

# NEWSLETTER

NAMI San Joaquin County - P.O. Box 448, Stockton, CA 95201 ▪ 209.468.3755 ▪ [info@namisanjoaquin.org](mailto:info@namisanjoaquin.org) ▪ [namisanjoaquin.org](http://namisanjoaquin.org)

Find  
Help and Hope

San Joaquin County

## Upcoming General Meeting Speakers

General Meetings are held **at 7pm right after the 5:30pm Family Support Group** (all are welcome) meetings which take place at: S. J. Co. Behavioral Health — 1212 N. California St. Suite A — Stockton

### NOVEMBER 5TH General Meeting

**Presentation:** In Our Own Voice (IOOV)  
NAMI In Our Own Voice presentations change attitudes, assumptions and stereotypes by describing the reality of living with mental illness. People with mental health conditions share their powerful personal stories in this free, presentation.

### DECEMBER 3RD General Meeting

The General Meeting will include NAMI San Joaquin County's **Election of Officers and Directors**. The evening will include a **Christmas potluck and an entertaining movie** (title to be announced). You are invited to **bring your favorite dish**

## NAMI Family-to-Family Education Program Starts in February

A FREE, 12 week course for family & friends of individuals living with a mental illness or emotional disorder. The course begins on Saturday,

**February 6th,  
2016 Time: 10:00  
am to 12:30 pm**

For more information and to register contact:

NAMI San Joaquin County Office at: 209 468-3755 or **Mary Ellen Cranston-Bennett** 209-369-2594 email:

[cranstonbennett.design@gmail.com](mailto:cranstonbennett.design@gmail.com)

### The Program is Designed to Provide

Information about brain disorders including: Depression, Bipolar, Schizophrenia, Addictive Disorders, OCD, Panic Disorder, Dual Diagnosis, PTSD, Borderline Personality Disorder. Also covered are: Self-Care and coping tips



for the entire family. Locating support and services within the community to assist in recovery. Up-to-date information on medications, side effects and strategies for medication adherence. Information on advocacy initiatives designed to improve and expand services. Evidence based, most effective

treatments to promote recovery

Problem solving, listening & communication strategies. Family members of people with a mental illness often experience considerable worry, stress and the need for information and support as they try to assist their ill relative and adjust to the changes that mental illness brings to the family system.

**The Location:** for the program is 530 West Acacia St. Stockton CA (across from Dameron Hospital).



**SAVE THE DATE!!!** 7th Annual NAMI Walk  
**May 7, 2016 ::** William Land Park, Sacramento  
Form a team, family, friends work associates!  
Start planning now!!!

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## Training Opportunities

Applications are now being received for the following Family Program Education Trainings:

February: Family Support Group - Northern California

March: Family to Family - Ventura

April: Basics and Family to Family - Ontario

Applications are now being received for the following Peer Program Trainings\*:

March: Peer to Peer - Ventura

Connection trainings: as announced (see below)

\*Important Note: There will be additional trainings offered for all the programs above. These workshops will be hosted by affiliates and sponsored by NAMI California in the form of small grants. Interested affiliates should contact

Lynn@namica.org for details on how to apply for a grant. Trainings will be announced in your region as they become available.

NAMI support group trainings are for NAMI members to become facilitators of a support group. The education trainings are for members desiring to become teachers or mentors of an education program. Upon graduation, the affiliate makes arrangements with the graduate to teach the class.

Qualifications for training: Interested

parties should be NAMI members in good standing and ideally have graduated from the same education program they intend to teach. **A participant also needs to be recommended by their local NAMI chapter.** Additional qualifications will apply. Please ask your NAMI affiliate to contact Family and Peer Programs Supervisor, Lynn Cathy at Lynn@namica.org or Erik Villalobos, Family and Peer Program Coordinator at Erik@namica.org to receive an application via email. Prospective teachers/facilitators should return their applications in a timely manner as these workshops fill quickly.

### Send inquiries to:

Family Programs: Lynn Cathy - Lynn@namica.org

Peer Programs: Erik Villalobos - Erik@namica.org

IOOV, Parents and Teachers as Allies, Ending the Silence, NAMI on Campus, Provider Education: Alinee Rodriguez - Alinee@namica.org

Mental Health 101: Veronica Delgado - Veronica@namica.org

Director of Programs: Beth Wolf - Beth@namica.org

Director of Community Engagement: Melen Vue - Melen@namica.org

NAMI California Office: 916-567-0163

NAMI SJC Office: (209) 468-3755

## In Our Own Voice Presentation



In the photo above: Merican Medler-William Smith & Wendy Knowles

Merican and Wendy gave a presentation of the NAMI In Our Own Voice (IOOV), a unique public service presentation that offers insight into the hope and recovery possible for people living with a mental illness. Trained individuals living with a mental illness, lead a brief, yet com-

prehensive and interactive, presentation about mental illness.

This presentation is offered to the public for free please contact Michael Fields

Peer Program Coordinator at 209-808-5493 ext 228 or William Smith at 209-479-4084

NAMI In Our Own Voice presentations change attitudes, assumptions and stereotypes by describing the reality of living with mental illness. People with mental health conditions share their powerful personal stories in this free, 90-minute presentation.

### What You'll Gain

NAMI In Our Own Voice adds a critical perspective to the popular understanding

## Special Recognition



In the photo above NAMI VP William Smith presenting Irene Sherman with a NAMI Medallion necklace at the November general meeting for her years of support of NAM San Joaquin County.

Irene has served as hospitality chairperson, Family-to-Family teacher, Support group

Facilitator, NAMI Walk Team Captain, Board member, Outreach Volunteer, Pasta Luncheon... just to name a few! Thank you Irene!!!



of what people with mental illness are like. Going to this presentation will provide you:

- A first-hand account of what it's like to live with a mental illness. Presenters humanize this misunderstood topic by demonstrating that it's possible-and common-to live well with mental illness.
- Both presenters are local individuals with lived experience of mental illness who are living proof that there is recovery!
- A chance to ask the presenters questions, which allows for a deeper understanding of mental health conditions and dispel stereotypes and misconceptions.

## Annual Recovery Happens

Mary Ellen Cranston Bennett, Tasso and Gertie Kandris represented NAMI San Joaquin County giving out information and brochures to BHS Consumers, their families as well as BHS Contractors. We also gave out apples as a healthy snack. In the photo on the right are Gertie, & Tasso Kandris along with Tham Le from the Vietnamese Voluntary Foundation



(VIVO) who represented the Vietnamese community.

## 33rd Annual NAMI SJC Pasta Luncheon

The "33rd Annual NAMI San Joaquin County Pasta Luncheon" was held at 1212 N California Street, Stockton on Friday 10/05/15 and it was a success! NAMI SJC served approximately 150 pasta lunches to BHS Personnel and NAMI Members & Friends @ \$7.00 per meal. As always, we had sufficient ticket donations to provide our consumers with free lunches. Prize Ticket Sales went very well and there were nearly 100 prizes: the top two were bicycles, various Gift Certificates, NAMI T-Shirts, Etc. The net proceeds of more than \$1,200 will go toward the BHS Client Christmas Party at the Lodi Moose Lodge



Young man skillfully performed Cambodian Dance throughout the Luncheon.

### In Our Own Voice Presentation Continued from page 2

#### What You'll Gain cont'd

The understanding that every person with a mental illness can hope for a bright future.

#### What People are Saying

"Amazing presentation with amazing presenters! You 100% erased any stigma I used to associate with mental illness."

"Several of the mental health staff stated that they saw recovery as a real option-for the first time ever."

"It gave me new insights that I never thought of before. Very impressive and inspirational. I wish my son were here! I'm going to be sure he sees a presentation like this."

## Tracy Family Support Group Meeting Time Change



The Tracy Family Support Group will now meet at an earlier time at 6:30PM the first Monday of each month. The location is the same at 35 E. 10th Street in Tracy. Please spread the word and come early! Thank you in advance for your patience with the

change, it was necessary since the doors automatically lock at 7:00PM. Facilitators, Bill and Nancy Smith can be reached at (209)982-1750 or (209) 479-4084 or a message can be left at the NAMI SJC office at (209)468-3755.

## Connections Support Group

### What is it???

NAMI Connection is a recovery support group program for adults living with mental illness that is expanding in communities throughout the country.

These groups provide a place that offers respect, understanding, encouragement, and hope.

NAMI Connection groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Meetings are held at: **SJC Behavioral Health**  
1212 N. California St.

**1st Thursday** each month:  
**Connections Support Group—5:30 PM**



### Now Also

## Saturday Connections

- Free and confidential
- Held weekly for 90 minutes
- Designed to connect, encourage, and support participants using a structured support group model
- Led by trained facilitators living in recovery.

**Saturday's 10:00am – 11:30am**  
**The Wellness Center**  
**1109 N. California St., Stockton**

Welcome to **amazon smile**

You shop. Amazon gives.

• Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **Nami Of San Joaquin County** whenever you shop on AmazonSmile.

You can select a different charitable organization after signing in.

• AmazonSmile is the same Amazon you know. Same products, same prices, same service.

• Support your charitable organization by starting your shopping at **smile.amazon.com**.

Find us on **Facebook**  
[www.facebook.com/namisjcounty](http://www.facebook.com/namisjcounty)

# NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

**L o d i**

Family Support Group  
 4th **Thursday** each month *except holidays\**:  
 \*Nov. 19th & \*Dec. 17 **6:00 PM**  
**Contact:** Irene Sherman  
 209-368-1469  
 Or Joselyn Spurgeon 209-369-5936  
**Location:** Lodi Avenue Baptist Church  
 Fellowship Hall—2301 W. Lodi Avenue  
 Lodi, CA 95242  
 Down the street from Raley's

**M a n t e c a**

Family Support Group  
 3rd **Monday** each month—  
 Nov. 16 & Dec. 21—**6:30 PM**  
**Contact:** Michelle Moore at:  
[Michelle4MI@yahoo.com](mailto:Michelle4MI@yahoo.com)  
 or call the NAMI office 468-3755  
**Location:**  
 Crossroads Grace Community Church  
 1505 Moffat Blvd.  
 Manteca CA 95336

**S.J. Co. Behavioral Health**  
**Family Advocate:**  
**Richard Black** 209-401-6087

**Spanish Support Group**

4th **Thursday** each month  
 Contact Rosalva for dates **6:00 PM**  
**Contact:** Rosalva Garduno  
 (209) 603-3448  
**Location:** SJC Behavioral Health  
 1212 N. California St. Suite B  
 Stockton

**S t o c k t o n**

1st **Thursday** each month **Support Group**  
 November 5th & December 3rd  
**Family Support Group—5:30 PM**  
**Connections Support Group—5:30 PM**  
**General Meeting** 7:00 PM  
 (speakers see page 1)  
**Contact:** Mary Ellen Cranston-Bennett  
 209-369-2594

*The above meetings are held at:*  
 San Joaquin County Behavioral Health  
 1212 N. California St. Suite B—Stockton

**Connections Support Group**  
 Every **Saturday** **10:00 AM – 11:30 AM**  
**The Wellness Center**  
 1109 N. California St., Stockton

**T r a c y**

1st **Monday** each month  
**Family Support Group**  
**and Monday Connections**  
 November 2 and December 7th  
**New Time** **6:30 PM**  
**Location:** Healthy Connections  
 Resource Center  
 35 E. 10th Street, Suite B  
 Tracy, CA  
**Info: contact Bill** at (209) 982-1750 or  
[whsnursery@att.net](mailto:whsnursery@att.net)

**NAMI SJ Board Mtgs.**

Nov. 19th & Dec. 17th—**6:00 PM**  
 Meetings held at:  
 SJ Co. Behavioral Health  
 1212 N. California St. Ste A & B  
 Stockton, CA

**SJC Behavioral Health Board Mtgs.**

Nov. 18th & Dec., 16th—**6:00 PM**

San Joaquin County Behavioral Health  
 1212 N. California St. Suite A & B  
 Stockton, CA

**BECOME A NAMI MEMBER TODAY!**

**NAMI SJC Membership Drive**

Use the form on this letter to submit your renewal or new membership dues. **Your membership and support are essential** to NAMI San Joaquin County and enable our affiliate to provide education, support, advocacy and to grow.

Please fill out the application form below and send it with your check of \$35 . If you have already paid your dues **THANK YOU!!**



**MEMBERSHIP APPLICATION**

- New Member
- General Member ..... \$35
- Open Door (Limited Income) ..... \$3
- Renewal

NAME: \_\_\_\_\_

STREET: \_\_\_\_\_

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

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**ADDITIONAL DONATION**

Please consider giving an additional \$25 or more to NAMI San Joaquin County. Your donation supports our local services for those with mental illness and their family members.

\$ \_\_\_\_\_ Total Enclosed

**Make checks payable to:**

NAMI San Joaquin County or join online at

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

I am interested in volunteering for NAMI San Joaquin County. Please contact me at the above address/ phone/Email.

**PLEASE MAIL THIS FORM TO:**

NAMI San Joaquin County  
 P.O. Box 448  
 Stockton, CA 95201

*NAMI Joaquin County is a 501(c)(3) nonprofit organization. All contributions are tax deductible to the extent allowed by law.*