

NAMI North Coastal San Diego County

Your Local Voice on Mental Illness

DEC. 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 — Eric Revere

Committee Chairs & Program Managers

Advocacy — Liz Kruidenier
Children and Youth — Open
Crisis Calls — Jane Hird
Consumer Programs — Chris Canelias
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 — 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: editornamincsd@pacbell.net

website: www.nami-northcoastal.org

IT'S TIME FOR THE ANNUAL NAMI NORTH COASTAL

H o l i d a y P a r t y

Date: Thursday, December 10, 2009 at 6:00 – 9:00 PM

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



Image from 2008 Holiday Party

Get ready for some holiday Cheer with your
Friends from NAMI North Coastal!

Specifics to the events inside this month's newsletter

President's Address

by Bob Brooks

We are well into Fall and the Holidays are approaching HAPPY HOLIDAYS! By the time you receive this, you will have had your THANKSGIVING DINNER and are now looking forward to the rest of the HOLIDAYS! Hope everyone joins us at the Holiday Party on December 10th. Information about where and when is in this issue.

Those of you who did not make it to the General Educational Meeting on the 19th missed a really great meeting. Carla Jacobs was our speaker, and she was accompanied by her husband Brian. I have known them both since 1996. Brian was on the NAMI California Board of Directors the year I joined the Board. Brian had done a lot of background work and was convinced that the NAMI National FAMILY TO FAMILY program would be good for the families in California who had relatives suffering with mental illnesses. He is the one who made the motion to the Board that we bring Family to Family into California. We all owe Brian a big THANK YOU for that action. I along with enough of the other Board members voted yes, and you know the rest.

Carla has been on both the NAMI California Board and the NAMI National Board along with many other organizations involved with helping those suffering with a mental illness and/or their loved ones. She is an Attorney and the person responsible for the language in Laura's Law. She was instrumental in making

sure it was approved by the California Legislature. Unfortunately, the Legislature concluded that it was up to each individual county to approve Laura's Law in its own county. The San Diego County Board of Supervisors has chosen not to give approval.

My own personal opinion is that if Laura's Law had been in effect in San Diego County, the Van Pelts son would still be alive. We (NAMI) need to make sure that whatever corrections are necessary to the language of the law will be made in order to implement it in San Diego County.

Here is to a New Year filled with growth and stabilization of our Mental Health System of Care.

Best Wishes from the
Officers and Board of
NAMI NCSDC
for Your Family's Peaceful
and Happy Celebration
of the Traditions of this
Holiday Season!

Attention NAMI North Coastal Members

Please renew your membership for 2010.
It would be a welcome gift to our affiliate.



The 2009 NAMI Walks San Diego committee has announced that Marti Emerald will be the Honorary Chair for the 5K WALK in Balboa Park on April 17, 2010.

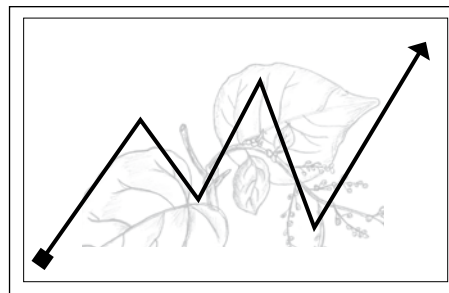
Marti Emerald is the City Council member for District 7 in San Diego. She excelled as a broadcast journalist for 30 years before taking the oath of office for the San Diego City Council in 2008. Most notably, Marti was the Consumer Advocate (The Troubleshooter) at San Diego's ABC television affiliate for 22 years, earning more than 100 awards for community service and journalistic excellence.

During her many years as the Troubleshooter, Marti resolved thousands of consumer and community problems, helped to put criminals behind bars and influenced public policy to level the playing field for taxpayers and consumers.

Marti Emerald has deep roots in the San Diego community. She served on the Boards of Directors of Catholic Charities, the Better Business Bureau, the Glenner Alzheimer's Family Centers, and has helped to raise millions of dollars for local charities.

Please join Councilwoman Emerald at the 2010 NAMI WALK. Online registration is up and running, so if you want to get a head start on fundraising and recruiting your team, sign up at:

www.NamiWalkSanDiego.org



Plant Sale Sets New High

The sales of donated plants at the Carlsbad Village Faire on November 1 totaled a little over \$2,000 in sales. In spite of the economy, plant sale organizers, generous patrons and beautiful plants proved to be a winning combination. The success of this event is primarily due to the hard work of organizers Duane and Maureen Baird, Tina Overbeck and other key volunteers who picked up plants, arrived very early in the morning to set up the booth and price the plants, worked in shifts throughout the day selling the plants, disassembled the booth and cleaned up. Their efforts make this twice yearly event a major fundraising success for our affiliate, exposing our NAMI affiliate to thousands of people who attend the Faire.

The officers and board of NAMI-NCSDC sincerely thank the donating nurseries and the organizers and volunteers who have made this event the best ever. Best Wishes from the Officers and Board of NAMI NCSDC for Your Family's Peaceful and Happy Celebration of the Traditions of this Holiday Season

Network of Care Website *A Valuable Resource*

The San Diego County Network of Care website, www.sandiego.networkofcare.org, is a valuable resource for current information about mental health services within the county. It has recently been updated with additional resources and programs and site navigation has been improved. A few of the sections are: Employment, financial support, housing, legal, and crisis services. There is a library section with over 30,000 mental health articles and a secured, password-protected personal health record section where users can maintain medical health records.

New NAMI California Executive Director Notes Challenges for Nonprofits Serving the Mentally Ill

The California budget crisis is causing mental health systems in many counties to teeter on collapse. The situation is creating added suffering for thousands of people with mental illness and hardship for their families. “Now, more than ever, nonprofit programs and legislative advocacy are needed,” says the newly hired NAMI California Executive Director, Trula M. LaCalle, Ph.D.

Board president, Brenda Scott, believes that LaCalle has come on board during an unprecedented time of need for their organization. Replacing retired Executive Director, Grace McAndrews,

LaCalle steps into a mature organization that faces unparalleled demands for local communities to backfill gaps left by cuts in government-funded mental health services. “We believe that Dr. LaCalle brings a unique combination of skills that will help us take NAMI California to the next level and provide the kind of leadership we need at this unique moment in time,” states Scott. LaCalle was formerly the Executive Director of the California Association of Public Authorities for In-Home Supportive Services. Her professional background includes having been a practicing clinical psychologist, an organizational development consultant, a program administrator, and an educator in local school districts and at the university level. She has special expertise in multicultural issues, with a primary focus on Spanish-speaking communities.

The budget that the Governor signed on July 24, 2009, decreased to \$113.27 million from \$226.65 million in funding for federally matched MediCal services. Due to the state share reduction, counties are struggling to provide an array of home and community mental health services under the current state plan with the U.S. Centers for Medicare and Medicaid Services. These services include: medication support, day treatment intensive, day rehabilitation, crisis intervention, crisis stabilization, adult residential treatment, crisis residential treatment, psychiatric health and psychiatric nursing facilities, targeted

case management, psychiatrist and psychologist services, and supplemental specialty mental health services. The budget also reduces by half, funds for AB 3632 services to \$52 million from \$104 million. AB 3632 is a law that requires agencies to coordinate the services provided to students with disabilities. Counties, for example Fresno and Sacramento, are cutting or revamping programs so they can continue to provide services that have already sustained deep cuts in recent years. NAMI California affiliates report that their members are experiencing extreme frustration over their inability to access critically needed mental health services.

A New Therapy May Help People with Borderline Personality Disorder

Three major outcome studies have shown that many individuals with Borderline Personality Disorder can achieve full recovery across the complete range of symptoms with the help of Schema Therapy, according to the International Society of Schema Therapy. In one study, the treatment – which was developed by psychologist Jeffrey Young of the Columbia University Department of Psychiatry – was shown to be more than twice as effective as a widely practiced traditional treatment, Transference Focused Psychotherapy. According to its proponents, Schema Therapy – which was based on the principles of Cognitive Behavioral Therapy and then expanded to include other techniques, including “limited reparenting” – helps individuals change their entrenched, self-defeating life patterns (schemas). It was also found to be more cost-effective and to have a much lower dropout rate, according to a press release issued by the Society in November 2009. The first of the studies was reported in the Archives of General Psychiatry, published by the American Medical Association; the second was published in the Journal of Behavioral Therapy and Experimental Psychiatry; the third will soon be appearing in Behavior Research and Therapy. The symptoms of Borderline Personality Disorder may include impulsivity, instability, angry outbursts, and extreme emotional pain, including an extreme sensitivity to rejection, as well as self-mutilation.

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

First Class

Date: Tuesday, January 12, 2010

Time: 6:30 PM – 9 PM

Note: The class meets every Tuesday for 12 weeks.

Place: TBA

Teachers: Fran McNeel and Dexter Duenas

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 _____



Holiday Party

S P E C I F I C S

Date: Thursday , December 10, 2009

Time: 6:00 pm to 9:00 pm




Join Us For Food And Entertainment At:

St. Michael's By The Sea Episcopal Church (In The Parish Hall)

2775 Carlsbad Blvd. • Carlsbad, CA 92008



Volunteers are needed to donate and bring:

- \$10.00 for the client holiday Gift Card
 - \$5 cash donation in lieu of a Caesar Salad
 - French Bread for 12
 - Dessert for 12 (that can easily be 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



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

Tri City Outpatient Program

Tuesdays from 2:30-4 PM

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

NAMI North Coastal Support Group

3rd Thursdays 8:30-10 PM

St. Michael's Episcopal Church

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

NAMI North Inland Support Group

Tuesdays from 4-6 PM

Josyln 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. Michael's 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

NAMI Fallbrook Share and Care

Wednesdays, 5:00 PM

Fallbrook Healthcare Foundation Bldg

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

Dual Recovery Anonymous

Wednesdays, 1:45-2:30 PM

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

Dual Recovery Anonymous Meeting

Every Thursday 1:30-2:00 PM

North County Mental Health Clinic

1701 Mission Avenue / Oceanside

Contact Jon at (760) 967-4493

NAMI Connection Support Groups (con.)

Dual Diagnosis Program at Tri-City

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

Medical Center Outpatient Behavioral Health

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

(Melrose Plaza)

Adult, Children & Siblings Support Group

First & Second Wednesdays • 7 PM

Scripps-Mende Wellbeing, UTC Mall.

Contact *Michelle* at (858) 756-3140

Depression & Bipolar Support Alliance Support Groups – North Coastal

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

Thursday • 3-4 :30 PM

Tri-City Outpatient Behavioral Health

510 West Vista Way, Room 1, Vista.

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

(con on next col.)

Kinesis North/Inland BPSR Center

Monday-Friday • 8 - 4 PM

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
P.O. Box 2235
Carlsbad, CA 92018

Nonprofit Org.
US Postage
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Permit #45
Carlsbad, CA

*“Christmas is not as much about opening
our presents as opening our hearts.”*
– Janice Maeditere

ADDRESS SERVICE REQUESTED

NAMI North Coastal Newsletter

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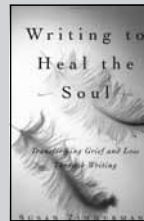
This newsletter is published by NAMI-NCSDC, an affiliate of NAMI California and NAMI. Any opinions expressed in this monthly newsletter do not necessarily reflect those of NAMI-NCSDC. Editorial contributions, humorous non-copyrighted stories, personal recovery stories and articles on mental health are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

editornamincsd@pacbell.net

NAMI-NCSDC

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

Writing to Heal the Soul

By Susan Zimmermann Three Rivers Press, 2002

Here is a little inspiration for the Holidays! To begin, Ms. Zimmermann’s acknowledgments offer a quote from someone who once said...

*“I believe that friends are quiet angels
who lift us to our feet when our wings have
trouble remembering how to fly.”*

This one sentence could portray our NAMI friends, culture, and how we support each other. She writes very movingly about her own struggles, those of others, and about different kinds of grief, in particular grief surrounding how to deal with disabilities. She speaks of how writing can allow emotions sparked from any loss to be expressed in various ways. She has firsthand knowledge with the devastating disability of her daughter who suffers with a neurological disorder. Beautifully written, moving, and a guide for anyone who has experienced loss, failure, or tragedy... this book is a gift for ALL during the Holidays!