

NAMI North Coastal San Diego County

Your Local Voice on Mental Illness

NOV. 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

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NAMI Affiliate Offices

NAMI North Coastal

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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: editornamincsd@pacbell.net

website: www.nami-northcoastal.org

NOVEMBER EDUCATION MEETING

Date: Thursday, November 19, 2009 at 7:00 PM

**Place: St. Michael's Episcopal Church Parish Hall
2775 Carlsbad Boulevard • Carlsbad 92008**

Speaker: Carla Jacobs

**Topic: Treatment Advocacy Center
and LPS Reform in California**

About Our Speaker

Carla Jacobs (a family member) is a founding board member of the Treatment Advocacy Center and has served two terms on the Board of the National Alliance on Mental Illness as well as the NAMI CA Board. Ms. Jacobs is a leading advocate for people with severe mental illnesses in California. As coordinator of the California Treatment Advocacy Coalition, she guided the successful grassroots campaign for passage of Assembly Bill 1421, known as "Laura's Law," which brought assisted outpatient treatment to our nation's most populous state. She was the executive director of Plan of California, an organization that provides treatment planning and services for individuals with severe mental illnesses.

The Treatment Advocacy Center was founded in 1998 by E. Fuller Torrey, MD to promote improvements in the treatment of people with severe mental illnesses. Since that time, the organization has grown as a respected independent voice for reforming treatment laws. Since the Treatment Advocacy Center was formed, 20 states have made important changes to their treatment laws and more progress is on the horizon.

*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

We are well into Fall and the Holidays are approaching quickly. Our families and those with mental illnesses need all the support we can offer. Unfortunately, most of you have probably heard about the tragic death of a young man from one of our North Coastal families who was lost last week in Mexico. The young man had just been released from the County Psychiatric Hospital in San Diego. North Coastal has contacted the Mental Health Board, and we believe San Diego County Behavioral Health and the authorities in Mexico are investigating this situation as we wait for answers. I cannot help but ask myself, "When will these kinds of tragic events never end?" *Please refer to the article on **Laura's Law** in this newsletter as it will give you vital information about the law and how it effects the counties that have / have not implemented it.*

This is especially concerning to us at NAMI North Coastal because his parents are currently enrolled in the Family to Family Class in Carlsbad. They were there to learn as much as they could about their son's illness. Our deepest condolences go out to the family in this time of tragedy.

*A wonderful tool for advocacy and model for all... **Interfaith Community Services** presented the Red Carpet Film Premier of the "Fairweather Lodge" on Wednesday October 21st. The 30 minute film documents the lives of Interfaith's Fairweather Lodge residents, sharing the inspiring stories of the men and women who call the Lodge home! **This film was created by Emmy Award Winning Producer Kevin O'Hara and generously funded by the County of San Diego.** Unfortunately, I will be out of town, but I urge everyone to see this film. We hope to have a showing at one of our upcoming NAMI NC General Meetings.*

If it were not for two members of NAMI North Coastal there would be no Fairweather Lodge in

San Diego or California for that matter. Eric and Marie Revere went to a meeting two or three years ago in Minnesota to learn more about this wonderful and model program which they had viewed at a NAMI National Conference. Subsequently, the Reveres presented this information to a number of organizations in San Diego, but it was **Interfaith Community Services** that stepped forward and said we want to do this! They now have two homes in great locations that any of us would love to live in. One home has 6 men, the other home is coed. These Lodges (originally developed by Psychologist George Fairweather in 1963) offer support and employment to those who live there. For the first time in years they have a place to call home and money to support themselves.

I challenge all of San Diego County to follow this exemplary model for housing for those with behavioral disorders. These Lodges could be located throughout the County!

Governor Vetoes Mental Health Parity Bill

In early October, Governor Schwarzenegger vetoed AB 244 (Beall) that would require most health plans to provide coverage for all diagnosable mental illnesses. In his veto message, the governor wrote, "The addition of a new mandate, especially one of this magnitude, will only serve to significantly increase the overall cost of health care. This, like other mandates, also increases cost in an environment in which health coverage is increasingly expensive. While these mandates are well-intentioned, the costs associated with the cumulative effect of these mandates mean that these costs are passed through to the purchaser and consumer".

Editor's Comment: The governor doesn't get it, does he? If insurance companies do not cover treatable mental illness as they do physical illnesses, guess who will pay for this treatment? It may be the families if they have the resources. If not, it will be us, the taxpayers.

Our Trip to the Vista Detention Center

by Liz Kruidenier

Eric Revere, Duane Baird, Bob Brooks and I met Deputy Sheriff Dean Hardy, at 8:30am in front of the flag pole at the Vista Detention Center on Monday, August 31st for our informational visit and tour of the Vista jail. Inside we were surprised to be greeted, in the board room, by Dick Conklin, BH Educational Liaison to the SDC Sheriff's Dept., the Deputy Director of the VDC, and five other deputies including Janet Wright, whose degree is in Social Work. Deputy Dean Hardy, who personally interviews every inmate and acts as the BH screening officer gave us a 30 minute slide presentation on the facts he felt we needed to know about the facility.

San Diego has 7 jail facilities scattered throughout the County, with an influx of 5,000 prisoners per day/146,000 per year. The list includes Vista and Descanso in the north, East Mesa, George Bailey and Las Colinas, for women only, to the east, Chula Vista in the south is the smallest and the largest jail is for men only in downtown San Diego. Both Las Colinas and SD downtown include a 24 hour psychiatric staff while George Bailey has no intake but provides longer term housing.

Vista's Detention Center holds 800 prisoners. It is a full service intake for both men and women, who are strictly segregated into different areas. The average length of stay is only 4 days so there are prisoners constantly arriving and leaving. There is a multi-disciplinary team that includes mental health to discuss treatment of the, at least, 25% that have medical problems, of which 125 suffer from some form of mental illness. Suicide in custody has been cut way down and inmates who are threatening are never left alone but paired up with other inmates.

The mentally ill are treated humanely and housed appropriately.

After learning these facts we questioned our prison officials and found them as anxious as we were to forge links between NAMI North Coastal programs like Family to Family and the families of prison inmates who are seeking help and understanding of the problems of their loved ones. Although they told us that they could NOT identify who WAS in jail they could receive as much information as we wanted to send. In particular they need to know specific medications by name, authorizing physician and pharmacy of record. Everything is checked out as conflicting information is common even from families. They are encouraging visits by family members and loved ones to support those that are locked up, and very fearful and depressed by their present circumstances.

Thereafter, Dean took us on a tour of the Center and we saw the holding cells for both men and women, the visiting areas, the exercise yards and the seclusion room that contained a chair with restraints. We visited the medical facilities, met with the psychiatrist on call who was most knowledgeable, answered our questions freely and easily, and seemed delighted with our mission. Both he and Janet Wright, the social worker were most encouraging and gave us many suggestions to consider.

We thanked Dean and all the prison officials we had met for their warm welcome and told them we would work on the best ways to provide the love and support our incarcerated loved ones needed in keeping with the rules and regulations required. We felt our visit was a big success and that we are off to a good start. We plan to meet again in November with Dean Hardy and Janet Wright to present our ideas and work out a tentative plan of action.



Minds on the Edge : An Eye – Opening Mental Health Video

MINDS ON THE EDGE: Facing Mental Illness is a one-hour television program that zeros in on wrenching and confounding situations that are playing out every day in homes and hospital ERs, on city streets and school campuses, in courtrooms and in jails, as Americans struggle with the challenges of severe mental illness. It connects the dots between personal dilemmas facing individuals and families who are living with mental illness, medical practices that can be obstacles to treatment, and public policies that all too often fall short in providing support that could make a positive difference.

Produced for PBS by the Fred Friendly Seminars using their signature format of a hypothetical scenario, the program considers the case of a college student who develops mental illness while at school. Her professor knows something is wrong, but is unsure how to approach her and whether it is even legal to contact her parents. Upset and confused when they see their daughter, her parents do not know where to turn and are shocked to discover how limited their options are when they try to seek medical help.

The program also explores the circumstances of an adult who has coped with his mental illness until his mother dies, and then he is left without critical support. As his mental health unravels, and he is unable to get treatment or maintain his home, he is arrested for a minor crime and absorbed into the criminal justice system. For him it is the beginning of a merry-go-round of homelessness and jail that has become all too common for many individuals who are living with schizophrenia, bipolar disorder and other severe mental illnesses.

Moderator Frank Sesno, unfolds this story and asks the program panelists to put themselves in the shoes of these hypothetical characters and talk about what they would do if faced with this situation. The distinguished panel includes U.S. Supreme

Court Justice Stephen Breyer, Nobel Prize winning neurologist Eric Kandel, along with attorneys, doctors, legislators and other experts in the field. Several of the panelists have personal, as well as professional experience, in living with mental illness.

To watch this excellent video on your computer, go to www.MindsOnTheEdge.com/watch/fullprogram/.

Editor's Note: I have watched this video and found it to be very well-done. KPBS, San Diego's public television network, will not air it locally; so I encourage all of our members and readers to view it on their computers.

LAURA'S LAW

TIME TO BREAK THE STALEMATE

It is now time to implement Laura's Law in every California county. The time for delay is over. Laura's Law was passed in 2002. The state left it up to each county to put the law in place, to avoid future tragedies, like the death of Laura Wilcox, from happening again. Laura's Law will put in place assisted outpatient treatment, an extremely effective tool that allows for the sickest patients to get help before it's too late.

Nevada County, where Laura Wilcox lived, put in place Laura's Law. This shows it can be done. LA County has partially implemented it.

Laura's Law will bring real treatment to people who need it most. By providing assisted outpatient treatment, Laura's Law will create an effective tool for people with severe mental illnesses like schizophrenia to get help before they become a danger to themselves or others. It will help stop the revolving door that spins too many people in and out of hospital emergency rooms and jails. It will save counties from providing those expensive and least wanted services. It will give people treatment that will make life worth living.

continued on next page



CA lifornia Standards

California like each state has its own rules governing when there can be a legal intervention to get treatment for a person with a severe mental illness. California rules apply to someone who needs treatment but is unable to seek it voluntarily. California mental health laws outline what steps must be followed and what standards must be met before someone can be ordered into treatment in the hospital or in the community. Although California law does allow for inpatient and outpatient treatment, outpatient treatment is only available in counties that have adopted provisions established by Laura’s Law. California still uses a treatment standard based primarily on a person’s likelihood of being dangerous instead of using a more progressive “need for treatment” standard as in many states. The following summary can be helpful for a family member trying to get court-ordered treatment for a loved one.

For inpatient care, a person must be EITHER be ...

(1) a danger to self/others - OR - (2) unable to provide for basic personal needs for food, clothing, or shelter.

For counties that have adopted Laura’s Law, a person is eligible for outpatient care if their condition...

- is likely to substantially deteriorate.
- is unlikely to survive safely in community without supervision.
- has a history of non-compliance...
which include:
 1. two hospitalizations in past 36 months or act threat/attempt of violence to self/others in 48 months immediately preceding petition filing.
 2. have needs that do not meet inpatient standard.
 3. benefit from assisted treatment.

The information regarding the California Standards was excerpted from the Treatment Advocacy Center website at:

www.TreatmentAdvocacyCenter.org

To receive a free guide to Laura’s Law email info@TreatmentAdvocacyCenter.org



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 _____

IMPORTANT REMINDER



Last year's Christmas Party

NAMI North Coastal will hold its annual Christmas party for clients and family members on **Thursday, December 10, from 6-9 PM.**

The festivities include dinner and entertainment. There will be no general meeting or support group meeting that evening.

Volunteers are needed to donate and bring:

- \$10 for the client holiday gift card
- \$5 cash donations in lieu of a Caesar salad
- french bread for 12
- desserts for 12 (that can be easily divided, e.g., NOT a 4" cake).
- Also needed are volunteers for decorating and set-up, kitchen assistants and clean-up.

We welcome help in all the above categories.

Please call our office at **760-722-3754** if you can help and have not signed up.

Membership Notes

As of October 8, NAMI North Coastal counted 268 members – an all-time high. That's the good news. The bad news is that 90 members from 2008 did not renew their memberships for 2009. If all had done so, this would have meant additional income to our affiliate of \$4,500!

Our income from annual membership dues of \$50 represents a much-needed major source of funding for the many programs that our affiliate offers free-of-

charge to the general public of the north coastal area by our client members and unpaid volunteers. If it were not for numerous volunteers spending hundreds of hours per month, this would not be possible.

Historically, we have not bombarded our members with frequent fund-raising appeals. Please help us by promptly renewing your membership for 2010 when you receive your renewal letter this month. Thanks to all of our current members for your continued support.

Cresta Loma and Cresta Loma Suites to be Closed

San Diego Mental Health Department authorities have announced that Cresta Loma and Cresta Loma Suites, located in Lemon grove, will be closed due to budget constraints. Residents will be transferred to skilled nursing facilities

Cresta Loma is operated by Telecare, a county mental health services provider. These facilities have provided a 99-bed long-term care mental health rehabilitation center for young and middle-aged adults with extended histories of mental illness and multiple episodes of acute psychiatric hospitalization. This critical level of housing and care have allowed individuals who would otherwise be in a state hospital or an acute care setting to develop the skills and supports needed to live more independently in the community. These facilities have provided intensive recovery-oriented rehabilitation services, including training in community living and social skills plus various activity and therapy groups. They have also provided individual and group therapy, family support, and medication treatment modalities.

The San Diego County mental health community is greatly concerned that these same level or services will not be provided in skilled nursing facilities.

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 Anesha 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

3rd 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

Monday & Thursday • 3-4:30 PM

Monday & Thursday • 6 PM

3350 La Jolla Village Dr. Rm 2011

La Jolla • (888) 274-3637

www.dbsasandiego.org

Wednesday • 6 PM

510 W. Vista Way • Vista

Kathy Bevilacqua (760) 806-2746

Bobbie Hamilton (760) 489-3500

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: 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 • 8:30AM - 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 • (619) 542-1660

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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*“Always laugh when you can.
It is cheap medicine.”*
– Lord Byron

ADDRESS SERVICE REQUESTED

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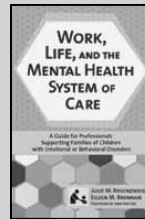
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editornamincsd@pacbell.net

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

Work, Life, and the Mental Health System of Care

By J.M. Rosenzweig, PhD and E.M. Brennan, PhD
Brookes Publishing, 2008

This book is actually a guide for professionals in their support of families of children with emotional or behavioral disorders. However, it is also a good resource for those families with younger children. Through “rigorous theory-driven research” the authors have uniquely integrated promising strategies for practices and policies with first hand accounts from families whose children have mental health conditions. Our families usually experience a host of challenges as they try to meet the needs of their own caregiving and work-life responsibilities. Information on family issues, insight into community resources as well as service provision, scheduling, daily life, and more are offered. We all need to map out what needs to be done in the future when we start on this journey...perhaps this info will help to improve the outcome.

*** Available on Amazon.com or Publisher ***

