



Vista Hill Council on Mental Health

Our mission is to:

- ❖ increase awareness and knowledge of mental health disorders and the effects they have on families;
- ❖ remove the stigma of mental illness through education and outreach; and
- ❖ provide help and positive support to those in need thereby improving their quality of life.

At any given time, approximately 20% of adults and 20% of children in the United States have a diagnosable mental health condition.

Mental health conditions include anxiety, schizophrenia, autism spectrum disorder, substance abuse, bipolar disorder, depression, eating disorders, chemical dependency, suicide tendencies, and more.

The Vista Hill Council on Mental Health is an organization dedicated to improving the lives of women, men, and children who struggle with these and other mental health issues.

Vista Hill has dozens of programs throughout San Diego County. Here are a few:

Stein Education Centers: Serving children and adults with developmental disabilities such as autism.*

ParentCare Family Recovery Centers: Two outpatient facilities with treatment programs for at-risk women with substance abuse; reunification and sober living.

Learning Assistance Center: School-based mental health services for children and teens to help maximize academic potential, positive mental health, and life skills.

*Funded in part by the County of San Diego.

To learn more about all of Vista Hill programs, visit www.vistahill.org



Stronger Families...Brighter Futures

8910 Clairemont Mesa Blvd.
San Diego, CA 92123-1104
858-514-5155 FAX: 858-514-5193



Helping families live whole lives

Membership Benefits

All memberships are renewable on a yearly basis. Enjoy Vista Hill Council on Mental Health (VHCMH) programs at a reduced rate and support Vista Hill. Join today!

\$100 Member

- ❖ 20% discount on tickets to VHCMH programs featuring nationally-renowned experts, authors, and celebrities
- ❖ Subscription to bi-annual newsletter
- ❖ Listing in Vista Hill's Annual Donor Report

\$250 Supporter

- ❖ One complimentary event ticket per year
- ❖ All *Member* benefits

\$500 Contributing Supporter

- ❖ Additional complimentary event ticket
- ❖ Program listing
- ❖ Invitation to patron receptions
- ❖ All *Member* and *Supporter* benefits

\$1,000 Major Supporter

- ❖ Listing on invitation
- ❖ Autographed book from speakers
- ❖ All benefits from three levels listed above

\$5,000* Lifetime

Please call us!

(858) 514-5153 or (858) 514-5151

*Please note, as of January 1, 2013, *Lifetime* membership will be \$10,000.

Our speakers have included these notable men and women:

MARIEL HEMINGWAY

Suicide

JEANNE PHILLIPS (AKA "DEAR ABBY")

Alzheimer's Disease

CHRISTOPHER KENNEDY LAWFORD

Substance Abuse/Alcoholism

JUDITH VIORST

Necessary Losses

THOMAS PERLS, M.D.

Living to 100

SYLVIA NASAR

A Beautiful Mind – Schizophrenia

HARRIET LERNER, PH.D.

Strengthening Key Relationships

KAY REDFIELD JAMISON, PH.D.

Women and Depression

KATHY CRONKITE

Depression

RACHEL SIMMONS

Bullying

IRIS KRASNOW

Relationships

GLORIA STEINEM

Self-esteem

BREE WALKER

Physical Disabilities

KATE DILLON

Eating Disorders

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Jeanne Phillips,
a.k.a. "Dear Abby"



**When Roles
Reverse:
The Joys
and Jolts of
Parenting
Your Parents**

Membership Form

Yes, I would like to join Vista Hill Council on Mental Health as a:

- \$100 Member (tax deductible)
- \$250 Supporter (\$205 tax deductible)
- \$500 Contributing Supporter (\$410 tax deductible)
- \$1,000 Major Supporter (\$890 tax deductible)
- \$5,000* Lifetime Member (\$4,800 tax deductible)

*Please note, as of January 1, 2013, Lifetime membership is \$10,000 with \$9,800 as the tax deductible portion.

Enclosed is my gift of \$_____.

Make check payable to Vista Hill, or:

please charge my VISA MasterCard AmEx

Card # _____ Exp. _____

Name on Card _____

Signature _____

Name _____

Address _____

City _____

State Zip _____

Telephone (____) _____

Email _____

For more information call Jenny Cairncross 858.514.5155
or Beckie Van Houten 858.514.5152.

Since 1957, Vista Hill has been offering excellence in behavioral health programs to children, adolescents and adults throughout San Diego County.

Thank you for your membership and support!