

# NAMI North Coastal San Diego County

*Your Local Voice on Mental Illness*

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.***

## OCTOBER EDUCATION MEETING

**Date:** Thursday, October 15, 2009 at 7:00 PM

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

**Speaker:** Michael Plopper, MD

**Topic:** Bringing Recovery-Based Care  
to the Inpatient Setting

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

Dr. Plopper has been, since 1998, the Chief Medical Officer of Sharp HealthCare Behavioral Health Services, which encompasses the psychiatric services at both Sharp Mesa Vista Hospital and Sharp Grossmont Hospital. Prior to assuming that position, Dr. Plopper had been the Medical Director of Mesa Vista Hospital since 1994. He trained at USC, including a fellowship in Geropsychiatry.

Before coming to San Diego, he was an Assistant Professor at USC. Dr. Plopper continues to maintain a specialty in Geropsychiatry and performs clinical trials at Sharp Mesa Vista Hospital for a variety of psychiatric disorders. He is a past president of the San Diego Psychiatric Society, and is a Distinguished Fellow of the American Psychiatric Association.

*Dr. Plopper will also answer your questions  
following his presentation.*

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 — 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  
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 — Jim Boyce, Dexter Duenas

#### **NAMI Affiliate Offices**

##### ***NAMI North Coastal***

P.O. Box 2235 • Carlsbad, CA 92018  
(760) 722 3754 • namincsd@pacbell.net

##### ***NAMI San Diego***

4480 30th Street • San Diego, CA 92116  
Helpline: 619 543 1434 • (800) 523 5933  
information@namisandiego.org

##### ***NAMI SIT***

Copper Hill Living & Learning Center  
Creative Arts Consortium  
Advocacy Works  
Mixteco Community Gardens  
144 Copper Ave • Vista, CA  
(760) 941-2153 • (858) 481-7069

**phone: (760) 722-3754**

**e-mail: [namincsd@pacbell.net](mailto:namincsd@pacbell.net)**

**website: [www.nami-northcoastal.org](http://www.nami-northcoastal.org)**

## **President's Address**

*by Bob Brooks*

This has been an interesting month ... three or four different meetings in San Diego and of course the North County Forum here in North County. Those of you who missed our normal monthly General Meeting on September 17<sup>th</sup> missed a great talk by Dr. Marshal Lewis who is the Clinical Director of the Behavioral Health Division and Health and Human Services Agency for San Diego County. He talked to us for an hour, and then answered everyone's questions in the meeting room for another thirty five minutes, and at 9:30 PM when I left he was still talking to people in the parking lot. ~ ***Thank You Dr. Lewis***

Currently, one of our largest concerns relating to Mental Health Services in San Diego County is of course how the State and Federal Budget cuts (plus the decrease in sales tax revenue) will affect our

mental health Services in our County. These cuts coupled with the potential cuts requested by Sacramento in the California Prison population seems to indicate that since our prisons are California's largest mental hospital we will probably see more individuals who suffer with mental illness seeking help.

At this time, NAMI North Coastal can offer to teach our FAMILY TO FAMILY class to families of those in the Vista Detention Center suffering from a mental illness. This will help them know better how to help when persons are released from jail. As time goes on perhaps we may learn how NAMI can be of more help.

## **Correction to Book Review**

In the September newsletter, we accidentally omitted the fact that the inspirational presentation in La Jolla, "Alive Today", by David Sheff and his son Nic was also sponsored by the California Bipolar Foundation. Our apologies to the California Bipolar Foundation for this omission. - *The Editors*

## **Annual NAMI Meeting Notice**

This is to inform all members that the annual NAMI North Coastal meeting to elect officers for 2010 will be held during the NAMI North Coastal general meeting on Nov. 19, 2009 at 7:00 PM in the parish hall of St. Michaels Church, 2775 Carlsbad Blvd. in Carlsbad. Nominees for office vacancies will be presented at the general meeting on October 15.

There are several positions currently with no nominees. We need one volunteer to serve as Co-President and 2 Co-Vice Presidents.

We invite you to join some great people offering life-changing educational, support and advocacy programs to hundreds of families and those with major mental illnesses. □□ Many past officers have shared that serving this organization has been among their most memorable experiences. They continue to serve on the board and have gained valuable experience in learning the workings of a small, all-volunteer, grassroots, non-profit corporation that has made noticeable progress in improving mental health services in the north county coastal community. Several board members have served on county and state boards that have impacted mental health services in larger areas. You do not have to be a professional in order to hold office. Our NAMI affiliate is small, but has a strong, supportive board and membership. We are all family members and clients with a passion to help others and our reward is the immeasurable self-satisfaction that comes from doing just this.

*If you would like to volunteer for one of the open positions, please contact:*

**Eric Revere at  
(760) 436-5760  
or  
NAMI office at  
(760) 722-3754**

Your Help Always Makes  
A Big Difference, Thank You!

## **Carlsbad Village Fundraiser Set for November 1, 2009**

NAMI North Coastal will again hold its semiannual fundraiser by selling donated plants at the Carlsbad Village Faire on **Sunday, November 1, from 8 AM to 4 PM**. All are invited to stop by the booth and purchase some very beautiful plants donated by local nurseries. The proceeds are used to fund the many mental health programs and services that our affiliate offers free of charge to north coastal area residents.

## **Federally – Funded Clinics – Good Resource in Current Hard Times**

With county and state budgets for mental health and other services in a tight squeeze, clients and others having financial difficulties may wish to have health needs met at a federally funded community clinic. On the U.S. Department of Health and Human Services website it states: Federally-funded health centers care for those with or without health insurance. Clients pay what they can afford, based on income. Health centers provide the following services:

**Wellness Checkups  
Physical Illness Treatment  
Pre-Natal Care**

**Immunizations And Checkups For Children  
Dental Care And Prescription Drugs  
Mental Health And Substance Abuse Care**

At the following website, the people can find the closest clinic to them:

[www.findahealthcenter.hrsa.gov/  
Search\\_HCC\\_byAddr.aspx](http://www.findahealthcenter.hrsa.gov/Search_HCC_byAddr.aspx)

Type in your address and click the **'Find Health Centers'** button for one near you. Here are some in the north county area:

**Neighborhood Healthcare**

425 N. Date Street, Escondido, CA 92025

**(760) 737-2030**

**North County Health Services**

150 Valpreda Road, San Marcos, CA 92069

**(760) 736-6700**

**Vista Community Clinic**

1000 Vale Terrace, Vista, CA 92084

**(760) 631-5000**

**Mental Illness Awareness**

**Week is October 5-11**

Mental Illness Awareness Week is the first week in October. This is a wonderful opportunity to raise awareness about mental illness. This article includes some information and resources to help you make the most of this educational opportunity.

The National Day of Prayer for Mental Illness Awareness Recovery and Understanding is Tuesday, October 6. This day of prayer was initiated by Angela Vickers, JD, of NAMI Florida and Gunnar Christiansen, MD, of NAMI California in 2004. It has had widespread support by individual congregations and National Faith Community Mental Illness Networks. The prayers and actions of both faith communities and secular organizations, e.g. NAMI, NMHA, DBSA, OCF, ADAA, etc., are needed to restore mental wellness in America. In seeking God's guidance, those with religious beliefs can recommit themselves to replacing misinformation, blame, fear and prejudice with truth and love in order to offer hope to all who are touched by mental illness.

You can download a resource with liturgies to use for the National Day of Prayer on the home page of the Mental Health Ministries website at [www.mentalhealthministries.net](http://www.mentalhealthministries.net). This resource is available in English and Spanish. Many faith communities have sponsored an interfaith candle lighting service using a liturgy written by Carole J. Wills that is included in this resource. These prayers and liturgies, however, can be used at any time during the year.

National Depression Screening Day (NDS) – We know that persons are more likely to go to their faith leader first with mental health problems than to mental health professionals. Yet studies show that most clergy are not effective in providing appropriate support or referrals. There are many reasons for this. Much of the work of Mental Health Ministries is to provide resources to educate faith leaders and congregations about mental illness and how they can support persons and families living with these “no fault” illnesses.

The National Depression Screening Day will be held on Thursday, October 8th, 2009. NDS screening sites are sponsored by hospitals, mental health centers, government agencies, social service agencies, advocacy organizations, colleges, primary care clinics, workplaces, healthcare companies AND some faith communities. These screening programs now include both in-person and online programs for depression, bipolar disorder, generalized anxiety disorder, post-traumatic stress disorder, eating disorders, alcohol problems and suicide prevention. There is a special link for persons in the military.

**The screening sites in SD County are:**

**ECS** Contact Ms. Robinson

B-3903 CIVIC CENTER • La Mesa, CA 91944

**641-713-3900**

Oct.10, 2009 • 11:00 AM – 2:00 PM

**Sharp Grossmont Behavioral Health**

5555 Grossmont Center Dr. • La Mesa, CA 91942

**1-800-827-4277**

Oct.07, 2009 • 10:30 AM – 1:30 PM

If we can reach persons with undetected and untreated mental disorders, we can encourage them to seek appropriate treatment. If we talk about mental illness like any other illness, we will help to reduce the stigma and shame associated with these brain disorders. It is also helpful if faith leaders have the names of local mental health professionals and organizations in order to provide appropriate referral information at any time of the year.

Depression Self Test - Approximately 19 million Americans experience depression. Faith Net has included the Zung Self Rating Depression Scale on their website at [www.faithnet.org](http://www.faithnet.org).

Another simple 20-question quiz that can help identify common symptoms of depression and their severity is available at [http://www.lexapro.com/check\\_symptoms/dep\\_screener.aspx](http://www.lexapro.com/check_symptoms/dep_screener.aspx). This quick inventory was developed by A. John Rush, MD, a leading psychiatrist and author from the University of Texas Medical Center. It is adapted from the Diagnostic and Statistical Manual of Mental Disorders, 4th Ed. Washington, DC: American Psychiatric

Association; 1994.

Remember that depression is more than just feeling down. It is a real medical condition that can be effectively treated, but first you must seek help. These tools can be used for you or given to others.

## **Meetings, Treatment and Support Group Resources**

### **24-Hour Domestic Violence Hotline**

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

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

Please contact Aneesha Bharwani at

(858) 272-5777

or abharwani@ccssd.org.

**CRISIS TEAM 800-479-3339**

**SUICIDE PREVENTION**

**(888) 784-2433**

**Warm Line (Consumer Support)**

**(800) 930-9276**

5 PM • 11 PM daily

Staffed by consumer volunteers

**SSI Consumer Advocates**

Mike is available at the Mariposa Clubhouse to answer SSI questions or help fill out and file SSI applications. Call (760) 439-2785

### **Support Groups – North County**

Tuesdays from 2:30-4 PM

**Tri City Outpatient Program**

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

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

Tuesdays from 4-6 PM

**NAMI North Inland Support Group**

Joslyn Senior Center

210 E. Park / Escondido

**NAMI Connection Support Groups**

Wednesdays from 1-2:30 PM

Mariposa Clubhouse

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

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 1:30-2:00 PM

**Dual Recovery Anonymous Meeting**

North County Mental Health Clinic  
1701 Mission Avenue / Oceanside  
Contact Jon at (760) 967-4493

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

Dual Diagnosis Program at Tri-City  
Medical Center Outpatient Behavioral Health  
Unit, 510 West Vista Way / Vista • 760-940-5050  
(Melrose Plaza)

First & Second Wednesdays, 7 PM

**Adult, Children & Siblings Support Group** Scripps-Mende Wellbeing, UTC Mall.

Contact *Michelle* at (858) 756-3140

**Depression & Bipolar Support Alliance Support Groups** – North Coastal • [www.dbsasandiego.org](http://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

**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](mailto:tkelly@californiabipolarfoundation.org) 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 8:30 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

### **Recovery Classes**

Mondays 2-4 pm

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

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

### **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

### **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

#### **Pegasus West - Dual Diagnosis**

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

## **Volume 9 No. 10 • October 2009**

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**[naminews123@yahoo.com](mailto:naminews123@yahoo.com)**

### **NAMI-NCSDC**

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[www.nami-northcoastal.org](http://www.nami-northcoastal.org)

Incorporated as a 501(c)(3) nonprofit corporation in 1983

## **Recommended Reading**

### **Nothing Was the Same:**

By Kay Redfield Jamison

Knopf, 2009

The just released book is written by the very distinguished and famous author who also wrote "An Unquiet Mind" which encompasses her personal and moving journey with Bipolar Disorder. This new book concerns grief and what it means to grieve. This is a work about the workings of the mind and a meditation on grief as necessary and inevitable, not be confused with a mental illness. She writes "It has been said that grief is a kind of madness. I disagree. There is a sanity to grief, in its just proportion of emotion to cause, that madness does not know." This is the story of her marriage to the late Richard Wyatt who overcomes severe childhood disabilities to become a leading researcher on schizophrenia.

Dr. Jamison writes with a quiet matter-of-fact frankness in the face of personal tragedy. From the Washington Post, "To write the truth with such passion and grace is remarkable enough. To do this in loving memory of a partner is tribute

indeed!”

**“Forget injuries, never forget kindnesses.”**

- *Confucius*