

# 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)



San Joaquin County

nami



National Alliance on Mental Illness

## 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

### MAY 7TH, General Meeting

**Speaker: Vic Singh, Director of S.J. Co. Behavioral Health Services (SJCBS)**  
Mr. Singh will give an update on behavioral health and substance abuse services – the tri-annual state audit; mobile crisis teams; and other changes in programs

### JUNE 4TH, General Meeting

**Speaker: Steve Ellington, Cultural Competency Committee Chairperson for SJCBS**  
Mr. Ellington will share how all programs in the county must comply with cultural competency standards. He is also the manager of La Familia and TCC/Sears, Full Service Partnerships.

## Bicycles for the NAMI Pilot Project

Bill Smith, NAMI San Joaquin Vice President, presenting one of the bicycles for the NAMI Pilot Project to members of The Wellness Center staff.

Pictured are (from left to right) Bill Smith, Tim Swank, Troia Cephas, Leilani Luia, Rafael Watts, Sr., Karen Walker, Deena Strachan and Michael Fields.

The bicycles will be used by people living with mental illness to assist them in transportation for essential services and to enhance their quality of life.



## NAMI San Joaquin Donates Books to Local Free Libraries

NAMI made a generous donation of books to the free libraries in San Joaquin County. Labels were placed in the books with NAMI SJC contact and support group information. Pictured below Kandi Howe (Little Free Libraries co-organizer) and Stockton City Councilman Moses Zapien placing labels in the books.

**In this photo:**  
Kandi Howe, Little Free Libraries co-organizer



**In this photo:**  
Van Ha To-Cowell, NAMI Board Member together with Moses Zapien and Kandi Howe

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## Education Program for Parents of Adolescents with Mental Health Difficulties



NAMI Basics is a free, six-session program designed for parents and caregivers of children and adolescents with mental health, emotional and behavioral difficulties. NAMI Basics helps parents to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment process. The program is taught by trained teachers who are also the parents of individuals who experienced symptoms as children. Your child does not need a specific diagnosis for you to attend.

**Course includes current information on:** ADD/ADHD, Depression, Anxiety, ODD, OCD, Substance Abuse Disorders, Conduct

### NAMI Basics Training

*Has your journey with raising a child with a mental illness provided you with some knowledge, strength and hope that you know can help other parents? Do you want to get in-depth training? If so, we need you!*

The NAMI Basics program is looking for parents to train to teach the 6-week course here in San Joaquin County. If your child was diagnosed or had symptoms of a mental illness prior to the age of 13, we encourage you to apply for the Basics Program training (hotel, meals and mileage reimbursement

Disorder, Bipolar, Childhood Schizophrenia.

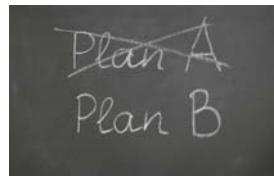
**You will also learn about:**

The illnesses impact on the entire family- Getting an accurate diagnosis- Treatment options- Working well with your child's school- Strategies for challenging behaviors- Where to find local resources and support for the entire family.

**Participant Perspectives:**

"The course covers almost every aspects of family and child resources. I could have spent a lifetime getting all this information! I feel supported, strong and ready to go forward."

**Sometimes parents need a...**



provided). You will not only help families who are seeking education and support, but you will be rejuvenated in your own journey with your child. There are two training dates for the coming year and they fill up fast. Please **contact Debbie Alter at: 209 478-7799** for further information and an application. Please join us in helping our fellow parents to know there is hope!

**May-15-17 2015 in Vacaville CA**

**Contact:**

Olivia Mattus Tel: (209) 612-7172

email: olym.luvs4@gmail.com

and/or

Christina Brisson lilgrl05@yahoo.com

**Dates:**

**May 2, 2015 through June 6, 2015**

(Saturday afternoons, once a week for 6-weeks)

Time: 1:00pm to 4:00pm

Location:

Doctors Hospital

Manteca, CA

### NAMI CA TRAINING

**Note:** These trainings are for **family members to become teachers** of the education programs listed below. **Support group** trainings are for family members to become **facilitators** of a support group.

◆ **Family to Family:** May 15-17, 2015  
Vacaville, California

◆ **Basics:** May 15-17, 2015  
Vacaville, California

◆ **De Familia a Familia:** June 2015,  
Southern California  
Dates and details TBD

### NAMI PEER PROGRAMS TRAININGS:

These trainings are for peer members to become teachers (mentors) of the education programs listed below.

◆ **Peer to Peer:** May 15-17, 2015  
San Diego, California

◆ **Persona a Persona:** Ontario, June 2015.  
Dates and details TBD

For more information contact the NAMI SJC office at 209.468.3755.

### Family-to-Family Spring Class Graduates Fourteen

Another successful Family-to-Family (F2F) class has completed its 12-week course. The students welcomed the information and comradeship the Family-to-Family offers. At class 10 Patty Boyle spoke about rehabilitation and her journey through struggles and coping with family members who have mental illnesses. She is one of the persons who answers the phone for Consumer Support Warm Line (209-468-3585) and is a graduate



**Pictured above :** Patty Boyle (front), **behind** Patty are F2F facilitators Rosemary Weir (left) & Irene Sherman (right), not pictured Mary Ellen Cranston Bennett the 3rd facilitator.

of F2F program. Boyle's message was one of hope and rehabilitation for persons living with mental illness. Tasso and Gertie Kandris presented at class 11. They spoke about NAMI San Joaquin County membership and the many programs and opportunities to be involved in outreach to the San Joaquin County community through NAMI. Fourteen students finished the F2F course and certificates were presented to the graduating students at the farewell potluck on April 25, 2015.

### NAMI Provider Education

NAMI Provider Education Program is off to a great start with nineteen registered. NAMI San Joaquin County was invited by Delta College counselors to present the five session class at Delta College. The program offers 30 hours of in-service training to line staff, taught by a trained five-member team; Raksmeey Castleman, Wendy Knowles, Irene Sherman and our two new members, Olivia Mattus and Korah Mattus, the first two classes have been well received with exceptional enthusiasm by participants.

## March and April General Meeting Speakers

**Bruce Adams III, MFT, Program Manager for PREP** (Prevention and Recovery in Early Psychosis) was our General Meeting speaker for March. He gave an excellent talk, with Power Point, on psychosis and what PREP can offer. If you have a young family member newly diagnosed please contact Bruce at (209) 603-5936 to answer questions.



**Baron L. Miller, Attorney at Law,** returned to NAMI San Joaquin County as speaker for the April General meeting. The room was full of members anxious to hear about Family Estate Planning and the Advantages of a Special Need Trust. Baron also introduced the audience to Proxy Parent Foundation, who will care for family members when you are not there. They offer personal support services with expertise and compassion. Baron offered free telephone consultation. Contact him at (415) 522-0500 or [mandmlaw@aol.com](mailto:mandmlaw@aol.com).



## 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**

## Voices : Public Television Premiere

This May, *Voices* will make its national debut on public television for Mental Health Awareness Month, and will also be available for purchase on Amazon (DVD and online streaming). Please tune in and help us spread the word!



After five long years, we are finally ready to release *Voices* to the general public. We believe our film takes a unique approach toward addressing the stigma of mental illness by telling a

*Voices* is an award-winning feature documentary that features the stark and intimate portraits of three very different individuals and their struggle with severe mental illness in America. The stories of Sharon, Thomas and Aaron illuminate the challenges, realities, and often complex emotions and choices that surround people with psychotic mental illness and those who love them.

### What others are saying about the film:

“*Voices* will make you think deeply about a difficult reality, because it will make you feel deeply.”

- Donna Gephart; Award winning children’s book author and speaker.

“Moving and wonderfully compassionate storytelling... *Voices* gives us a rare and human back-story to some of the tragedies that involve people with untreated mental illness.”

- Helen M. Thomson R.N.; Retired California State Assembly member.

more nuanced and human back-story of the psychotic experience in a way never before captured on camera.

Our goal is to spur conversation and to broaden peoples' perspectives on severe mental illness. We ask that you join us on this journey and invite others to do so as well! - Directors, Hiroshi Hara and Gary Tsai, M.D.

### Schedule of air dates & times:

Los Angeles, CA – **Channel KVCR;**  
Wednesday, **May 6, 2015 @ 10pm**

San Francisco, CA – **Channel KRCB;**  
Tuesday, **May 5, 2015 @ 9pm**

Sacramento, CA – **Channel KVIE;** Sunday,  
May 17, 2015 @ 11pm (KVIE2) and Monday,  
**May 18, 2015 @ 11pm**

Please visit the Screening page of our website at [www.VoicesDocumentary.com](http://www.VoicesDocumentary.com) for more details and a full listing of public television air dates/times in your area. Like us on Facebook! Copyright © 2014 Forgotten Films. All rights reserved.

## 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](http://smile.amazon.com).

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[www.facebook.com/namisjcounty](http://www.facebook.com/namisjcounty)



# NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

## Lodi

**Family Support Group**  
 4th **Thursday** each month:  
 May 28 & June 25—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

## Manteca

**Family Support Group**  
 3rd **Monday** each month—  
 May 18 & June 15—6:30 PM  
**Connections Support Group—6:30 PM**  
**Contact:** Michelle Moore at:  
[Michelle4MI@yahoo.com](mailto:Michelle4MI@yahoo.com)  
 or Michael Fields (209) 451-3977  
[mafields12@msn.com](mailto:mafields12@msn.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  
 May 28 & June 25—6:00 PM  
**Contact:** Rosalva Garduno  
 (209) 472-0191  
**Location:** SJC Behavioral Health  
 1212 N. California St. Suite B  
 Stockton

## Stockton

**Thursday Support Group**  
 1st **Thursday**. each month:  
 May 7 & June 4  
**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

## Tracy

**Monday Family Support Group**  
**1st Monday** each month:  
 May 4 & June 1 - 7:00 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.

May 21 & June 18—6:00 PM  
 Meetings held at:  
 SJ Co. Behavioral Health  
 1212 N. California St. Ste A & B  
 Stockton, CA

## SJC Behavioral Health Board Mtgs.

May 20 & June 17—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—It's time to RENEW membership for 2015!!!**  
 Use the form below 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     Renewal

General Member ..... \$35

Open Door (Limited Income) ..... \$3

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.