



# OUT OF THE FOG

The monthly newsletter of NAMI San Francisco  
[www.namif.org](http://www.namif.org)

## January Meeting Notes

By Suzanne Brady

The role of sleep disturbance in mental illness was the topic at our January meeting with a presentation by Allison Harvey, MD, Director of the UC Berkeley sleep lab and clinic within the Psychology Department.

It is generally accepted that sleeping well contributes to quality of life, emotion and mood regulation, thinking and problem solving, and physical health. Many studies also demonstrate the relationship between sleep disturbance and mental illness. Sleep disturbance can consist of insomnia, hypersomnia (sleeping too much), reduced sleep need, difficulty falling asleep, nightmares or nocturnal panic.

Hypersomnia is a common symptom of depressive disorder and sometimes occurs between episodes of bipolar disorder. Individuals with bipolar disorder are sometimes on three to four medications. It is the responsibility of a prescribing doctor to minimize hypersomnia caused by medications. However, little research has been done of the effect that multiple medications have on sleep.

Dr. Harvey's clinic is currently funded by the National Institute of Mental Health to develop a "talk therapy" treatment for hypersomnia. Individuals diagnosed with bipolar disorder that experience hypersomnia can call 510-643-3797 to learn more about the study. The goal is to help people better manage their sleep without adding another medication to their bipolar disorder treatment plan.

A number of studies have demonstrated that sleep disturbance is the most common early warning sign of a  
*Continued on page 6*

## SSI In 2009

By Baron L. Miller\*

In order to protect SSI benefits, it is important for those of us who supplement them to be familiar with the rules and to stay informed of changes. Following are the limitations on a recipient's resources and income in effect on January 1, 2009.

### Resources

"Resources" is what the Social Security office calls assets owned by an SSI recipient, and in 2009 they continue to be limited to \$2,000.00. The limitation applies only to assets in the recipient's name or to which a recipient is deemed to have unfettered access. Regardless of their worth, a recipient's home, household goods, personal effects, and a vehicle for transportation are not included in this limitation, nor are any assets owned by a special needs trust.

### Income

Because SSI is based on financial need, money received by an SSI recipient can adversely affect both eligibility and the amount of benefits. A recipient may receive up to \$20.00 each month from any source - what Social Security calls "unearned income", and an additional \$65.00 per month as wages - called "earned income", without an adverse effect. Once these limits are reached, all unearned income and ½ of the earned income received each month will be deducted from the allowable SSI benefit for that month.

Significantly, there is no limitation at all on payments to providers of a recipient's living expenses if they are  
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3rd Wednesday of each month  
 6:30 - 8:00 pm  
 1010 Gough St.  
 (between Eddy & Ellis)

## The Monthly Meeting

### February 18

Dr Paul Larson will speak about  
 "Deep Brain Stimulation in  
 Psychiatric Disorders."  
 Laurie Williams will open with a presentation about the Bay Area NAMI walk on May 20.

### March 18

Dr Forster on  
 "Dual Diagnosis."

### April 15

Demian Rose, UCSF  
 PART study, on  
 predicting psychosis

## NAMI Peer to Peer Program Offered

*Mandatory Information/Registration Meeting on*  
**Saturday February 7, 2009 at 1095 Market**  
**6th Floor Conference Room 10am - Noon**

Classes to be held every Saturday, February 28 through April 25, 2009, 10am - Noon. Please contact Kathleen Wallace at 415 255-3684 for more information

Peer-to-Peer is a unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery. The course consists of nine two-hour units and is taught by a team of three trained "Mentors" who are personally experienced at living well with mental illness. Each class contains a combination of lecture and interactive exercise material and closes with Mindfulness Practice (techniques offered to develop and expand awareness).

Each class builds on the one before: attendance each week, therefore, is required.

### Family To Family Education Class

**Class offered Saturday mornings starting in February. Another class is forming for evenings at the VA Hospital.**

We are currently enrolling family members and friends of persons with a mental illness in the free 12-week course.

Leave your name, number, and interest in the Family-to-Family class on our hotline (905-6264), and we'll get right back to you!

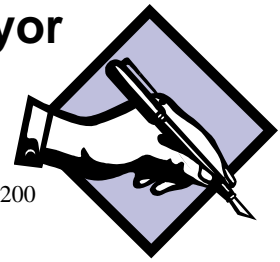
### County Mental Health

The County mental health access line for all consumers is  
**415-255-3737**

The Mobile Crisis Unit is  
**415-355-8300**

## Letter to the Mayor

Mayor Gavin Newsom  
Office of the Mayor  
San Francisco City Hall  
1 Dr. Carlton B. Goodlet Place, Room 200  
December 2008  
San Francisco, CA 94102



Dear Mayor Newsom,

As President of the National Alliance on Mental Illness-San Francisco Chapter, I am writing to request a meeting with you to discuss the mid-year budget cuts to mental health services

Because mental illness does not discriminate, the membership of NAMI's San Francisco affiliate reflects the cultural diversity of the City. We live in all parts of the City and come from all walks of life, (lawyers, physicians, business owners, research scientists, as well as students and teachers).

We are united in opposition to these cuts because we know what they mean to both our loved ones as well as our fellow citizens. More mentally ill crowding the jail, with fewer staff trained to cope. More mentally ill as homeless out on the streets; more crowded emergency rooms with mentally ill in crisis, and more head line grabbing crimes resulting from untreated mental illness. On that last point- Can your administration afford another case like the young untreated Afghan man from Fremont who caused mayhem on the streets of SF when no services were available to treat his active bipolar illness?

While we recognize the huge financial challenges facing San Francisco, we see mental health services as no less important to the Public's Safety than the police and fire department. We feel strongly that scarce resources should be used to support long term care programs and residential care that already exist and have proven to work

We would welcome the opportunity to discuss these cuts. If they happen, how do you propose that we -as both family members and citizens of San Francisco-respond to the untreated mentally ill. Who do we call, and what services will be available?

Thank you,  
Gifford Boyce-Smith, MD  
President, SF-NAMI

# Case Against Mentally Ill Nikkei Woman Dismissed

By Heather Horiuchi, *Nichi Bei Times*, 1/22-28/09

After having reviewed the evidence, the San Francisco District Attorney's Office decided on Jan. 16 to dismiss the case against Teresa Sheehan, a 56-year-old who suffers from schizoaffective disorder, Sheehan's attorney Kleigh Hathaway said. "I am so relieved and I am so thankful that the District Attorney's Office finally was able to see this case as they should have from the very beginning," the deputy public defender said.

On Aug. 7, 2008, Sheehan was shot five times - resulting in massive injuries - by officers of the San Francisco Police Department who were responding to a request from a social worker employed by the nonprofit organization which runs the housing program at which Sheehan lived.

Sheehan once faced five charges - two counts of assault on a peace officer, two counts of assault with a deadly weapon in violation and one count of threatening death in violation. She was found not guilty of making criminal threats against the social worker. However, the San Francisco Superior Court jury deadlocked 11-1 in favor of not guilty on two counts of assaulting a peace officer with a deadly weapon. They were also deadlocked 7-5 in favor of a not guilty verdict on two counts of assault with a deadly weapon.

A spokesperson for the San Francisco District Attorney's Office declined to comment on the case.

Sheehan is currently on a temporary conservatorship that Hathaway said expires on Jan. 29. Plans are under way to ensure Sheehan, who uses a wheelchair, will have an acceptable housing situation. Hathaway said that Sheehan "is doing well, stabilized and on her meds."

However, Sheehan, who now uses a wheelchair, faces physical challenges on top of the ones she has faced because of her illness for more than 30 years. Frances Sheehan, 53, said that the family is trying to determine what programs her sister is entitled to. "I just want her to be safe," Frances Sheehan said. Whereas smiles abounded on the faces of the Sheehan siblings on Jan. 16, a difficult task remains: burying their mother, Imae Sato, who died on Oct. 31 after a bout with cancer. Their father, John T. Sheehan, is also deceased. "We didn't want to bury our mom until Teresa was free. We couldn't imagine doing it without her." Frances said.

The younger Sheehan has said that after having stayed in numerous facilities over the last several months, and adjusting to the accompanying medical and support staff, her sister is "apprehensive, fearful of what the next step is going to be," Frances Sheehan said. Considering the challenges that Sheehan faces within the

context of the severe budget cuts to the Department of Public Health helps to further put the Sheehans' concerns into context. "We are all impacted as we speak," Christina Shea, deputy chief/director of clinical services for Richmond Area Multi-Services, Inc. told the *Nichi Bei Times* in early January.

"We're still a moving target," Shea said, adding that communication about the very cuts has been inconsistent.

"The people of San Francisco have to come up with a way to get beyond this. Get somebody into the mayor's office whose going to be working for the people," said James Keys, secretary of the City and County of San Francisco Mental Health Board.

"We're hearing from the Department of Public Health [that] we have to reinvent, reinvision public health in San Francisco," said Alexandra L. Kutik, a mental health advocate, who has bipolar disorder.

Keys all but dismissed the likelihood of garnering support from the mayor's office. "Having a transparent process under the Newsom Administration is impossible. It's difficult to get information in a timely fashion - almost impossible," he said. Also problematic, Keys said, is that the system is robbing those least able to advocate for themselves. "How did we get into this state where our budget it so bad? We miss spent... Gave tax breaks to the rich... Now we rob the elderly, people with mental health issues. We rob the poor," said Keys, who also serves as the health program director of the Senior Action Network.

...One step in the right direction would be San Francisco County implementing what is known in the State of California as "Laura's law," said Carla Jacobs, a board member of the Arlington, V.A.-based Treatment Advocacy Center. In 2002, then-Gov. Gray Davis signed the law to help ensure outpatient treatment for those who are seriously mentally ill.

Frances Sheehan said that she is "all for" requiring those who are severely mentally ill to be medicated. "If you can find someone - a good physician who's taking responsibility for their patients - I don't see why not [require the person to be medicated]. Why do you have to wait for a trauma to be reactive rather than proactive?"

The results of not doing so can be tragic, she said. "That's ... what happened with Peter [C.] Fong," Frances Sheehan said, of the man who allegedly suffers from mental illness, and has been accused of fatally stabbing Ryosuke Yoshioka to death recently. "We've got such wonderful, brilliant people walking side by side by each other, and frankly we're allowing people to slip."

Keys said that he was "very impressed with the Sheehan family," for having "fought valiantly for their family member." "If we could all have that type of love and care from our families, and friends, perhaps we'd be a better society..." Keys said. "We need to treat each other a lot better."

## Calling All Volunteers Past, Present and FUTURE!

Wednesday, February 25  
6:00-7pm  
1010 Gough

Let's gather to meet each other, form teams and  
make plans to expand our efforts in 2009!

We need your ideas...dreams...energy...input  
*Come check it out!*

## Cuckoo

Jump Theatre is proud to announce **Cuckoo** -- a world premiere adaptation of Madison Clell's graphic novel



February 5 - 28  
Phoenix Theatre,

414 Mason Street (at Geary), San Francisco

Tickets: \$20 General Admission  
\$10 Previews - February 5 & 6

\$25 Opening Night Champagne Reception, February 7

Tickets available now at  
[www.brownpapertickets.com/event/48805](http://www.brownpapertickets.com/event/48805)  
or 1.800.838.3006

Cuckoo tells one woman's true story of living with multiple personalities... and surviving to tell the tale.

Adapted from the graphic novel of the same name, Cuckoo chronicles the true adventures of Adriene and her many personalities as they baffle her boyfriend, wreak havoc in her therapist's office, hijack her homework, and generally take over her life.

But there's method in the madness. Each personality in his or her own way helps Adriene survive, while their secrets force Adriene to face a frightening past and find her whole self... whether she wants to or not!

See excerpts from the graphic novel and information about Dissociative Identity Disorder (DID) at [www.cuckoocomic.com](http://www.cuckoocomic.com). For more information please call Jump! Theatre at (415) 262-0240 or visit [www.jumptheatre.org](http://www.jumptheatre.org).

*NOTE: Cuckoo deals in part with child sexual abuse and parents are cautioned that it is neither appropriate for children nor some teens. Please see [www.cuckoocomic.com](http://www.cuckoocomic.com) and use your judgment.*

## Glenn Close - Mental Health Advocate

Visit this link: [www.aarpmagazine.org/inspire](http://www.aarpmagazine.org/inspire) for a video featuring Glenn Close, and where you can read the rest of this article.

"You need help, you need a psychiatrist!" a freaked-out Michael Douglas shouts at his lover in a prophetic early scene from the 1987 hit film Fatal Attraction. In response, Glenn Close, who won an Oscar nomination for her role as the deeply troubled Alex Forrest, flashes him a pleading but eerie look-one that scared the pants off millions of movie watchers but also won accolades from mental health experts for its accurate portrayal of the complex nature of mental illness.

In preparing for the role, Close visited a therapist and researched serious psychiatric conditions. But the actress, who in September won an Emmy for her starring role as a cunning, fiercely driven trial attorney on FX TV's Damages, has a more personal connection with mental illness, which strikes 5 percent of the U.S. population and affects one in four families. In her first public statement on the issue, Close revealed to AARP The Magazine that she has a family member who suffers from bipolar disorder, and another who has schizoaffective disorder. "I've seen mental illness firsthand," she says. "I know there are millions of people affected, and it's not just the patient who is suffering. It's everyone around them."

Two years ago the actress began quietly making donations to Fountain House, a 60-year-old not-for-profit organization headquartered in New York City that she discovered while searching for help for her relatives. Fountain House, the model for 325 facilities around the world, offers its members assistance with jobs, education, and housing and also provides a supportive community. "It's a place where people with mental illness can go and feel safe and that they're worth something and have value," Close says. Several times in the past year, Close has volunteered at the New York City Fountain House-cooking meals, arranging flowers with members, and working the phones to help find places to stay for those who are on the streets.

Remember to donate to the

### Community Thrift Store



This is one of our *best sources* of income for the NAMI SF Chapter!!

625 Valencia Street at 17th Street  
415-861-4910

manic episode. Other studies have shown that sleep disturbance is the sixth most common sign of a depressive disorder. To improve sleep, Dr. Harvey encourages people to focus on nighttime habits and to develop a program of activities during the day that will contribute to their need for sleep at night.

In collaboration with a clinician, patients at the sleep clinic map out the individual circumstances that are contributing to their sleep disturbance. This can include the thoughts, feelings or medications they may be effecting ones sleep. The clinician will ask questions about the patients sleep environment, their exercise habits, their alcohol and drug use (including nicotine and caffeine) and their diet.

The simplest and most important step anyone can take to improve their sleep is to get up at the same time everyday. She also recommended establishing a wind down time beginning 30 to 60 minutes prior to your regular sleep time. During that time one would habitually perform sleep-enhancing activities. These habits will vary from one person to another but should not include computer use, text messaging or television.

"Falling asleep or waking up is not a light switch. It's more like a dimmer," Harvey said. "It takes 30 to 60 minutes to wind down for sleeping and to wake up from sleep."

Sleep clinic patients learn to use cognitive behavioral therapy to help manage their sleep anxieties. This may include diary writing or scheduling worry time in the afternoon. Dr. Harvey recommended that anyone experiencing sleep problems work with a medical professional to identify the best sleep management techniques for their individual situation.

## Mental Health Stigma Study

A recent University of California study provides information on the stigma experiences of low-income Black mental health consumers in San Francisco. The study is part of a project to develop a consumer-based stigma psycho education intervention for Black mental health clients.

Study results are based on a small sample - 34 public-sector Black mental health consumers. However, since this is a largely overlooked population the results are informative. The consequences of stigma concerns for these consumers were significant.

Most suffered for many years with untreated mental health problems because they avoided, delayed, or refused voluntary mental health treatment to avoid the external and internal stigma of being "crazy." However, the most commonly expressed attitude (71%) was that they recognized that their health and well-being were more important than the opinions and reactions of others.

This sample includes only individuals who eventually sought mental health treatment. The authors of the study plan to develop their anti-stigma campaign based on this study.

A copy of the study results can be found at: <http://muse.jhu.edu/search/results?action=search&searchtype=author&section1=author&search1=%22Alvidrez%20Jennifer.%22>.

## UC Berkeley Clinical Studies

### Sleeping Too Much Study

Clinical Interns at the UC Berkeley Psychology Clinic are offering cognitive behavioral therapy for adolescents and adults, ages 12 and up, who are suffering from hypersomnia. Symptoms can include: Sleeping too much, staying in bed more than 9 hours, feeling tired and sluggish throughout the day, feeling sleepy, or feeling like you can't get enough sleep.

Our treatment aims to help people get control of their sleep as well as improving quality of life. This treatment can be helpful for people with a variety of mental illnesses (such as bipolar disorder, schizophrenia, or depression) as well as those not suffering from a mental illness. We are a low fee clinic; a sliding scale fee applies. Please call our clinic at 510-642-2055 if you are interested in discussing or receiving this treatment.

### Bipolar Disorder Sleep Study

Have you been diagnosed with Bipolar Disorder? The UC Berkeley sleep clinic is looking for participants for an 8-week research study examining daily activities and sleep. Participants should be between the ages of 18 and 65 and currently under the care of a psychiatrist.

Study Details:

- Continuously wearing a wrist monitor that will measure your sleep and waking activity
  - Keeping a daily log of your sleep and activities for 8 weeks. The log is a single sheet of paper and takes 15 minutes to fill out each day.
  - Compensation of up to \$150 for your participation!
- If interested, please contact the Department of Psychology, UC Berkeley at 510-643-3797 or [ucbsleepstudy@gmail.com](mailto:ucbsleepstudy@gmail.com).

## Support Groups



### Family Members' Groups

#### *African American Family Support*

1st Thursdays, 6 - 7:45 pm at 1099 Sunnydale Ave (The Village). Call LaVaughn at 415-832-9616

#### *San Francisco Family Support Group*

Tuesdays, 5:15-6:45 p.m. at SF General Hospital, 1001 Potrero St., Room 7M30. Info: Susanne at 415-558-5900

#### *Sibling & Adult Children Network*

Call Mary Gullekson at 474-7010 for information

#### *Berkeley Sibling Support Group*

Call Carolyn Defay at (510) 644-8579

### Bilingual & Monolingual Support Groups

*Chinese Families Mental Health Alliance.* Ed Koo 352-2047

*Spanish Language Support Group* for family members and caregivers has started. Info: Carmen Burgos 415-401-2733. 1st Tuesday 5:30-7:30 p.m. at Mission Mental Health, 2712 Mission Street in San Francisco.

### Consumer Self-Help Groups

#### *Depression & Bipolar Support All. (formerly DMDA)*

Saturday afternoons at 1:30-3:00 and  
1st Mondays at 6:45-8:00 pm in the Saint Francis Hospital,  
900 Hyde St., 2<sup>nd</sup> Floor Conf. Room. Call 519-0171

#### *OASIS (Office of Self Help)*

1095 Market Street at 7<sup>th</sup>, Suite 202 (415) 575-1400

#### *RECOVERY, Inc.* for nervous ailments

(415) 333-6454 Community Miracles Center,  
2269 Market Street (between Noe and Sanchez)

#### *Consumers with Schizophrenia*

3rd Wednesday of each month, 5:30-6:45pm  
1010 Gough. Info: Susanne at 558-5900

#### *Hoarding & Cluttering Support*

2nd Monday and 4th Wednesday of each month.  
Antonio (415) 421-2926 x306

#### *Health and Wellness Action Advocacy*

1st Thursday of each month, 1-3pm. Antonio at  
(415) 421-2926, x306

#### *Alcoholics Anonymous:* San Fran: (415) 621-1326

Marin: (415) 499-0400 San Mateo: (650) 573-6811

#### *Narcotics Anonymous SF Helpline:* (415) 621-8600

*Harm Reduction Therapy* (415)-863-4282



## NAMI-SF Support Groups

- 1) **For Caregivers and Friends Only**  
1010 Gough  
2<sup>nd</sup> Wednesday at 6:30  
Contact Vickie at 661-5208
- 2) San Francisco General Hospital  
7<sup>th</sup> Floor, Room 7 M 30  
Tuesdays, 5:15 - 6:45 p.m.  
Call Susanne Killing at 558-5900

### Asian Mental Health Resources

The Culture to Culture Foundation's directory of Asian-American mental health services in the Bay Area can be accessed at [www.asianmentalhealth.info](http://www.asianmentalhealth.info) or call 925-938-9988

## DBSA

### Depression and Bipolar Support Alliance of San Francisco



#### Regular Support Group:

every Monday at 6:45-8:15pm and  
every Saturday at 1:30-3:00pm.

#### Young Adults Support Group:

1st and 3rd Monday of each month at 6:45-8:15pm for 18 to 25+ year old people.  
Contact Harry at 650-430-2909 for information.

#### Friends And Family Support Group:

1st and 3rd Monday of each month at 6:45-8:15pm. Contact Jane Norbeck at 415-519-0171 or Harry Walters at 650-430-2909 for information.

#### Location:

900 Hyde St., 2nd floor of St. Francis Hospital  
between Pine and Bush in San Francisco  
At Outpatient Registration desk, take elevator down to lower level. Meeting rooms are next to the elevator.

Meetings are on a drop in basis and are open to peers, please note we do not allow observers. You do not need to be a member to attend, however memberships are \$20.00 a year and you are encouraged to join and support the organization.

NAMI-San Francisco is a self-help organization of family members, mental health consumers, friends, professionals and other interested citizens, united to provide support, education and advocacy for persons with severe mental illness. NAMI-San Francisco is a private, non-profit organization.

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not deemed to be for food or shelter. Some of these things that can be paid for without limitation are clothing, telephone, household goods, computer, transportation, recreation, case management, helpers, companions, travel, medical and dental, most insurance, education, rehabilitation, and training.

The limitation rules do apply to payments for rent, mortgage, home insurance, real estate taxes, home utilities, and gift cards for food. However, unlike cash, payments for these things will not render a recipient ineligible for SSI; instead they will reduce monthly benefits by the actual amount of the payments, up to a maximum reduction of \$245.00. Therefore, depending on a recipient's needs and another's ability to pay for them, it can be wise to pay a provider directly for shelter and/or food.

Cash received by an SSI recipient as reimbursement for expenses already paid for by the recipient will count as income in the month received (and will also count toward the \$2,000.00 limitation). Receipt of food stamps will not affect benefits, nor will loans which the recipient is realistically expected to repay.

### MediCal considerations


A recipient of SSI will continue to automatically qualify for MediCal. Due to the exorbitant cost of treating mental illness, MediCal is often crucial. Again, while cash payments made directly to a recipient might result in ineligibility, payments made to a provider of shelter or food would at most reduce monthly benefits

by \$245.00. If an SSI recipient's living expenses are going to be supplemented, this must be done in such a manner that it will not render the recipient ineligible for both SSI and MediCal.


### Staying diligent

SSI rules do periodically change, and family members, friends, and trustees of special needs trusts should consult with the Social Security office or with an attorney familiar with the rules to determine what payments the current rules will allow, and what the potential loss to an SSI recipient could be.

*\*Baron L. Miller is an attorney in private practice in San Francisco who specializes in estate planning for California families of the mentally ill. He is a long-time NAMI family member, and an advocate for the rights and interests of families of the mentally ill. He does not charge for telephone consultations on the propriety of making payments for the benefit of an SSI recipient. He can be reached at 415 522-0500.*



**The SFGH CAB  
CLOTHING PROJECT**



**This program is a big help to consumers who are in need of clothes while they are at SF General Hospital.**

**Just call and they will pick up your donation or meet you at the front door of the hospital when you bring it in.**

**Please call Amelia Truman, 415-206-4465**

*Out of the Fog* is published 10 times a year by NAMI-San Francisco, a non-profit organization affiliated with the National Alliance on Mental Illness, which goes by the acronym NAMI, and NAMI-California, the statewide affiliate.

[www.namisf.org](http://www.namisf.org)

#### **NAMI San Francisco**

1010 Gough  
San Francisco, CA 94109  
415-474-7310 ext 437  
[namisf@fsasf.org](mailto:namisf@fsasf.org)

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Send newsletter additions/submissions/  
change requests to [roopa2nami@gmail.com](mailto:roopa2nami@gmail.com)



## Please Join NAMI SF

NAMI-San Francisco is moving to a system where members renew in their anniversary months, but many of you are on the calendar-year system.

Please let us count you. There is power in numbers. We need the support of families, friends, consumers, professionals and others who share our goals. Your dues help us pay for the printing of the newsletter, educational materials and mailings and the Family-to-Family Education Course, an invaluable resource for people who love someone with a mental illness.

Checks may be made out to "NAMI San Francisco"

Please mail to:  
NAMI-San Francisco Treasurer  
1010 Gough St.  
San Francisco, CA 94109

NAME \_\_\_\_\_  
(Please Print)  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_

This is a: •New Membership •Renewal •Address change

What is your relationship to a person with a mental illness?  
•self • parent • sibling • spouse • health care/professional  
Other \_\_\_\_\_

Please Check One:

- \$10 Consumer
- \$45 Individual or Family Membership
- \$100 Organization or Benefactor Membership
- \$250 or more for Patron Membership
- \$500 or more for Sustaining Membership
- I cannot join NAMI-San Francisco at this time but I would like to receive *Out of the Fog* or I am enclosing a donation of \$ \_\_\_\_\_ to help cover the cost of *Out of the Fog*.

## NAMI SAN FRANCISCO

1010 Gough St.  
San Francisco, CA 94109

*Return Service Requested*

FIRST CLASS MAIL
U.S. Postage
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## Calling All Volunteers -- Past, Present and FUTURE!

Wednesday, February 25 \* 6:00-7pm \* 1010 Gough

Let's gather to meet each other, form teams and make plans to expand our efforts in 2009!

We need your ideas...dreams...energy...input - come check it out!