NAMI San Diego’s  
First Thursday Advocacy Meeting  
January 4, 2007

Prodromal Schizophrenia: Early Identification

Presenter: Kristin Cadenhead, MD

The early identification of schizophrenia and even the potential for schizophrenia is Dr. Cadenhead’s specialty and is also the subject of a number of other researchers. Dr. Cadenhead will discuss her own research, prodromal schizophrenia in general, and the function of white and gray matter that has been cited in recent media reports.

A Professor of Psychiatry at UCSD, Dr. Cadenhead is the Director of the “CARE” (Cognitive Assessment and Risk Evaluation) Program at Children’s Hospital to study the early signs of psychosis in adolescents and young adults. She also chairs NAMI San Diego’s Medical Advisory Board.

Ask the Doctor: Kristin Cadenhead, MD

University Christian Church  
Friendship Hall  
3900 Cleveland Ave  
San Diego, California

Schedule:

6:30 p.m.: Ask the Doctor  
7:00 p.m.: Announcements & Advocacy  
7:10 p.m.: Program  
8:30 p.m.: Refreshments & Social
"Black Box" Warnings on Antidepressants

In early December, the New York Times published an article, "Medication Raises Suicide Risks in Young Adults." The article's release date came just days before an important hearing of the FDA's Psychopharmacologic Drugs Advisory Committee. NAMI was represented by two individuals at the hearing who testified about the importance of these medications in the promotion of recovery from severe mental illness. In addition to the testimony, NAMI joined 15 other organizations in signing a joint letter, released December 11th, calling upon the FDA to move carefully as it weighs its statements and actions on this important issue. The impact of such a warning on the willingness of people to appropriately take antidepressants when they are likely to be life-saving and the willingness of physicians to appropriately prescribe the medications is of particular concern.

"NAMIWalk in April already has people hustling."

By Bettie Reinhardt
Executive Director

Wow! It’s 2007 already?! Wasn’t it just yesterday that we were trying to decide what to call the years between 2000 and 2010? Would we say “aught one” or “oh one”? Now we’re on the downhill side of the decade and I don’t know who has time to worry about what we call the years.

Two-thousand-seven for NAMI San Diego will be very busy. Of course NAMIWalk in April already has people hustling. Have you suggested an organization to add to our growing list of partners yet? Are you forming a team or joining someone else’s team? When we tagged Shannon to manage this year’s walk, we didn’t realize that she was turning into a marathoner herself and would pour so much energy into this event that the rest of us feel that we have to try to keep up. (Better to work hard on NAMIWalk than run a marathon – in my personal and humble estimation.)

The California Endowment grant for our Diverse Participation Initiative will end on May 31st but the initiative is just beginning. We have assessed ourselves including many of you for cultural competency readiness and have turned January into a cultural competency training month. In the meantime, Jul Rivera is building a pilot project to place Spanish speaking NAMI members in Latino community clinics on a regular basis. The pilot is based on what we learned from the Latino communities during the assessment period and is meant to reduce their barriers to treatment and introduce them to NAMI.

We just began a contract with the County to provide family education on a county-wide basis. (Please take a moment to read the piece on Gloria Deck.) Finally, there will be no wrong door when trying to enroll in a Family-to-Family class because all of the NAMI affiliates in the county will be working with one coordinator and all will know when and where other affiliates will be offering classes. An English language F2F teacher training is already scheduled in June and a Spanish language F2F teacher training in March. Our partner in this effort, UPAC (Union of Pan Asian Communities), has begun translating materials into Vietnamese and soon will begin work on Arabic materials. At this time next year we can tell you when the Vietnamese and Arabic Family-to-Family classes will begin.

NAMI Convention, 2007! Right here at the Town and Country, June 20 – 24. We helped recruit workshop and poster presentations during November and December. Now, we are working with the NAMI National conference planners on events during the convention and with the NAMI National Multicultural Action Center on co-sponsoring a FREE conference for the Latino communities on Saturday, June 23. Our indefatigable Shannon is coordinating volunteers for the conference. Remember, 4 hours of volunteer work earns you a full FREE day at the convention.

Of course, the usual work of NAMI goes on. An In Our Own Voice presenter training. The first Hand-to-Hand class. Legislative visits. Lots of presentations to the public. Monthly education meetings. Representative payee and other financial support services. Other classes and support groups. In the middle of it all, the Albright Information and Referral Center. And, of course, planning for the next Recovery in Action Dinner and Silent Auction on September 28, 2007, San Diego Marriott in Mission Valley.

There’s more but I’ve hit Wendy’s word limit. Call or email me for more information. 619.584.5567 or exudir@namisandiego.org.
Working to Make “NAMI” a Household Word

Sally Hands Torch to New President

By Sally Shepherd
Past Board President

As I reach the end of my term as Board President, I look back with awe at the tremendous strides that our Affiliate has taken since 2000, when I called Bettie to ask if they needed volunteers. Under her stewardship, a series of effective Boards and an ever-developing membership, NAMI San Diego has grown by leaps and bounds. I have to thank everyone for their hard work, zeal and persistence. I hope that I have done justice to the office of President by keeping NAMI looking forward and expanding our wonderful programs and community involvement. It has been an exciting two years! Thank you everyone for your support and hard work. Now it is with great pleasure that I hand over the “torch” to our new President, Louise Groszkruger. Louise comes to us with enthusiasm, tenacity, exceptional management skills and the kind of drive that fuels all family members and consumers. Please welcome her and lend her your support! Congratulations NAMI San Diego - we are the greatest!!!

Louise Says Thanks & Expresses Goals

By Louise Groszkruger
Board President

As I step into my new role as NAMI SD’s Board President, my first thoughts go to the incredible team of staff and volunteers who make this organization work. There really is no way to adequately say “Thank You” for all you do throughout the year. For me, NAMI represents hope and achievement: Hope for a future in which mental illness is viewed in the same light as physical illnesses, and recognition of the enormous achievement that NAMI has made toward this goal. My overarching goal for this wonderful organization is to increase NAMI SD’s visibility within the community. In reality, my wish is for NAMI to be a household word, not just among individuals living with mental illness and their families, but in all households. My belief is that when NAMI holds its annual Walk each April, it should raise the same level of community interest and support as the Walk for Breast Cancer. Mental illness, after all, touches the lives of all age groups; ethnicities; the rich, poor and in between; mothers and fathers; sisters and brothers; aunts and uncles; and friends. As President of your Board of Directors, I will strive to do all that is within my power to raise the public’s awareness of the innumerable contributions that NAMI SD makes in the lives of individuals living with mental illness. I will, however, need your help. I believe that if each one of us talks to a friend, participates in NAMI’s fund raising efforts, and speaks openly about mental illness, we will make NAMI a household word.

I want to thank each and everyone who makes this organization work; from Bettie who guides us on a daily basis, everyone who raises their voices through In Our Own Voice, our wonderful teachers who help family members and consumers cope with this illness, those who answer the phone and file papers, volunteers who set up meetings, our tireless staff, Wendy who puts together our Newsletter, and Sally whose Presidential shoes I must try to fit. The sum of everyone’s contributions is the driving force that makes NAMI SD successful.

“For me, NAMI represents hope and achievement...”
### NAMI San Diego

**NAMI North Inland**  
P.O. Box 300386  
Escondido, CA 92030-0386  
(760) 745-8381

#### Education Meeting
- Second Tuesday at 7:00 pm.  
- Kinesis North  
  474 W. Vermont Ave, Escondido 92025  
  (760) 745-8381 or 1-800-523-5933

#### Monday Share & Care in Fallbrook  
- Mondays, 5:00 - 6:30 p.m.  
- Fallbrook Healthcare Foundation Building  
  Corner of Mission and Fig  
  Fallbrook 92028  
  Call for further information: (760) 745-8381

#### Tuesday Share & Care Meeting
- 1st, 3rd, 4th & 5th Tuesdays, 4:00 - 5:30 p.m.  
- Joslyn Senior Center  
  210 East Park Ave, Escondido 92025  
  (760) 745-8381

### NAMI North Coastal

**NAMI San Diego**  
4480 30th Street  
San Diego, CA 92116  
(619) 543-1434 or (800) 523-5933

#### Morning NAMI-SD Support Group
- Third Tuesday, 10:00 a.m. - 12:00 p.m.  
- NAMI San Diego Office  
  4480 30th Street, San Diego 92116  
  (619) 543-1434 or (800) 523-5933

#### Sibling and Adult Children’s Group  
- Second Wednesday, 7:00 - 9:00 p.m.  
- Scripps-Mendes Well Being Center  
  Adjacent to the UTC Mall  
  San Diego 92122  
  Call Michelle Cauble at (858) 756-3140

#### Clairemont NAMI Support Group
- Second Monday, 7:00 - 8:30 p.m.  
- St. David’s Episcopal Church (Library)  
  5050 Milton Street, San Diego 92110  
  Call Joan Williams at (858) 274-3716

#### La Jolla NAMI Support Group
- First Tuesday, 7:15 - 9:00 p.m.  
- La Jolla Presbyterian Church (Room #9)  
  Enter on Eads Ave. - San Diego 92037  
  (858) 457-5057

#### NAMI Family Support Group
- 2nd & 4th Thursdays, 6:00 - 7:30 p.m.  
- Pegasus East  
  7841 El Cajon Blvd., #C  
  La Mesa 91941  
  Call Carol Davis at (619) 641-6860

#### Spouses of Persons with the Diagnosis of Bi-polar
- Second Wednesday, 6:30 p.m.  
- Clairemont Lutheran Church  
  (Luther Hall, Rm. 13/14 on the 2nd Floor)  
  4271 Clairemont Mesa Blvd.  
  San Diego 92117  
  (858) 273-7423

#### Spanish - South Bay
- First Monday, 6:00 - 8:00 p.m.  
- South County Family Resource Center  
  690 Oxford Street, Chula Vista 91911  
  Call Luz Fernandez (East County Clinic)  
  (619) 401-5500

#### Spanish – Area de Clairemont – NAMI–SD Grupo de Apoyo

- **Clairemont NAMI Support Group**  
  Tercer Martes (3rd Tuesday) 6:30-8:00 p.m.  
  St. David's Episcopal Church (biblioteca)  
  5050 Milton Street, San Diego 92110  
  (619) 543-1434 or (800) 523-5933

#### Spanish Family Support Group
- Third Thursday, 6:00 - 8:00 p.m.  
- South Bay Guidance Center  
  835 3rd Avenue, Suite C  
  Chula Vista 91911  
  Call Gina Osuna: (619) 425-6879

#### NAMI Patton
- Third Sunday, 1:00 - 3:00 p.m.  
- c/o Patton State Hospital  
  (Administration Annex - Room 148)  
  3102 E. Highland Avenue  
  Patton, CA 92369  
  Tel: (909) 425-7392  
  Fax: (909) 425-0160

#### NAMI-SIT

- **Schizophrenics in Transition**

#### Board Meeting
- Call for meeting time.  
- 144 Copper Avenue, Vista 92083  
  (858) 481-7069

- **NAMI-SIT includes the following:**
  - Copper Hill Living & Learning Center
  - Creative Arts Consortium
  - Friends
  - Advocacy Works
  - Jardín Cesar Chavez

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**Support groups for families and caregivers of children and adolescents**

**La Mesa Group**  
- 2nd Tuesday, 6:30-8:00 pm  
- Lake Murray Evangelical Free Church  
  (1st Floor, Fellowship Hall)  
  5777 Lake Murray Boulevard  
  La Mesa 91942  
  Call Peggy & Bob Chambers: (619) 464-0476

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**NAMI North Coastal**  
P.O. Box 2235  
Carlsbad, CA 92018  
(760) 722-3754

#### Education Meeting
- Third Thursday, 7:00 - 8:30 p.m.  
- St. Michael’s by the Sea Episcopal Church  
  2775 Carlsbad Blvd., Carlsbad 92008  
  (760) 722-3754 or (800) 523-5933

#### Education Meeting followed by NAMI Facilitated Share & Care Support Group  
- 8:30 - 10:00 p.m.

#### TARA Borderline Personality Disorder Support Group
- First Tuesday monthly at 6:30 - 9:00 p.m.  
- Carlsbad Community Church  
  3175 Harding Street, Carlsbad 92008  
  (760) 729-2331- Ask for Sandy
Meet Gloria!

Welcome New Ed Director from the North

By Bettie Reinhardt
Executive Director

Why would we hire a newbie from the cold country of Canada to coordinate our new Family Education contract? Read on. You will soon see.

First, a few words about the Family Education contract. It is funded out of Mental Health Services Act (MHSA) money that you may still think of as Proposition 63. The three year agreement requires the NAMI affiliates in San Diego County to provide 20 Family-to-Family class series and two Schizophrenia Education class series each year. Of the 20 F2F courses, three must be in Spanish, one must be at the VA Medical Center, and 12 must be evenly distributed among the six County regions. See why it needs a coordinator? Finally, we must present one F2F class series in Vietnamese and one in Arabic by the end of the second contract year (June, 2008). UPAC is subcontracting with us to translate the F2F curriculum and develop community participation in the new languages.

The four NAMI affiliates (North Coastal, North Inland, San Diego and SIT) have signed memoranda of understanding to work together and with the coordinator to ensure that the contract requirements are met. It is a wonderful opportunity to help our community members find a F2F class that meets their needs with just one phone call! It is also a great opportunity to provide needed support to our dedicated F2F leaders. Gloria will be acquainting herself with the geography and freeway snarls of our county as she works with each affiliate’s F2F leaders.

Back to Gloria. She is so new to this country that she is volunteering until her work visa is approved. Thank you, Gloria! She describes herself as energetic and enthusiastic with a strong passion for her work. She has demonstrated that already. She is also knowledgeable. She holds a BA in Adult Education from University College of the Fraser Valley. She was trained by Joyce Burland – yes, they have Family-to-Family in Canada – as a F2F teacher and a trainer. She has taught 13 F2F classes herself and trained other teachers since 1999. The F2F work was, of course, as a volunteer. Professionally, she has been the Community Education Coordinator/Trainer for the Central Vancouver Island Crisis Society for the last four years. She began work with that organization in 1994 as their Coordinator of Volunteers and Training.

Did we mention that she is bilingual? However, she hasn’t volunteered to translate F2F into Finnish, her second language.

Legislative Update

GAO Recommends VA Track Spending for Mental Health Initiatives

The Department of Veterans Affairs should track how much of the funding it allocates for strategic mental health initiatives is spent for those initiatives, the Government Accountability Office recommended in a December report. GAO was asked by the House Committee on Veterans Affairs to examine how the VA allocated, used and tracked funding for strategic mental health initiatives in fiscal years 2005 and 2006. GAO said the VA did not allocate roughly $12 million and $42 million of the respective funding increases planned those years, nor track how the funds it did allocate were specifically spent. The VA provides mental health services to veterans with conditions such as post-traumatic stress disorder and substance abuse disorders. It approved a mental health strategic plan in 2004 to address gaps in services needed by veterans. Download the report here: http://www.gao.gov/new.items/d0766.pdf

Final Adjournment Wrap-Up: Congress Clears Legislation Reforming NIH, Full-Year “Continuing Resolution” Expected Early Next Year, New SAMHSA Administrator Confirmed

In a flurry of activity just prior to final adjournment, Congress passed legislation reforming the National Institutes of Health (NIH), by creating greater transparency in the NIH grant process and fostering more trans-NIH research opportunities. In addition, the Senate unanimously confirmed Dr. Terry Cline of Oklahoma as the new Administrator of the federal Substance Abuse and Mental Health Services Administration (SAMHSA).

Democratic Leaders Expect to Continue FY 2006 Funding Levels Through October 1, 2007

Congress adjourned for the year without completing action on spending bills for the current fiscal year covering nearly all domestic agencies and programs ($463 billion in total discretionary spending), including mental illness research and services, as well as housing and veterans programs. Thus, ...cont. on page 8
**Resources**

**NAMI C.A.R.E. Support Groups**
Consumer Support Groups
For more information call the Albright I & R Center at (619) 543-1434 or 1-800-523-5933

**NAMI San Diego Office**
4480 30th Street
San Diego, CA 92116
2nd & 4th Thursdays: 6:00 - 7:30 p.m.

**Gifford Clinic (Cafeteria)**
140 Arbor Dr.
San Diego, CA 92103
1st & 3rd Wednesdays: 2:00 - 3:30 pm.

**Sharp Mesa Vista Hospital**
(Activity Room)
7850 Vista Hill Ave.
San Diego, CA 92123
Every Thursday: 11:15 a.m. - 12 Noon

**Tri City Outpatient Program**
510 West Vista Way
Vista, CA 92083
Call: (760) 722-3754
Every Wednesday: 2:00 - 3:00 p.m.

**North Coastal Mental Health Clinic**
(in the trailer in back parking lot)
1701 Mission Ave.
Oceanside, CA 92054
Call: (760) 722-3754
Every Friday: 2:00 - 3:00 p.m.

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**Access & Crisis Line**
1-800-479-3339
24 hours a day/7 days a week

**Client Warm Line**
1-800-930-9276
Daily: 5:00 p.m.—11:00 p.m.
Call us. We are fellow consumers who have been there, done that. Listening and talking are what we like to do.

**Albright Information & Referral Center**
1-800-523-5933, 1-619-543-1434
Volunteer resource specialists can provide information and support to callers and visitors, including consumers, family members and professionals.

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**Patient Advocacy Program**
5998 Alcalá Park, AW 304, San Diego 92110
(619) 260-7660 or 1-800-479-2233
Fax: (619) 260-7610
Monday - Friday: 8:00 a.m. - 5:00 p.m.

**The Consumer Center for Health Education and Advocacy**
1457 Sixth Ave., 4th Floor, San Diego 92101
Toll Free: 1-877-734-3258 Fax: (619) 471-2782
Monday - Friday: 9:00 a.m. - 5:00 p.m.
If you need help getting mental health services or if you have a complaint or grievance, call or write us. We are ready to help you.

**Bayview Clubhouse**
330 Moss Street, Chula Vista 91911
(619) 585-4646 Fax: (619) 585-4625
Monday - Friday: 8:00 a.m. - 4:00 p.m.
Once a month Saturday outing - Call for information.

**Casa Del Sol Clubhouse**
1157 30th Street, San Diego 92154
(619) 429-1937 Fax: (619) 429-5205
Monday: 8:30 a.m. - 6:00 p.m.
Tue, Thurs & Fri: 8:30 a.m. - 4:30 p.m.
Wednesday: Noon - 8:00 p.m. (Bilingual)

**Corner Clubhouse**
2864 University Ave. (at Utah)
San Diego 92104 (North Park, #7 Bus Line)
(619) 683-7423 Fax: (619) 683-7428
Monday - Friday: 8:00 a.m. - 4:00 p.m.

**East Corner Clubhouse**
1060 Estes Street (off Chase Avenue)
El Cajon 92020
(619) 440-5133 Ext. 109 Fax: (619) 440-8522
Mon, Tue, Thurs & Fri: 8:30 a.m. - 4:30 p.m.
Wednesday: Noon - 8:00 p.m.

**Eastwind Clubhouse**
2359 Ulric Street, San Diego 92111
(858) 268-4933 Fax: (858) 268-0244
Monday - Friday: 8:30 a.m. - 5:00 p.m.

**Escondido Clubhouse**
474 West Vermont Ave., Suite 105
Escondido 92025
(760) 737-7125 Fax: (760) 737-6129
Monday - Friday: 8:00 a.m. - 4:30 p.m.
1st Saturday of month: 10:00 a.m. - 2:00 p.m.

**Friend-to-Friend**
1009 “G” Street, Suite A, San Diego 92101
(619) 238-2711 Fax: (619) 238-1127
Monday - Friday: 8:00 a.m. - 4:00 p.m.
An SSI advocate is available (must be a member)

**Friends In Hand Clubhouse**
144 Copper Ave., Vista 92083 (302 Bus Route)
(760) 631-2206
Saturday: 11:00 a.m. - 4:00 p.m.

**Mariposa Clubhouse**
560 Greenbrier, Suite B, Oceanside 92054
(760) 439-2785 Fax: (760) 439-6902
Monday - Friday: 8:00 a.m. - 4:30 p.m.

**The Meeting Place, Inc.**
4034 Park Blvd., San Diego 92103
(619) 294-9582 Fax: (619) 294-9588
Monday - Friday: 8:00 am. - 4:00 p.m.

**Neighborhood House Association (NHA)**
**Friendship Clubhouse**
286 Euclid Ave., #102, San Diego 92114
(619) 266-2111 Ext. 106 Fax: (619) 266-0496
Monday - Friday: 8:30 a.m. - 4:30 p.m.

**Visions**
226 Church Avenue, Chula Vista 91910
(619) 420-8603 Fax: (619) 420-0385
Monday - Friday: Noon - 7:00 p.m.
Saturday & Sunday: Noon - 5:00 p.m.

**The Access Center of San Diego**
1295 University Ave., Suite 10, San Diego 92103
(619) 293-3500 Fax: (619) 293-3508
Monday - Friday: 9:00 a.m. - 5:00 p.m.

**Employment Services**
1202 Morena Blvd., Suite 201, San Diego 92110
(619) 276-8071 Fax: (619) 276-3542
Monday - Friday: 8:00 a.m. - 4:30 p.m.
(Must be receiving services from a county funded mental health program and approved by Department of Rehabilitation)

**Job Options**
3465 Camino del Rio South, Suite 300
San Diego 92108
(619) 688-1784 (Valorie) Fax: (619) 688-9884
Monday - Thursday: 8:00 a.m. - 5:00 p.m.
Friday: 8:00 a.m. - 4:00 p.m.

**San Diego Park and Recreation**
**Therapeutic Recreation Services**
3325 Zoo Drive, San Diego 92101
(619) 525-8247 Fax: (619) 299-9304
Monday - Friday: 8:00 a.m. - 5:00 p.m.
Provides year round recreational experiences for individuals with disabilities.

**The Creative Arts Consortium**
P. O. Box 3053, San Diego 92163-3053
(619) 282-4627 or (858) 481-7069
P.O. Box 3053, San Diego 92163-3053

**Compeer San Diego**
Bilingual
330 Moss Street, Chula Vista 91911
(619) 282-4627 or (858) 481-7069

**DBSA-Depression Bipolar Support Alliance**
There are meetings in different regions of the county. Call for meeting info: 1-800-826-3632 or go to the DBSA website at: www.dbsalliance.org
NAMI San Diego relies on its membership and your generous contribution to continue providing education and other services to people with mental illnesses, their families, and the community. To join NAMI San Diego, renew your membership, or make a contribution, complete the information below and enclose your check payable to: NAMI San Diego.

Name: ___________________________________________________________   E-mail address: ____________________________________________
Address: _________________________________________________________________________________________________________
City/State/Zip: ________________________________________________________________________________________________
Home Phone: ______________________________   Work Phone: ______________________________
Cell Phone: ______________________________
Please email my newsletter

_____ Membership                                     $40.00  ( ) New Member  ( ) Renewal
_____ Professional Membership                $75.00
_____ Organizational Membership             $100.00
Please contact me about a Scholarship Membership
Donation* ____________
Please contact about volunteer opportunities

To pay by Credit Card:
print name as it appears on card
________________________________________________     ________/________
card number                                                expiration date
___ Visa    ___ MasterCard                            $______________________________
___________________________________________________________________
signature

Annual Supporting Donors
☐ Platinum—$1,000 or more
☐ Gold—$500-$999 or more
☐ Silver—$100-$499
☐ Bronze—up thru $99

Please Mail To:
NAMI San Diego
4480 30th Street
San Diego, CA  92116

Or Fax To:
619.584.5568

Planned Giving!
Would you like to make a gift to NAMI and also have it work for you? NAMI has a new volunteer, Mike McNeill, a chartered financial consultant with Prudential Financial. Mike can advise you about Planned Giving so that your gift is a win-win.
Please contact Mike at (858) 272-7997 or email at mike.mcneill@prudential.com.

Please Mail To:
NAMI San Diego
4480 30th Street
San Diego, CA  92116

Or Fax To:
619.584.5568

All gifts are tax deductible as provided by law.
NAMI is a not-for-profit 501(c)(3) organization.
most federal agencies and programs will be operating under a budget freeze through October 1, 2007 – at levels that Congress put in place back in the fall of 2005. Of particular concern are programs and agencies that were proposed for increases for FY 2007 – most prominently, a $3.1 billion increase for VA medical care that was endorsed by the House and Senate, but can not be realized under a continuing resolution. Democratic leaders are now considering adding these funds to the continuing resolution in February, or including them as part of any FY 2007 supplemental funding request that the President will make in February. Also at risk in this process are increases that were proposed by the President and endorsed by Congress (e.g., a proposed $209 million boost for homeless funding at HUD and a proposed $8.7 million increase for youth suicide prevention funding at SAMHSA endorsed by the Senate). For NIMH, the President’s proposal for an $8.5 million reduction for FY 2007 would be restored under this “continuing resolution,” bringing funding back to a freeze level of $1.404 billion. However, this is below the projected annual increase in the cost of doing research (i.e., medical research inflation) for FY 2006 and FY 2007, thereby eroding the capacity of NIMH to invest in new extramural grants. Likewise, nearly all mental illness services programs at SAMHSA: the Mental Health Block Grant ($428.5 million), PATH homeless services ($54.3 million) and Childrens Mental Health ($104.1 million) would all be frozen at current levels for the rest of FY 2007.
Mental Health Issues Affect 1 in 5 People - Help Make a Difference by Joining Thousands in the Walk for the Mind of America!

San Diego County NAMI WALKS Fun 5K
April 21, 2007

The walk is a day to bring people together to provide information and support for families, educate and erase mental health stigma, and let people know that there is support in San Diego County through NAMI affiliates. The walk is an opportunity for individuals or families to come together and walk as a team, with friends, or with co-workers.

This is the season for sponsorship recruitment! I would like to thank our first couple of sponsors:
Union Bank of California
American Medical Response

If you would like to approach a potential sponsor, ie your employer or somewhere you patronize often, please call Shannon Jaccard at 619-584-5564 or email: shannonjaccard@namisd.org to get a sponsorship packet and tips for success!

NAMIWALKS is the area's largest and most important event to raise awareness and funds to help underwrite programs such as "Family to Family", as well as other important programs of support, education, advocacy and research.

Online registration is open! Go to: www.nami.org/namiwalks/CA/sandiego

We look forward to seeing you there!
TARA’s DBT FAMILY WORKSHOP

Coping Skills for Families of People with Borderline Personality Disorder

CLASS SCHEDULE:
Saturday, January 13, 2007
8am – 5pm (lunch provided) plus
Five Thursday Evenings 7-9 PM
CLASS LOCATION: Carlsbad California

CLASS FEES: Individual $250.00 Couples $400.00

How to Register for Workshop
To reserve your place in this workshop, please call
760-729-2331 (w), ask for Sandy

• Are you a parent? A sibling? a spouse? a partner?
• Are you struggling to cope with someone with BPD?
• Are you coping all alone?
• Are you in a Crisis?
• Are you Frustrated? Confused? Angry? Overwhelmed?

Classes are limited in size
Homework assignments required
Workshops must be paid in full, in advance.
Educational Materials Provided