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## NEWS RELEASE

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**FOR IMMEDIATE RELEASE**

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### **DISABILITIES CAN BE DECEIVING**

SANTA ANA, Calif.—Enduring 28 years of unimaginable abuse with triple diagnoses of developmental disability with a seizure disorder, traumatic brain injury and a mental illness—could the average person imagine surviving these conditions, much less conquering them to become a vocal and persuasive national advocate for people with disabilities and an inspirational author? Sam Durbin did just that!

Integrity House is a clubhouse in Santa Ana, California, serving the social, independent living, and housing needs of adults with cognitive disabilities. Its philosophy of self-determination is based on the Fountain House model for the mentally ill in New York City. Members work side-by-side to get the business of the clubhouse done, and everyone's contribution is valued.

“In the 14 years I have known Sam, he has become a very dear friend” said Cathy DeMello, who established the non-profit Alliance of Abilities and is executive director of Integrity House. “He has also become a powerful force in defining and disseminating the model of self-determination for which Integrity House stands.”

(more)

When DeMello met Durbin in 1993, he was homeless, destitute and disheveled, with years of living in fear on the streets and in institutional care taking a serious toll on his health, mind and body. DeMello said it is clear that Durbin has overcome tremendous odds in the last 14 years.

“In 2005, I told Sam it was time to write a book about self-determination,” said Mary Shannon, president of the board of directors for Alliance of Abilities and editor of Sam’s book, “You’re Not The Boss of Me, Stories of Self-Determination.” “Sam had counseled many people with disabilities to go for their dreams and was becoming well known in California for his rousing speeches. I told him that this message was an important one and that a book was a powerful tool to get the word out.”

Sam’s book can be purchased for \$15.00 by contacting Integrity House directly or through the publisher’s website. Media who would like to receive a review copy of the book are asked to call Cathy DeMello at (714) 542-0855.

See the publisher’s website at [www.innovationspress.net](http://www.innovationspress.net) for media information on Sam Durbin or to schedule an interview or book signing.

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