing and maintaining community supportive housing in San Diego County.

While it may be too late to block the passage of this ordinance, NAMI North Coastal members who are residents of Oceanside are encouraged to e-mail council members and lodge a protest. At least, ask them to exempt disabled housing. To obtain a copy of the resolution, call the Oceanside City Clerk’s office at 760-435-3065 and asked to be e-mailed a copy. The resolution number is #09-R0549-1.

## Family to Family News

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

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

### ***Information for the Next Family-To-Family Course***

**Date:** Tuesdays • September 8 – November 24

**Time:** 6:30 PM – 9 PM

*the class meets every Tuesday until the last class on November 24.*

**Place:** St. Michael’s Episcopal Church  
2775 Carlsbad Blvd, Carlsbad

**Teachers:** Jim and Ellen Boyce

**Resource Person:** Connie Horst

To Register, please call  
NAMI NC office at  
**760-729-3754**

***Please Commit to Attending the Entire 12 Weeks.***

## NAMI—In Our Own Voice

### **What is NAMI’s IOOV?**

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

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



### **Become a NAMI-NCSDC Member!**

**Annual Membership Dues \$50** \_\_\_\_\_

**Supporting Membership \$60, \$75** \_\_\_\_\_

**Professional Membership \$100** \_\_\_\_\_

**Sustaining \$100, \$500, \$1000** \_\_\_\_\_

**Scholarship Fund** \_\_\_\_\_

**Any donation is welcome** \_\_\_\_\_

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

**NAME:** \_\_\_\_\_

**STREET:** \_\_\_\_\_

**CITY:** \_\_\_\_\_

**STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**PHONE: (H)** \_\_\_\_\_

**PHONE: (W)** \_\_\_\_\_

**PHONE: (C)** \_\_\_\_\_

**E-MAIL:** \_\_\_\_\_

**I have taken the Family-to-Family classes** \_\_\_\_\_

**Please contact me about volunteer opportunities** \_\_\_\_\_

**I am unable to volunteer at this time** \_\_\_\_\_