



# OUT OF THE FOG

The monthly newsletter of NAMI San Francisco

## Thank you from NAMIWalks!

*From NAMI Walk San Francisco Bay Area*

THANK YOU SAN FRANCISCO BAY AREA!

You did it again! You came out en masse on June 3rd and gave us our second tremendous NAMIWalk!



We're more than well on our way to our \$300,000 goal! Last year we received over \$70,000 in donations between Walk Day and the close of the 2005 Walk. Donations for our 2006 Walk may be made through August 3 online and offline.

SF Bay Area, you are the Best!

See [www.namiwalksfbayarea.org](http://www.namiwalksfbayarea.org) & click on Sponsor websites below. Your comments and suggestions for improvement are always welcome. You can write in, email, or call the office and ask me to call back. Thanks again, you wonderful people.

***No Monthly Meeting in August - have a great summer everyone!***

## Thanks for National Conference Visit

*NAMI-San Francisco often pays for transportation and/or registration fees for consumers to attend state and national NAMI conferences. The following letter was sent to all of us at NAMI-San Francisco to say thanks.*

Dear SF-NAMI,

I wanted to thank all the board members, officers, families, consumers and volunteers for their hard work and commitment to advocate for mental health in San Francisco. I attended the NAMI National Conference in Washington, D.C. with your assistance. And I participated in workshops that were facilitated by speakers who were experts in their fields in mental health. My ability to attend this conference enabled me to network and connect with NAMI National Board Members, the Director of STAR Program, and the director of Multicultural Action Committee.

As a veteran I participated in the National Veterans Council meetings and met a NAMI National Board Member (Fred Frese) who was re-elected as a board member and is also a veteran. After sharing my experiences with him, I was offered a position for the VISN 21 coordinator position, which represents veterans in Northern California (Fresno to Oregon border), Hawaii, and Philippines. Many NAMI families are now participating in the treatment of their family members who are in the VA Hospitals. The VA welcomes NAMI

*Continued on page 3*

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

## The Monthly Meeting

**July 19**

"In Our Own Voice: Living With Mental Illness," a presentation by Krista Radojevich and Robert Villanueva, who are consumers

**September 20**

Beth Gray, a Nurse Specialist, will discuss the risk of diabetes connected with the newer anti-psychotic medications.

**October 18**

Fawn Downs will speak about an innovative program called Multi-systemic Therapy. Children who encounter the juvenile criminal justice system are kept with their families and the entire family receives intensive case management.

# Studies Suggest New Brain Protein May Help In Treating Schizophrenia, Insomnia And Anxiety

6/22/2006

University of Pittsburgh Medical Center,  
Research findings presented at International Congress of Neuroendocrinology

A small protein in the brain that has only recently been discovered and, paradoxically, induces both profound wakefulness and a less anxious state, may represent a novel target for the treatment of psychotic behavior and schizophrenia, according to new research presented at the 6th International Congress of Neuroendocrinology (ICN 2006). ICN 2006 is being held at the David L. Lawrence Convention Center in Pittsburgh June 19 - 22.

Neuropeptide S (NPS), so named by Rainer K. Reinscheid, Ph.D., assistant professor, Program in Pharmaceutical Sciences, University of California, Irvine, is produced by a small cluster of cells in the brainstem, yet its specialized receptors are found in several areas of the brain, including those that are associated with the regulation of arousal, sleep and wakefulness, anxiety, appetite, learning and memory. Dr. Reinscheid and his colleagues reported finding the new neuropeptide just last year and described animal studies showing how binding of NPS to its receptors on the surfaces of neurons promotes strong arousal, suppresses all phases of sleep and lessens anxiety in stressful or unfamiliar situations.

Now, at ICN 2006, Dr. Reinscheid's group reports how NPS also can reduce the biochemical and behavioral symptoms of schizophrenia in an established animal model for this mental illness that affects some 2 million Americans. Animals pretreated with NPS before receiving a drug that normally induces psychotic-like behaviors did not develop the signature behavioral symptoms and

neurochemical features of schizophrenia, reported Naoe Okamura, M.D., Ph.D., who is a co-worker of Dr. Reinscheid at the University of California, Irvine.

"Although preliminary, our animal studies indicate the NPS receptor should be explored as a target for the development of novel antipsychotic drugs. Whether molecules activating the NPS system will prove to be better drugs than others used to treat the symptoms of schizophrenia remains to be seen. We still have a very long way to go before proving it can alleviate symptoms in humans as we've seen it do in rodents," said Dr. Reinscheid.

"We've already seen how NPS is unique, being able to modulate both arousal and stress responses. So it could potentially be a target for drugs to treat anxiety and, interestingly, both insomnia and narcolepsy," he added.

The receptor for NPS belongs to a class of those with similar structure called G protein-coupled receptors. Collectively, they have a hand in modulating most every physiological process in the body and brain. Moreover, according to Dr. Reinscheid, about 40 percent of drugs on the market target the function and various actions of these receptors.

Dr. Reinscheid's lab is only beginning to understand how the NPS system works. Thus far, the team's research suggests it acts much like an excitatory neurotransmitter that initiates an impulse by the receiving neuron. Currently, the team is looking at whether natural mutations in the genes of NPS and its receptor might be associated with mental disorders and developing animal models that lack parts of the NPS system in order to better understand its functions.


## Go To The State Conference In Burlingame!

The state conference is August 25 and 26. Please take advantage of the ideal location (San Francisco Airport Marriott) and attend some of the many presentations of interesting topics by worldclass speakers.

Check out [www.namica.org](http://www.namica.org) for more information and see pg 4 for a registration form.

Remember to donate to the

**Community Thrift Store**



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

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

Thanks for National Conference from page 1

and this was reinforced by policy makers within the VA who spoke.

I was also able to meet Ramiro Guevara, the national director of the Support Technical Assistance Resource Center (STAR) Program ([www.consumerstar.org](http://www.consumerstar.org)). The center promotes recovery by providing support, technical assistance, and resources to enhance self-help in diverse communities. I also learned that he is moving to Modesto, Ca and will be operating from California. This opens many new doors for local NAMI chapters, which will be able to reach out to underserved populations, including Latino, African American, Asian, and Native American consumers.

Finally I was able to meet Majose Carrasco, the director of the National NAMI Multicultural Action Committee (MAC), whose generous help provided me the scholarship to pay for my hotel & registration for the conference. The National Board is vigorously promoting inclusion and making efforts to reach out to other diverse communities who also have family members who suffer from SMI. I've proposed that our State create our own MAC where we can get (financial) support from our State NAMI board members to reach out to diverse communities, and Majose is willing to assist.

Sincerely,  
Juan De Anda

## Family To Family Teacher Training

Family to Family Education Program teachers are needed! If you've experienced this dynamic program, you'll get even more out of it when you share it with others - it's highly rewarding and easy to do! A training session will be offered in South Bay on Nov. 10-12. Email [renee.deger@sbcglobal.net](mailto:renee.deger@sbcglobal.net) for information.

### **County Mental Health**

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

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

## Family-To-Family Education

**Class starting September 16**

Call now to sign up for the acclaimed national program that helps family members understand their relative's mental illness.

Classes are free and meet once a week for 12 weeks. We generally fill the classes quickly, so call now!

*(Pre-registration is required, class size is limited)*

**Call 415-905-6264 (NAMI) or  
email [renee.deger@sbcglobal.net](mailto:renee.deger@sbcglobal.net)**

## Research Study for PART

Have you or someone you know experienced recent worrisome changes in thoughts and/or feelings? If so, maybe PART can help. PART is the Prodrome Assessment Research and Treatment Program and is located at the Langley Porter Psychiatric Institute at UCSF.

We are looking for **individuals ages 12-35** who are experiencing recent changes in their thoughts, feelings, and behavior, such as unusual thoughts, distorted or changed perception of sights or sounds, ideas of special identity or abilities, suspiciousness, or odd behavior. Other changes may include reduced concentration, reduced energy, depressed mood, sleep disturbance, withdrawal from family or friends, trouble with work or school, anxiety, or irritability. Individuals who are experiencing difficulty functioning and who have a parent or sibling with a psychotic illness, such as schizophrenia, are also encouraged to contact us.

Please contact the PART staff at (415) 476-PART for further information. (If you are under 18 years of age, please have your parents call).

## In Memory

NAMI-San Francisco mourns the loss of Joan Chiccarella. Joan and her husband Jim have long been Nami members and Joan was a co-teacher for the fall 2005 Family to Family Class. Joan died on June 23 following a six month fight with pancreatic cancer. Joan was also an active volunteer with the Depression and Bipolar Support, all in San Francisco. She is greatly missed.

# NAMI CALIFORNIA ANNUAL CONFERENCE 2006

## California Leads the Way: Mental Health Services Act Brings Hope

August 25-26, 2006  
 San Francisco Airport Marriott  
 1800 Old Bayshore Highway, Burlingame, California 94010

**PRE-CONFERENCE ACTIVITIES:**

The Affiliate Leaders and Presidents Council Meeting will be held on Thursday, August 24.

**CONFERENCE:**

Registration opens Friday, August 25 at 8:00 a.m. Conference begins Friday, August 25 at 8:30 a.m. and closes Saturday, August 26 at 4:30 p.m.

**SPANISH LANGUAGE SESSION:**

A Spanish language session will be held on Friday, August 25 from 9:00 a.m. to 4:30 p.m.

**CONSUMER FORUM:**

A consumer forum will be held on Friday, August 25 at 12:00 p.m. If you are a consumer, and would like to participate in the forum, you must pre-register. See consumer registration below.

**ACCOMMODATIONS:**

Please make your hotel reservations by calling 888-228-9290 Ask for the specially negotiated rate of \$99 (single, double, triple or quad). This special rate is good thru August 16, 2006. NAMI California cannot guarantee rooms beyond the number that have been reserved in our block, so book now! Hotel directions will be sent with confirmation of registration.

**SHUTTLE SERVICE AND PARKING:**

Hotel shuttle service is available from the San Francisco Airport to the San Francisco Airport Marriott. Self parking at the hotel is \$8 per day.

**EXHIBITORS WELCOME:**

Exhibitors may rent tables for the NAMI California Annual Conference 2006. For forms and details please contact Zima Graffigna at 916-567-0163 or [zima.graffigna@namicalifornia.org](mailto:zima.graffigna@namicalifornia.org).

**CONSUMER SCHOLARSHIPS:**

NAMI California encourages affiliates to offer consumers a scholarship to attend the NAMI California Conference. A limited number of consumer scholarships will be awarded by NAMI California and will be awarded on a first come, first served basis. Please contact Zima Graffigna at [zima.graffigna@namicalifornia.org](mailto:zima.graffigna@namicalifornia.org) or 916-567-0163 for an application.

**CONTINUING EDUCATION UNITS AVAILABLE**

For Registration form or more information, contact NAMI SF (415-905-6264) or NAMI California, 1010 Hurley Way, Suite 195, Sacramento, CA 95825, 916-567-0163, Fax: 916-567-1757, [namica.org](http://namica.org).

<p><b>REGISTRATION FEES INCLUDING MEAL(S)</b></p> <p>Early Bird Special        Paid before July 7, 2006:        2-Day Rate: <input type="checkbox"/> \$145/person        1-Day Rate: <input type="checkbox"/> Fri. <input type="checkbox"/> Sat. \$90/person</p> <p>Paid after July 7, 2006:        2-Day Rate: <input type="checkbox"/> \$170/person        1-Day Rate: <input type="checkbox"/> Fri. <input type="checkbox"/> Sat. \$105/person</p> <p>On-Site Registration (no meal guarantee):        2-Day Rate: <input type="checkbox"/> \$180/person        1-Day Rate: <input type="checkbox"/> Fri. <input type="checkbox"/> Sat. \$115/person</p> <p>Consumer Registration:        2-Day Rate: <input type="checkbox"/> \$100/person        1-Day Rate: <input type="checkbox"/> Fri. <input type="checkbox"/> Sat. \$60/person        I will attend the consumer forum <input type="checkbox"/>        I will not attend the consumer forum <input type="checkbox"/></p> <p>Spanish Language Session        Friday, August 25, 2006:        9:00 a.m. – 4:30 p.m.        1-Day Rate: <input type="checkbox"/> Fri. \$90/person</p> <p>Cancellation Policy: A \$35 cancellation fee to cover operating expenses will be charged to those who register, but cannot attend. To cancel, you must notify the NAMI California office in writing no later than July 17, 2006. No refund will be made after this date.</p>	<p>Name: _____</p> <p>Address: _____</p> <p>City, State, Zip: _____</p> <p>Phone: _____ Email: _____</p> <p>NAMI Affiliate: _____</p> <p><b>MEALS:</b></p> <p>Friday lunch will be on your own.</p> <p>Friday Dinner: <input type="checkbox"/> Chicken <input type="checkbox"/> Fish <input type="checkbox"/> Vegetarian        Saturday Lunch: <input type="checkbox"/> Chicken <input type="checkbox"/> Fish <input type="checkbox"/> Vegetarian</p> <p>NAMI California Conference Consumer Scholarship Donation: \$ _____</p> <p><b>PAYMENT</b> (Zip Code must be provided above for all credit card payments):  <input type="checkbox"/> Visa <input type="checkbox"/> Master Card <input type="checkbox"/> American Express</p> <p>Account #: _____ Expiration Date: _____</p> <p>Signature: _____</p> <p>Total amount enclosed: \$ _____</p> <p style="text-align: center;">Make check payable to NAMI California – Conference 2006        Mail to:        NAMI California        1010 Hurley Way, Suite 195        Sacramento, CA 95825        Phone: 916-567-0163 Fax: 916-567-1757</p>
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# Multisystemic Therapy Program Overview

Multisystemic Therapy is an intensive therapeutic family and community-based treatment service that addresses serious behavior problems in probation youth. MST interventions aim to:

- " Decrease youth's association with deviant peers
- " Increase youth's association with pro-social peers
- " Improve caregiver discipline practices
- " Enhance family relations
- " Improve youth's school or vocational performance
- " Engage youth in pro-social recreational outlets
- " Develop a support network of extended family, neighbors, and friends to help parents/caregivers achieve and maintain MST treatment goals.

**WHO QUALIFIES:** The child must meet EACH of the following conditions:

1. 12-18 years of age with priority for serving 14-17 years of age;
2. WIC 602 or 725 status minor;
3. Experience one or more externalizing behavior problems with: school performance, poor peer relationships, substance use/abuse, truancy, depression, probation violations, etc;
4. At risk of placement in a more restrictive living situation.

**REFERRALS:** Referral are made by the Deputy Probation Officer. Sex offenders, suicidal or overly psychotic minors, or youth living independently/in long term residential settings are not appropriate referrals for this program.

**SERVICES:** MST services are flexible, tailored to the needs of the family and provided in the context of a family's values, beliefs and culture.

MST Services include:

- Therapeutic Counseling
- Substance Abuse Counseling
- Advocacy
- Case Management

Assistance with a child or family member's problems at home, school, or in the community. Services are home-based, available 24 hours a day, 7 days a week and typical involvement with MST is between three and five months.

For additional information, contact Julian Philipps, MFT, at (415) 970-3855 or Evelyn Oltman at (415) 753-7631.

## PLAN of California

Two master **Special Needs Trust Plans** are offered to families in California. The plans would designate a minimum of \$150,000 or \$300,000 to contract with PLAN to give oversight of both fiduciary and personal support services without endangering public entitlements.

Contact Baron Miller (415) 522-0500 or  
PLAN of California (888) 574-1258

## Brain Imaging Study

Sponsored by UCSF and the VA, the study would require:

- coming into our lab at the VA Medical Center Hospital one time (for about 3 hours total) which a) includes speaking with Dr. Deicken for about 45 minutes to discuss your symptoms and history and b) participating in a 1 hour 45 minute MRI brain scan
- providing a letter from your mental health professional stating your psychiatric diagnosis, which needs to be faxed or mailed to us prior to your visit
- we currently need people who are stabilized on their medications and not experiencing depression or mood swings (otherwise, please wait until you're feeling better and contact us at that time).

The study pays \$50 and you will be given a check for that amount at the end of your one-time visit. If you feel that you qualify and are still interested, please call me at (415) 221-4810 x3127 (between 11am-4pm W-F is best) so that I can do a brief phone screening.

—David Delman, Research Associate

## Electronic Newsletter Distribution

Please Resend requests for email newsletter to  
renee.deger@sbcglobal.net

Hotmail address accounts are not feasible for low or infrequent use and the email addresses we were collecting for newsletter distribution were lost before they could be recorded.

## Support Groups



### Family Members' Groups

#### *African American Family Support*

1st Thursdays, 5:30-7:30 pm at  
1380 Howard St., Rm 537. Call Wanda at 255-3694

#### *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

### 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

#### *SPIRITMENDERS Community Drop-in Center*

2940 – 16<sup>th</sup> Street #B2 (415) 552-8565

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

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

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

(510) 482-5808 (meets at California Pacific in SF)

#### *Consumers with Schizophrenia*

3rd Wednesday of each month, 5:30 pm  
1380 Howard St., 5th floor. 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

*Anxiety & Panic Self Help Group:* John (650) 755-0883

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

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

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

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.

## New Support Group

Wednesday, May 3

6:00 P.M. to 7:30 P.M.

at Jewish Family Service Agency, 2150 Post Street

Facilitator: Ms. Laura Kleinman, M.S.W.



## NAMI-SF Support Groups

- 1) 1010 Gough  
2<sup>nd</sup> Wednesday at 6:30  
Contact Vickie at (415) 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

## DBSA

### Depression and Bipolar Support Alliance of San Francisco

*(formerly San Francisco Depressive  
and Manic Depressive Association)*



#### 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 at 415-519-0171 or  
Harry at 650-430-2909 for information.

#### Location:

2nd floor of St. Francis Hospital  
900 Hyde St.

between Pine and Bush in San Francisco  
Conference rooms B, C, and D

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.

## Medicare Beneficiaries Be Aware of Telephone Scams

The "\$299 Ring" scheme to defraud seniors and people with disabilities has changed into a higher priced scam involving in some cases a new Medicare card, instead of a prescription drug plan.

The Centers for Medicare & Medicaid Services (CMS) said today the dollar amount now requested by phone callers is usually \$379, but cases have also occurred where the callers asked for \$350 or \$365. Medicare has already referred nearly 250 cases involving attempts to steal beneficiaries' funds to federal law enforcement officials. These are pending further action.

"To protect all people with Medicare from being victimized, we are taking further steps to prevent, identify and help law enforcement officials apprehend these scam artists. And, if you think you may be a victim, call 1-877-7SAFERX," said CMS Administrator Mark B. McClellan, M.D., Ph.D.

As part of the new scams, callers are now asking for bank information or telling beneficiaries they can provide a new Medicare card for a fee. Similar to the reported "\$299 Ring," callers asked Medicare beneficiaries for bank account numbers that the callers use to electronically withdraw the money. The new Medicare card or prescription drug plan they claim to be selling is

not legitimate. Callers may use the names of fictitious companies, such as Pharma Corp., National Medical Office, Medicare National Office and National Medicare.

Medicare beneficiaries can take steps to protect themselves by remembering:

- No one can come into your house uninvited.
- No one can ask you for personal information during their marketing activities.
- Always keep all personal information, such as your Medicare number, safe, just as you would a credit card or a bank account number.
- Whenever you have a question or concern about any activity regarding Medicare, call 1-877-7SAFERX (1-877-772-3379).

—From CMHS Consumer Affairs E-News June 20, 2006 Vol. 06-71



### 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.

#### **NAMI San Francisco**

5214 -F Diamond Heights Blvd., Box 426  
San Francisco, CA 94131  
415-905-NAMI  
415-905-6264  
www.namifsf.org

#### **NAMI- San Francisco Executive Board**

President: Pamela Fischer  
Secretary: Suzanne Brady  
Treasurer: Dale Milfay

#### **Committees**

Family to Family: Vicki Evans  
Hospitality and Support Groups: Vickie and Bob Evans  
PLAN: Baron Miller  
Out of the Fog: Renee Deger, Ruan Frenette and Dale Milfay  
Speaker's Bureau: Baron Miller  
Database Manager: Suzanne Brady

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Carla Villalba (Chair)  
Susan Bronstein  
Eileen Lemus  
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Vicki Evans  
Florence Fee  
Cara Hoepner  
Piers Mackenzie  
Dale Milfay

Send newsletter additions/submissions/change requests to [renee.deger@sbcglobal.net](mailto:renee.deger@sbcglobal.net)



## 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  
PMB 426  
5214-F Diamond Heights Blvd.  
San Francisco, CA 94131-2118

NAME \_\_\_\_\_

(Please Print)

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

This is a:

•New Membership •Renewal •Change of Address

What is your relationship to a person with a mental illness?

•self • parent • sibling • spouse

• health care/other professional

Other \_\_\_\_\_

Please Check One:

• \$35 Individual or Family Membership

• \$50 Organization Membership

• \$75 Sponsoring Membership

• \$100 or more – Patron 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

5214-F Diamond Heights Blvd., Box 426  
San Francisco, CA 94131

*Return Service Requested*

PRESORTED  
STANDARD MAIL  
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**We are going to be distributing the newsletter electronically.**  
**Please Resend requests for email newsletter to [renee.deger@sbcglobal.net](mailto:renee.deger@sbcglobal.net)**  
Hotmail address accounts are not feasible for low or infrequent use and the email addresses we were collecting for newsletter distribution were lost before they could be recorded.