



NORTH COASTAL NEWS

NAMI North Coastal San Diego County

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NAMI Affiliate Offices

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Creative Arts Consortium
Advocacy Works
144 Copper Avenue, Vista, CA 92084
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August Education Meeting

6th Annual Community Resource Fair

Date: Thursday, August 16, 2018

Time: 6:30 p.m.— 8:00 p.m.

Place: St. Michael’s Episcopal Church Hall
2775 Carlsbad Boulevard, Carlsbad

NAMI’s educational meetings are free and open to the public. Everyone is welcome

Join NAMI North Coastal for the 6th Annual Community Resource Fair aimed at connecting the community with service organizations to provide education and awareness of resources for families, individuals and professionals.

Admission is Free!

Dress for the weather. The event is outside.

Light refreshments will be served and a drawing held

Come join us at our



Resource Fair

After a short break, our NAMI family support group will meet in the church library from 8:30 - 10 p.m. The NAMI Connection peer support group will meet from 5:30 to 6:30 pm in the parish library for the cookout.

President's Message

by Michael Bagby

Volume 18 No. 8

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August 2018

On June 26, 2018 our, NAMI North Coastal office received a call from a nurse at Tri-City announcing that the hospital will close its behavioral health units in 60 days. Many of us from NAMI attended the first hospital board meeting on June 28, 2018 and each of us spoke to the board voicing our concerns about the closure. A month later on July 26, 2018 some of us from NAMI attended the second hospital board meeting to voice our objections to the board once again. We each had 3 minutes to speak. Here are re-caps of our speeches:

My Address to the Board

Since June 26th, I was forced to research the status of Tri-City Health Care District. I discovered that this was a political subdivision of the State of California organized pursuant to the Health and Safety Code (division 23). They are not operating as a corporation, Sub S Corp or an LLC for profit. They answer to no shareholders and are not profit driven. As a board, there is no fiduciary duty to anyone but the citizens within the 5th district, comprised of Oceanside, Vista & Carlsbad and as a public hospital they have a legal obligation to serve the communities in their district.

In response to the decision to close the CSU (Crisis Stabilization Unit) and Behavioral Health (BH) Units on June 26, 2018 I ask you the following questions:

1. Did you consider what was in the best interest of the citizens within the cities.
2. Did you reach out to the Mayors and ask for input before your decision was reached?
3. Did you reach out to the PERT teams, Sheriffs Departments or Police Departments of the cities to determine the impact of closure of the BH Units?
4. Did you call San Diego County Health and Welfare or Behavioral Health and advise Nick Macchione or Alfredo Aguirre of your intent to close or request assistance before you voted to close?
5. Were your concerns taken to Supervisor Horn or to Chairperson Gaspar before your suspension/closure was voted?

There appears to be a veil of silence with limited contact only through a single employee, Aaron Byzak.

Chairperson Dagostino, was my email to you of 7 days earlier disseminated to the board as you have failed to

respond to either the email or 4 telephone calls to you. The email proposed a meeting between the hospital officers, Tri-City Health Care District Directors and all stakeholders of the district.

I'm asking you now whether the directors were made aware that the stakeholders are committed to meeting with the hospital and board and this includes representatives from all cities, all chambers of commerce, supervisors from the 3rd and 5th district and Alfredo Aguirre and Nick Macchione of County Behavior Health. All stakeholders are committed to and stand ready to work with the hospital to reach a resolution that would allow for continued operation of the hospital's BH Units. Yet we do not hear back from you.

The medical center and board of directors for the hospital have failed to respond to all overtures for a meeting to resolve the issues that lead to the vote to close the BH Units.

Oceanside Councilwoman Ester Sanchez, Summary of her Remarks

Oceanside Councilwoman Ester Sanchez reminded the Board that Kristen Gaspar, Chairperson of the San Diego Board of Supervisors and Supervisor Bill Horn, co-wrote a letter to the hospital Board of Directors on July 10, 2018 calling the close "a failure to the community", said the hospital was "a critical asset" and strongly urged them to "not put lives at risk". The letter urged them to partner with the stakeholders who are reaching out to them. Ms. Sanchez listed the amount of agencies and municipalities who have reached out to help and said that the only people from whom we have not heard are the Hospital Directors or the Hospital Board members themselves. There has been no response from them. She said that all of the communications have been one sided and she asked why. Then Ms. Sanchez urged the board to suspend their effort to close until after the October 30th Board of Supervisors conference about the matter.

Liz Kruidenier, our NAMI North Coastal Community Relations Outreach Volunteer, Summary

We can always count on Liz to pull out significant facts from her encyclopedic memory that everyone else is either unaware of or has forgotten! Liz gave us an excellent history of the former highly successful children and adolescents mental health hospital in Encinitas, called San Luis Rey Hospital. For a period of time it was in the red too and the will of the people and management turned it around to operating in the black. Unfortunately, after it

President's Message

Continued from Page 2

was in the black it became attractive and was sold so we lost that valuable resource. Encouraging the hospital, Liz said that if there is a will to turn this around there would be a way to do it but so far she has sadly not seen that will on the part of the hospital.

Diane Bagby's Address to the Board

I am Diane Bagby, board member of NAMI North Coastal and my son Michael, 39, has schizoaffective disorder.

What I am about to say to you may sound harsh but I mean it respectfully and I hope you receive it that way because I mean this without a shred of sarcasm. I wish I were as ignorant as you. Ignorance is not stupidity; it is a lack of knowledge or information. My time of ignorance is wistfully far gone. You live in a world blissfully unaware of what families and individuals with mental illness have to endure. Good for you, I'm glad for you because I wouldn't wish my experiences on even my worst enemy.

In our society, we frown on harming the weak. We don't pull the rug out from people who cannot stand. We don't rob old ladies or knock the ice cream from a child's hand, we don't steal someone's wheelchair and we wouldn't kick a puppy, yet what you are doing is far worse than all of these things put together. You are harming the weakest of our society through disregard and neglect.

At our last meeting, the 20-year veteran ER doctor who reluctantly got up to speak in favor of the hospital's decision said something profound and telling about the way you may think. He said that in the past years there has been a remarkable increase in the mental health admittances to the ER. Then he said what I found profound, "...it is taking away from the care of sick people who come to the ER for help". I ask you, what are these mentally ill people? Not sick? Not people? Or in your lack of knowledge and compassion, just not important people? This is why we say at NAMI that the only thing worse than having a mental illness is having to get care for it within a system that devalues those who suffer from it.

If your cardiac unit were loosing money I would bet my last dollar you would find funding for it. You would reach out and accept help and support from the many agencies that are willing to provide it but you are not doing so for illnesses of the brain.

Having a mental illness in our family has been a challenge and a blessing. I am blessed with a compassion I would never have had, had our dear son been well. So, I have mercy on you because if not for this illness, if I am to be

honest, I would have been as ignorant as you and I might have even voted the bottom line as you did. I'm just asking for you to be merciful to those who need it most and open to accept the offering of help from other agencies. It's time for disregard and neglect of the mentally ill to end.

The Nurses' Union Rep., Summary

A representative from the nurses' union said they believe the hospital board is in violation of the Brown Act. The Brown Act was enacted in response to public concerns over undisclosed, secret meetings or sessions held by local elected officials, city councils, county boards (etc.) in order to avoid public scrutiny. She said that a possible law suit may arise from this violation.

President's Message Summary

In the month between the two hospital board meetings I put in about 100 hours going from city to city to speak to mayors, city council persons, aids of the cities and have spoken to more people than I can tell you, trying to glean advice, find facts and gather a coalition of interested parties with solutions that would work to save the hospital. The hospital received communications, letters of objection and offers to help from County Behavioral Health, Supervisors Bill Horn and Kristen Gaspar, Mayor Peter Weiss of Oceanside, Oceanside Councilpersons Jerry Kern & Esther Sanchez and the Nurses' Union.

Sadly, I must report the latest information on the hospital. On August 2, 2018, I spoke at the County Mental Health Board meeting in downtown San Diego. It was there that Alfredo Aguirre, head of County Mental Health announced that Tri-City's Crisis Stabilization Unit (CSU) went out of mandatory compliance standards so the county would shut it down as of August 3, 2018. The main part of the hospital, the BH Unit is still open at this time but is scheduled to close on October 2nd. At this point is up to the County Mental Health Board, the cities of Oceanside, Vista and Carlsbad, their police and sheriff forces, and their city attorney's to exert their powers upon the hospital. We will help in any way we can but ultimately it will depend on the type of will they wish to expend to protect the citizens of our communities. We at NAMI have done all we can to block this injustice, rooted in stigma and fueled by ignorance of the true cost to the community. The next hospital board meeting will be held at 3:30 on August 30, 2018 in the lower level of the main hospital building.

Cause It Feels So Right (A Love Poem)

by Dan Kasperick

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August 2018

Her Eyes are as brown
As a chocolate cream pie
Her skin is as soft as
The clouds in the sky
Her hair is as dark
As a flowing black river
Her smile is so sweet
That it makes young men quiver

Her nose is as cute
As a shiny round button
Her ears are like seashells
Her cheeks are like nothing

That I've ever seen,
Like warm, happy sun
Her lips are as sweet as
A tangy red plum

Her teeth are as white
As the waves on the sea
Her laughter's expensive
But she gives it out free

There isn't a thing 'bout her
Don't get my nod
Her face is a canvas,
The artist is God
He painted a picture
Of depth and of beauty
To just let it radiate out

That's her duty
Cause the beauty can vanish
With the first light of day
So I'll also admire
All her wonderful ways

That way that she pauses
Between every sentence
The way that she trusts
And the way that she listens

The way that she walks
Just a half step behind
The way that she leads me
Like a dog on a line

She's surely not selfish
She's certainly grateful
If she's passing out kisses
Then I'll take a plate full

When I hold her hand
I can feel her blood pumping
It mingles with mine
And it gets my heart jumping

She's cool as the ocean
She's hot as a fire
Just one look at her
And she'll quench my desire

I'm scared as a turkey
On Thanksgiving eve
Is she here to stay
Or is she going to leave?

I never, no never
Want to lose her sight
It just can't be wrong
Cause it feels so right

2018 NAMI NC Cook Out



The Catholic Diocese Presents Marie Revere with the BH Award

by Liz Kruidenier



Marie Revere and six other volunteers were honored by the Catholic Diocese at our Lady of Mount Carmel in Rancho Penasquitos with Auxiliary Bishop Dolan presiding. They established a model for a Behavioral Health (BH) Ministry that has spread to 22 churches under the leadership of Kent Peters. In addition, Peters announced his retirement and told us that the BH Ministry was being moved to Catholic Charities, which would oversee its continued expansion.

In Memoriam

Steve Meyers, the beloved husband of Anna, passed away on 7/24. Services were held on 8/1 at St. Thomas Moore

Church in Vista. NAMI North Coastal sends their deepest condolences to longtime Member Anna and her family.

BECOME A MEMBER!

Join NAMI North Coastal San Diego County

When you join now, you become a member of your NAMI Local Affiliate, NAMI State Organization and the national NAMI Organization.		Mail to: NAMI NCSD, P.O. Box 2235, Carlsbad, CA 92018 or pay online using your credit or debit card at our website - www.naminorthcoastal.org	
Yes, I want to: (Please Check One) <input type="checkbox"/> Join NAMI North Coastal <input type="checkbox"/> Renew My Membership to NAMI North Coastal Dues: ___ \$60 Household Membership** ___ \$40 Regular membership* ___ \$5 Open Door (for low income) Member benefits include NAMI's flagship magazine, the Advocate, as well as NAMI's monthly e-newsletter, NAMI Now if you subscribe at www.nami.org/subscribe . All members receive the same benefits. NAMI membership is valid for one year. *Dues increased July 2017. ** New category as of July 2017		Title: Mr. Mrs. Ms. Dr. Last Name: First Name: Middle Name: Address: City State Zip Phone: Email:	
Payment Information: Charge my: <input type="checkbox"/> Vista <input type="checkbox"/> Mastercard <input type="checkbox"/> American Express <input type="checkbox"/> Discover Card			
Name as it Appears on Card		Card No.	
Expiration Date	Validation Code	Signature	

Gene Variation Accounts for Why Antipsychotics Reduce Cognitive Symptoms in Some Patients

Rprinted from Brain & Behavior Research Foundation blog at www.bbrfoundation.org

Antipsychotic medications are a cornerstone of treatment for schizophrenia and related disorders. They prevent hallucinations and delusions for most people, and for some, they also help reduce the cognitive impairments associated with these illnesses, such as problems with memory and attention. Now, researchers have identified a genetic factor that determines which patients are likely to experience cognitive benefits from antipsychotic medications.

The cognitive symptoms of schizophrenia are often the symptoms most debilitating and difficult to treat, and clinicians have lacked tools to help determine the best approach for managing these symptoms in individual patients. The new finding could enable a more personalized treatment approach.

The study, published June 11 in *Nature Communications*, was led by 2015 Independent Investigator Francesco Papaleo, Ph.D. at Istituto Italiano di Tecnologia in Italy. The research team also included Marco Armando, M.D., Ph.D., a 2013 Young Investigator at the University of Geneva; Joel E. Kleinman, M.D., Ph.D., a 2013 Distinguished Investigator and 2011 Lieber Prizewinner at the Lieber Institute for Brain Development; Thomas M. Hyde, M.D., Ph.D., a 1989 Young Investigator at the Lieber

Institute for Brain Development; and Daniel R. Weinberger, M.D., a Scientific Council Member, 2000 and 1990 Distinguished Investigator, and 1993 Lieber Prizewinner at Johns Hopkins University.

Antipsychotic medications work by modulating signaling from the brain's dopamine D2 receptors. Dr. Papaleo and his colleagues discovered that these drugs are most likely to improve cognitive function in people who, due to specific genetic variations, produce low levels of a protein called dysbindin-1. Dysbindin-1 influences how many D2 receptors are available on neurons' outer surfaces to receive dopamine signals from neighboring cells.

In animal experiments, the team determined that dysbindin-1's effect on drug response was due to its activity in the prefrontal cortex, a part of the brain involved in higher cognitive functions such as planning, decision making, and problem-solving.

Dr. Papaleo and colleagues said this about the significance of the new findings: "We provide evidence for a biologically supported approach to antipsychotic treatment response. This might open new avenues in the application of genetics to psychiatric disorders in order to optimize the efficacy of current available drugs and develop new ones by dissecting subpopulations of responders and non-responders based on concrete mechanistic insights."

Kristin Gasper Calls for October 30th Conference to Assess Inpatient Psychiatric Care in San Diego County

Chairwoman Kristin Gasper of the San Diego County Board of Supervisors sent the notice below to North County Mayors and City Councilmembers. Chairwoman Gasper is looking to us all to help the County come up with new collaborative ways to fix our "broken system of care". For those that can attend, please do. For those that can't, I would be happy to pass on ideas from you on how to strengthen all facets of the continuum of care. Hugs Liz lizkruidenier@gmail.com

Notice from Chairwoman Gasper:

This morning the Board of Supervisors approved my request calling for a Board Conference to be held on October 30, 2018, to assess the state of inpatient

psychiatric care in San Diego County. This will be a comprehensive assessment of the continuum of care for psychiatric services across our county. Your participation and collective voice will be critical to exploring innovative and sustainable solutions for our entire region. I encourage you to attend the conference on the morning of Tuesday, October 30th at the County Administration Center (time certain to be identified). We welcome your input as we engage with all community partners and stakeholders and work diligently to prevent a crisis that could have a profound impact on our system of care.

Meetings, Treatment and Support Group Resources

CRISIS SUPPORT

24-Hour Domestic Violence Hotline
1-888-DVLINKS (385-4657)
Posters and safe cards advertising this number are available for distribution. Please contact Aneesa Bharwani at (858) 272-5777 or abharwani@crisisteam (888)-724-7240 & (800) 479-3339

Suicide Prevention

(888) 784-2433
Warm Line (Consumer Support)
800-930-9276 & 619-295-1055
5 PM – 11 PM daily

SSI Consumer Advocates

Is available at the Mariposa Clubhouse to answer SSI questions or to provide help in completing and filing SSI applications (760) 439-2785

In-Home Outreach Team (IHOT)

MHS Inc. (760) 591-0100

SUPPORT GROUPS

NAMI North Coastal Family Support Group

3rd Thursdays 8:30 – 10 pm
St. Michael's Episcopal Church
2775 Carlsbad Blvd. Carlsbad

NAMI SD Escondido Family Support Group

Tuesdays from 4-6 pm
Escondido Senior Center—Cedar Room
210 East Park Ave., Escondido

NAMI Family Support Group in Spanish

1st Friday of Every Month 6:30-8:30 pm
Tri City Medical Center Room #7
(760) 722-3754

Connection Consumer Support Group

3rd Thursdays 5:30 – 6:30 pm
St. Michael's Episcopal Church
2775 Carlsbad Blvd. Carlsbad
Wednesdays from 1:00-2:30 pm
Mariposa Clubhouse
2964 Oceanside Boulevard, Oceanside
Mondays from 11:00-Noon

Escondido Clubhouse
474 West Vermont Escondido, CA

STEPS

Every Friday, from 12:15-1:00 pm
Mariposa Clubhouse
2964 Oceanside Boulevard, Oceanside

Sibling & Adult Children's Support Group

2nd Wednesdays 7-9 pm
Scripps– Memorial Campus
Schaezel Center/Noble Room 833

Spouses/Partners of Person with

Diagnosis of Bi-Polar Disorder
3rd Tuesday, 6:30 – 8 pm
Clairemont Lutheran Church, Luther Hall
Room 2, 1st Floor
4271 Clairemont Mesa Blvd, San Diego

Depression & Bipolar Support Alliance

VA San Diego Medical Center
www.dbsasandiego.org
Mondays – Room 2011 – 6 PM
Thursdays – Room 2436 – 6 PM

Depression & Bipolar Support Alliance

Wednesday, 2:30 PM-4:00 PM
510 W. Vista Way, Vista

Borderline Personality Disorder

UCSD Outpatient Psychiatric Services
140 Arbor Dr., San Diego
2nd Floor, Room 247
sboone@bpdglobal.com

Substance Use Disorder &

Co-Occurring Disorder Family and Friends

4th Fridays, 6 – 7:30 p.m.

NAMI San Diego Office
5095 Murphy Canyon Road, Ste 320,
San Diego

BEHAVIORAL HEALTH MEETINGS

NAMI SIT

Board Meeting—2nd Monday, 4:30 pm
144 Copper Avenue, Vista, CA

NAMI North Coastal

Board Meetings—2nd Thursdays, 7:00 pm
General Meetings—3rd Thursday 7:00 p.m.
St. Michael's Episcopal Church
2775 Carlsbad Blvd. (Library)
Carlsbad, CA (760) 722-3754

NAMI San Diego

Monthly meetings held at various sites throughout San Diego County with speakers on various topics including health and wellness with an emphasis on mental wellness. For more information contact the NAMI San Diego's Helpline at (800) 523-5933 or email outreach@namisd.org

RECOVERY CLASSES

RICA Well

Call (858) 274-4650 for next class
Tuesdays from 1:30-3:30 PM

WRAP Well Meds for Success

Escondido Clubhouse
474 Vermont Ave. #105 (858) 274-4650

BEHAVIORAL HEALTH PROGRAMS

Aurora Behavioral Health

Monday-Friday 9:00 am-3:00 pm
11878 Avenue of Industry
San Diego, CA (858) 675- 4285
Monday - Friday 8:30 am - 4:00 pm

TriCity Medical Center Outpatient Behavioral Health

510 West Vista Way, Vista, CA
(760) 940-5050

Palomar Outpatient Behavioral Health

125 Vallecitos del Oro, Ste 125, San Marcos
(760) 739-2988 (760) 510-8352

Kinesis North/Inland BPSR Center

Monday-Friday 8 – 4 pm
474 West Vermont, Escondido, CA
(760) 480-2255

SOCIALIZATION CENTERS

Escondido Clubhouse

Monday-Friday, 8:00 am to 4:30 pm
1st Saturday, 10:00 a.m. - 2:00 pm
474 West Vermont Escondido, CA
(760) 737-7125 Fax (760) 737-8348

Sarah Bowdoin-Jones Mariposa Clubhouse

Monday-Friday, 8:00 am - 4:00 pm
2964 Oceanside Blvd, Oceanside
(760) 439-2785 Veronica Aguilar

Friends Clubhouse

Activities temporarily suspended
(858) 481-7069

OUTPATIENT TREATMENT

Exodus Recovery Walk-In Assessment Centers

524 West Vista Way
Vista (760) 758-1150
Monday-Friday 10:30 am-6:30 pm
1520 S. Escondido Blvd
Escondido (760) 758-1150

Mental Health Systems

Monday-Friday 8 am-4:30 pm
3609 Ocean Ranch, Oceanside
Oceanside (760)-967-4475

INPATIENT TREATMENT

Tri-City Hospital Behavioral Health Unit

(877) 299-0664

Palomar Center for Behavioral Health

555 E. Valley Parkway, Escondido



Nonprofit Org.
US Postage Paid
Permit #45
Carlsbad, CA

Your Local Voice on Mental Illness

NAMI NCSDC
P.O. Box 2235
Carlsbad, CA 92018

Phone: 760 722 3754
Email: info@naminorthcoastal.org
www.naminorthcoastal.org

Announcements!

NAMI North Coastal will be moving back to our new office at 1701 Mission Blvd Oceanside on October 25, 2018. The office will be closed on Friday, August 24th so we can pack up with the help of volunteers.

Our next **Family-to-Family Class** is almost full. It is scheduled to start at North Coast Calvary Church (1330 Poinsettia Lane, Carlsbad) on September 17th to December 3rd, 6:30 to 9 pm. Please call the Office to attend.

Hola! Diana Gonzales is collecting names for our next **Familia A Familia class** en Espanol. Please call Office

Our very successful Cookout in July was well attended and everyone had a marvelous time. Many thanks to Karen Godfrey for gathering all the talent and acting as emcee and for Scott Waters who helped her cook our extra long special beef hot dogs.

Dan Kasperick Art Show at the Carlsbad Senior Center all through the month of September 9:00 am to 5:00 pm Mon. thru Fri. and Saturdays from 9:00 am to 1:00 pm

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This newsletter is published by NAMI NCSDC, an affiliate of NAMI California and NAMI National. Any opinions expressed in this 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: info@naminorthcoastal.org.

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