



OUT OF THE FOG

The monthly newsletter of NAMI San Francisco
www.namif.org

November General Meeting Notes

By Suzanne Brady

Post-Traumatic Stress Disorder (PTSD) was the topic at the November General Meeting and our speaker was Teo Ernst, PhD. Dr. Ernst has worked with clients suffering from PTSD at the San Francisco Veteran's Association Medical Center (SFVAMC) and San Francisco's Richmond Multi-Services, Inc. (RAMS).

PTSD develops as a result of an extreme traumatic experience(s). The stressor may involve someone's actual death, a threat to the client's or someone else's life, serious physical injury, or threat to physical or psychological integrity that overwhelms all psychological defenses.

PTSD sufferers may have nightmares about the event or intrusive recurring memories; tend to avoid places, people, or other things that remind them of the event; and may develop hypervigilance and an exaggerated startle response. PTSD can also affect a person's ability to sleep and concentrate and can lead to irritability and outbursts of anger. "Trauma floods the mind with more than it can process," Dr. Ernst said.

As a result, the mind returns to the incompletely processed experience over and over. This causes the nightmares and/or recurrent memories. However, with PTSD a recurring memory or bad dream can be so powerful that the sufferer feels as though they are reliving the event.

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MHSA Alert - Republicans After Prop 63 Money

From Dede Ranahan

On December 16, 2008 at a Senate Budget and Fiscal Review Subcommittee #3 on Health and Human Services in the Capitol, a Republican proposal to divert Proposition 63 funds was reviewed in a public hearing. I testified for NAMI California's opposition as did about 12 other opposing organizations. NAMI CA's formal statement that was faxed to the committee prior to the hearing is attached.

In a nutshell, the Republican proposal, which requires a vote of the people, would redirect all MHSA Funds to backfill for General Fund support expended in any mental health program at the discretion of the Legislature. Some think they would use the money to fund the state forensic hospitals (such as Patton and Atascadero) and to fulfill EPSDT obligations that the state owes to the counties – in other words they would be supplanting State General Funds monies with MHSA funds.

The republicans want to place a measure on the ballot in March 2009. This special election would require a 2/3 vote of the legislature to approve it. If approved, into today's urgent economy, there is concern that a nervous and uninformed public might vote to overturn Prop 63 and give the money back to the state. The amount in question is about 2.5 billion dollars that has not yet been distributed to counties. There are

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3rd Wednesday of each month
 6:30 - 8:00 pm
 1010 Gough St.
 (between Eddy & Ellis)



The Monthly Meeting

January 21

Allison Harvey, Associate Professor of Clinical Psychology at the UC Berkeley. Her topic will be moving toward an understanding the role of sleep disturbance in mental illness. She directs the sleep laboratory and sleep clinic in the Psychology Department at UCB.

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

Jury Deliberation Begins in Case of Mentally Ill Nikkei Woman Shot by Police: Mental Health Advocates Decry Budget Cuts to Already Lacking Resources

By Heather Horiuchi, the *Nichi Bei Times Weekly* 12/14/08

Jury deliberation began Tuesday, Dec. 9 in the case against Teresa Sheehan, a mentally ill woman charged with 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.

And although Sheehan, 56, is being held on trial, mental health care advocates see her as the victim, who the system has failed, and who was brutalized by the San Francisco Police Department (SFPD).

On Aug. 7, Sheehan was shot five times — resulting in massive injuries — by officers of the SFPD 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, who is of Japanese and Scott-Irish descent, has suffered from schizoaffective disorder for more than 30 years. Her family members acknowledge that Sheehan has gone through numerous ups and downs over the years.

Sheehan has previously spent time in the hospital during some of the more troublesome bouts with her illness. However, for the last six years, Sheehan had lived at 1941 15th St. near San Francisco's Mission District, through a housing program of the Conard House, Inc., a group that aims to "develop resources to help people self manage mental illness." The group receives funding from the San Francisco Department of Public Health among other funders.

Downhill Descent

Heath Hodge, who described himself as a social worker at Conard House Cooperative Program, attempted to visit Sheehan's residence on Aug. 5 of this year. As a program director, Hodge makes house visits to check on the well-being of residents. Hodge testified that

he knocked on Sheehan's bedroom door, and explained that he was "concerned."

When she did not acknowledge him, Hodge told her he would return in a day or two, and that if she continued to refuse to speak with him, he would have to "key into her room," as authorized by the program to check on her. The following day, Aug. 6, Sheehan, contacted the SFPD to complain about "unknown people in her house," testified Sgt. (then Officer) Lisa Springer. Sheehan was unable to provide specifics about her complaint and grew "angry at simple questions," Springer testified. After finding Sheehan's medication that was "all expired," Springer called a pharmacy, clinic and mobile crisis unit to further assess Sheehan's condition. Hodge was thus alerted to the SFPD's visit to Sheehan.

Hodge returned to Sheehan's home the following day, Aug. 7. Around 10:30 a.m. that morning, Hodge testified to knocking several times on Sheehan's bedroom door. He explained that he needed to check on her, and if she didn't answer, he would enter her room "to do a wellness check." Hodge testified that upon slowly entering Sheehan's bedroom, he said that if she could not respond to him, he would have to call 911. Hodge said that Sheehan angrily told him to get out, and he didn't have a warrant. Sheehan also claimed to have a knife and said "I'll kill you if I have to," Hodge testified.

While unsure if Sheehan had a knife, Hodge knew that "she clearly needed help. She needed space to keep myself and her safe," he testified. He believed Sheehan was "delusional, paranoid, symptomatic" and "needed help to get back into treatment."

Hodge called the SFPD's non-emergency number "to initiate a 5150," or to have her involuntarily admitted, typically to San Francisco General Hospital, for a psychiatric evaluation. Hodge testified that he believed Sheehan to have been off her medication for some time. San Francisco police officer Kathrine Holder arrived on the scene at approximately 11:28 a.m. Unsure about the particulars of Hodge's request, Holder called her supervisor, Sgt. Kimberly Reynolds, a 17-year veteran of the force.

Upon being briefed of the situation, Reynolds approached Sheehan's room, followed by Holder and Hodge. Reynolds knocked on Sheehan's door numerous times, identifying them as officers of the SFPD who wanted to help Sheehan, Holder testified. The officers, who were dressed in uniform, used a key to open Sheehan's bedroom, and found her on her bed. Sheehan then grabbed a serrated knife and lunged at the officers, they testified. Holder testified that Sheehan started yelling "you don't have a search warrant. I've already called the police and made a complaint. You can't come in here."

County Mental Health

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

The Mobile Crisis Unit is
415-355-8300

Holder and Reynolds then reached for their firearms. The officers, who each testified to having had crisis intervention training, as well as training in dealing with the mentally ill.

Sheehan's one request that she repeatedly expressed to Hodge, Holder and Reynolds — to be left alone — was completely disregarded, said Deputy Public Defender Kleigh Hathaway. Instead, the officers responded with what Hathaway has characterized as "excessive force."

Holder requested back up, and shortly thereafter they learned that officers with "less-than-lethal force" were on their way. Hathaway, however, contends that there were "so many other things [that the officers] could have done" to prevent any escalation.

"Where was the exigency? Is there some kind of emergency situation? I haven't seen it," the deputy public defender said.

After regaining access to Sheehan's room, Holder testified that Sheehan approached her, repeating the death threat, with knife in hand. Reynolds deployed her pepper spray — twice, once strategically angled by Reynolds above Sheehan's eyeglasses — but Sheehan continued. "I drew my gun because she had a knife and I thought she was going to kill me or at least try to," Holder testified. "You always meet deadly force with deadly force."

Holder testified to having shot Sheehan two or three times, when Sheehan was about three feet away from her, with the knife in her hand. Reynolds testified that Sheehan was about four to five feet away from her, knife still in hand, when she shot her as well.

Police officers with "less-than-lethal force" — which has been described as a shotgun that shoots beanbags — were merely "seconds away" at the time Sheehan was shot, Hathaway pointed out.

When asked if she believed she had made any mistakes during the course of responding to the call, Holder said "I don't think so." When asked why a baton was not used against Sheehan, Reynolds testified that "we don't use batons with knives, we just don't do it." Reynolds admitted that she did not have her department-issued baton with her on the day of the shooting.

Stephen J. Gritsch was one of many SFPD officers who arrived on the scene to provide Holder and Reynolds with back up. Gritsch testified that he was parked outside of Sheehan's residence, grabbing his less-than-lethal shotgun — "because she had not attempted to harm the other people who were there" — when he heard multiple shots fired. "The reason we keep the less-than-lethal is for people like her," Gritsch told the Nichi Bei Times.

Family To Family Education Class

We are currently enrolling family members and friends of persons with a mental illness in free 12-week course that will start early in 2009.

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!

Richard Konda, executive director of the San Jose-based Asian Law Alliance, views the SFPD's response as problematic. "The way I see it is, that police by their presence should de-escalate the situation instead of escalate the situation," Konda said. He added that perhaps Hodge could have called another social worker to the scene to talk with Sheehan.

Services Affected by Budget Cuts

Mental health care advocates are quick to point out that the system as a whole has failed Sheehan. "Now, that very same city, San Francisco, who took services away from Ms. Sheehan has the deputy district attorney out for blood trying to put her behind bars," said James Keys, secretary of the City and County of San Francisco Mental Health Board. These very services will be cut even further, however, as Mayor Gavin Newsom proposed numerous budget cuts, including substantive ones to the Department of Public Health, on Dec. 9.

Advocates of the mentally ill are also quick to point out that repeated budget cuts are of grave concern. "The hugest red flag — right now we are seeing cuts happen in our mental health budget from the mayor," Keys told the Nichi Bei Times.

"I blame this totally on our local legislature, our state legislature and our federal legislature for getting rid of these services," said Keys, who also serves as the health program director of the Senior Action Network. Even when services are available to the mentally ill, many Asian Pacific Islanders are less likely to take advantage of them, however. "According to State Department of Mental Health statistics, APIs are one-third as likely to use the public mental health system as whites and African Americans," John Fong, interim executive director of Asian Community Mental Health Services, said via e-mail.

That the mental health care industry is itself "set up to do crisis episodic treatment," instead of being "geared up for continuous" care, is problematic, said Gifford

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Boyce-Smith, M.D., president of the National Alliance on Mental Illness-San Francisco. Sheehan's family is well aware of all of these shortcomings.

The "fundamental lack of services, understanding and compassion for the mentally ill" is outrageous, said 58-year-old sister Patricia Sheehan. Boyce-Smith echoed Sheehan's sentiments. "The real thing we're missing in treatment and delivery is monitoring over time," he said. There is a clear "need for more case managers, folks who are checking in more regularly, teaching the patient how to recognize triggers and warning signs, and adjust medication accordingly," said Boyce-Smith, who previously worked as a San Francisco physician for 14 years, and is currently the chief medical officer for Medicity, Inc., which "empowers patients, providers and health plans with essential healthcare information, resulting in improved clinical workflow, enhanced patient safety and reduced costs."

Boyce-Smith said that warning signs for individuals struggling with mental illness such as Sheehan include: disruption in sleep patterns, personal hygiene and regular eating habits, and over time, flagrant anger and delusional thinking.

Boyce-Smith acknowledged that while privacy laws prevent psychiatrists from divulging information a patient has revealed during a therapy session, family members should communicate with the psychiatrist. There's no reasons not to tell the psychiatrist if a loved one's been missing their medication, or exhibiting problematic behavior. "That can be life-saving information," he said.

Physical Toll

While the Sheehan family awaits the jury's decision, she continues to struggle with the ramifications of the shooting. Frances Sheehan, 52, has said that her sister Teresa, who now uses a wheelchair, struggles to walk even with the help of a walker.


Teresa has a fractured orbital eye socket — the result of being shot in the face — that Frances has been told cannot be treated. Frances added that Teresa has also suffered severe nerve damage in her right arm. Whereas Sheehan's family is hoping for "justice" in the form of an acquittal, it is clear that Sheehan's struggle with her mental illness, and now her physical injuries, is far from over.

However, Sheehan is not alone. In a poignant expression of support, former classmate Rodney Rikimaru, has flown up twice from his home in Los Angeles, to attend Teresa's trial. Rikimaru, who himself suffers from depression and panic disorders, knows firsthand that "sometimes the smallest act of kindness, a kind word, a hug — the effect of something like that can

last years."

Judge Teri L. Jackson is presiding over Sheehan's case. David Mitchell is the assistant district attorney. A spokesperson for the San Francisco District Attorney's Office has told the *Nichi Bei Times* that it most likely will not be issuing a statement or otherwise commenting on Sheehan's case until a verdict has been reached. Mitchell said that he was unable to comment on an ongoing trial. Similarly, the SFPD Public Affairs Office declined to comment on the matter at this time. The Police Department's Office of Citizen Complaints did not return requests for comment.

The Nichi Bei Times initially reported on this story on Nov. 6, 2008.



**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

MHSA Allert from page 1

varying opinions on how much of this money is "encumbered" or already committed to the counties for their MHSA programs.

Grace McAndrews and I met yesterday afternoon with a group of allied organizations including the County Mental Health Directors Association, California Institute of Mental Health, United Advocates for Children and Families, and The California Network of Mental Health Clients. We will continue to brainstorm with these allies about what strategic actions need to be taken to defeat the Republican proposal.

Topics currently under discussion include:

- Development of a data collection template to show use of MHSA funds to support our position against the proposal
- Identifying families with compelling stories
- Developing fact sheets and talking points
- Strategies for engaging advocates at the county level

We will keep you apprised.

Dede Ranahan
MHSA Policy Program Manager
NAMI California
916-567-0163

An Open Letter from Teresa's sister, Frances Sheehan

Two San Francisco Police Department officers shot my sister at least five times which resulted in fourteen (yes, 14) gunshot wounds with the last shot to Teresa's head by Sgt. Kimberly Reynolds, a 17-year veteran police officer.

My sister, Teresa, is a mentally ill senior citizen and has been under the care of medical doctors in San Francisco for over 25 years. On behalf of all those who are handicapped with mental illness, and because this could also happen to a member of your family, please help bring attention to what is going on in San Francisco.

Ask for an independent investigation by the FBI and the Attorney General of California. The San Francisco Public Defender's office has publicly accused the SF District Attorney's office of covering up this horrific shooting by San Francisco Police Department.

Ask why Teresa has been subjected to such poor treatment. Ask for accountability by city, state, and federal law makers and the non-profit organizations who receive these funds to oversee mental health programs. Please write/call/email/fax our local and national representatives (see following list) about Teresa Sheehan and what is taking place in San Francisco and the unconscionable treatment Teresa is being subjected to.

Thank you for the overwhelming support you are showing our immediate family in California, Florida, Maine, Massachusetts and Japan.

Federal Bureau of Investigation
San Francisco Headquarters
450 Golden Gate Avenue, 13th Floor
San Francisco, CA 94102
(415) 553-7400 (24hrs.)

AG Edmund G. Brown, Jr.
Attorney General's Office
CA Department of Justice
Attn: Public Inquiry Unit
P. O. Box 944255
Sacramento, CA 94244-2550
website: <http://ag.ca.gov>
[http://ag.ca.gov/contact/
complaint_form.php?cmplt=CL](http://ag.ca.gov/contact/complaint_form.php?cmplt=CL)

Governor Arnold Schwarzenegger
State Capitol Building
Sacramento, CA 95814
Phone: 916-445-2841
Fax: 916-558-3160 (new number)

First Lady Maria Shriver
State Capitol Building
Sacramento, CA 95814
Phone: (916) 445-2841
Fax: (916) 558-3160

Police Commission Office
Thomas J. Cahill Hall of Justice
850 Bryant Street, Room 505
San Francisco, California
415-553-1667
Email: sfpd.commission@sfgov.org

San Francisco Mayor Gavin Newsom
City Hall, Room 200
1 Dr. Carlton B. Goodlett Place
San Francisco, CA 94102
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112 Hart Senate Office Building
Washington, D.C. 20510
(202) 224-3553
TTY: 202-224-4264
email: [http://boxer.senate.gov/contact/
webform.cfm](http://boxer.senate.gov/contact/webform.cfm)
California Office
501 I Street, Suite 7-600
Sacramento, CA 95814
(916) 448-2787
(916) 448-2563 fax

Senator Diane Feinstein
United States Senate
331 Hart Senate Office Building
Washington, D.C. 20510
Phone: (202) 224-3841
Fax: (202) 228-3954
TTY/TDD: (202) 224-2501
Webform: [http://feinstein.senate.gov/
public/index.cfm?FuseAction=Contact
Us.EmailMe](http://feinstein.senate.gov/public/index.cfm?FuseAction=ContactUs.EmailMe)
Note: Senator Feinstein states she doesn't accept emails from outside her state, however, stress that you are writing to support the family who is in her state.

California Office
11111 Santa Monica Blvd., Ste 915
Los Angeles, CA 90025
Phone: (310) 914-7300
Fax: (310) 914-7318

The Honorable Nancy Pelosi
US House of Representatives
235 Cannon House Office Building
Washington, D.C. 20515-0508
DC Phone: 202-225-4965
DC Fax: 202-225-4188
Email: sf.nancy@mail.house.gov


Mental Health Stigma Study

A recent UC 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 sample of 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 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§ion1=
=author&search1=%22Alvidrez%2C%20Jennifer.%22](http://muse.jhu.edu/search/results?action=search&searchtype=author§ion1=author&search1=%22Alvidrez%2C%20Jennifer.%22)



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

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., 2nd Floor Conf. Room. Call 519-0171

OASIS (Office of Self Help)

1095 Market Street at 7th, 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
2nd Wednesday at 6:30
Contact Vickie at 661-5208
- 2) San Francisco General Hospital
7th 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 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.

For example, war veterans will experience all the physiological responses of reliving a traumatic war experience. Veterans and others who have experienced multiple trauma events may appear emotionally shutdown and difficult to reach. However, when discussing or remembering the trauma event(s) they will express very powerful emotions.

Childhood trauma may lead to emotional dysregulation, anger, suicidal behavior, and other self-destructive behaviors. Those with PTSD may also be diagnosed with depression, borderline personality disorder, obsessive-compulsive disorder and panic attacks. They may also begin using drugs or alcohol to self-medicate.

"The problem is that using drugs or alcohol can lead to neurobiological changes that also have to be addressed," Dr. Ernst said.

The first step in treatment is to help the client learn how to manage their symptoms and teach them about PTSD as a "normal reaction to abnormal events." Drug or alcohol use also has to be addressed. Otherwise the process of talking about the trauma in therapy can aggravate substance abuse problems.

Dr. Ernst helps clients with PTSD identify triggers in their every day lives and then reduce and manage symptoms through stress management techniques.

Medication and talk therapy combined are more effective in treating PTSD than just medication. The length of time needed for effective PTSD treatment depends on the type of trauma and the severity of the PTSD. At least a year is optimum however in five sessions a person can learn important self care techniques.

At the SFVAMC there are new PTSD treatment programs being rolled out thanks to an increase in funding. At Napa State Hospital Dr. Ernst felt saddened on a daily basis by the lack of talk therapy for those with severe mental illnesses.

"The inequity in the system is clear-those who can afford private health insurance pay to have talk therapy," Ernst said.

Peer group support has proven very helpful for war veteran's coping with PTSD. The symptoms experienced by people suffering with PTSD can cause isolation. Clients often tell Dr. Ernst that nobody can imagine the severity of their symptoms.

"Above all, relationships are the best antidote to trauma," Ernst said. "Being understood by a peer group is very powerful because severe trauma by definition is an experience outside the definition of normal humanity."

Family members are also included in PTSD therapy to provide the partnership clients need to confront and counteract trauma. Dr. Ernst can be reached for further information about PTSD and its treatment at 415-913-8096 or teoernstpsyd@gmail.com. His web site is www.dreoernst.com.

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

NAMI San Francisco

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Out of the Fog: Roopa Grewal & Dale Milfay
PLAN: Baron Miller
WALK: Ellie Shukert

Send newsletter additions/submissions/
change requests to 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

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