

Find Help & Hope.

NAMI San Joaquin County
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209.468.3755

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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

JANUARY 7TH, General Meeting

San Joaquin County Behavioral Health Services
Students in Prevention Presentation (SIP)
Speakers: Gloria Gonzales, SIP Coordinator and two of the students in the program. (30 minutes)

7:30 NAMIWalk Kickoff!!! Presentation

Speaker: Donna Woods, Walk Manager
The Walk will take place at William Land Park in Sacramento on May 7th, 2016.

FEBRUARY 4TH, General Meeting

Speakers:

Vic Singh

Director, San Joaquin County Behavioral Health Services

Jim Garrett

Incoming Director, San Joaquin County Behavioral Health Services

Time is allotted for questions and answers.

NAMIWalks 2015 — SAVE THIS DATE: May 7th, 2016



NAMI San Joaquin County's only fundraiser that supports our outreach efforts and provides for numerous educational programs and support groups. The walk is a great way to help tear down the stigma surrounding mental illness and to bring awareness into our communities. The **2016 Walk Chairpersons** are **Elizabeth Hess, NAMI Board Treasurer** and **Nancy Edelhoper NAMI**

It's pronounced...
[MEN-tl IL-nis]
not
[KREY-zee]

Fight Stigma



Please mark your calendars for Saturday **May 7th, 2016**. You won't want to miss sharing a wonderful celebration of hope, recovery and stigma reduction at the annual [NAMI Walks](#). A new addition to the walk will be the use of a shuttle service. Parking in the area has been a challenge, but with the new shuttle service you can easily park at the near by junior college and be shuttled back and forth to William Land Park. This is



SJ member.

We are looking for committee members, please call and volunteer to work with **fun people** eager to promote the NAMI Walk, organize and recruit

teams, seek sponsors and have a really fun time in the process.,
Contact Liz at
emhess@msn.com,

209 763-2584 or Nancy at the NAMI office
209-468-3755. we need you!!

Strategic Planning Meeting — You are invited!



We want to inform everyone of the upcoming Planning meeting for 2016. The meeting will take place on January 16th, 2016, at 9 AM at San

Joaquin County Behavioral Health Services located at 1212 California Street Conference Room C. It is extremely important that everyone attend, **we will set the road map for our affiliate for 2016**. Agenda has been emailed to those on e-mail list. **We need everyone's input and ideas.**

Lunch will be served **you must RSVP by 1/13/2016 to**

whsnursery@att.net William "Bill" Smith, Vice President, NAMI SJC.

YOU'D NEVER SAY, "IT'S JUST CANCER, GET OVER IT."

So why do some say that about depression?
weheartit.com

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

NAMI SJC to Host Family-to-Family Teacher Training

NAMI San Joaquin is planning a Family to Family training on January 29-31st, 2016 in Stockton, CA. We are accepting applications on behalf of NAMI CA for this training. If you have any candidates interested, please send us their applications .

The only cost to applicants will be the hotel stay for their candidates (*if out of town*). We have selected 3 hotels that would be good choices for this event. For further information, please contact us at 209-468-3755.

DATE: January 29th – 31st, 2016

START TIME: 10:00 a.m., Friday

END TIME: 1:00 p.m., Sunday

LOCATION: Stockton, California

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

TO REGISTER: Contact the office to request an application and submit it immediately to your local affiliate. Candidates must be referred by their NAMI affiliate Education Coordinator, Family to Family or Basics Teacher, support group facilitator or local NAMI board member.

Applications are remitted to Lynn @namica.org

NAMI Family-to-Family Teacher Requirements:

- Membership in NAMI is \$35.00 annually. To find your affiliate's website and additional contact information go to www.namicalifornia.org or call NAMI California at (916) 567-0163. At least one reference from your local NAMI affiliate will be requested.

Family-to-Family Class

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

Location: 1212 California St. Room C

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

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** this class is designed to meet those needs.

- Applicant must have completed the 12 week NAMI Family-to-Family Education course.
- It is important that all individuals trained in this curriculum have lived through the experience of having a first degree relative (brother, mother, spouse, etc.) with a mental illness. Caregivers of someone with mental health challenges will also be considered on a case by case basis.
- Be at a point in their life where they are familiar and comfortable with the emotional issues families face and can self-disclose about their own feelings regarding their life situation.

Fall 2015 Family-to-Family Class Graduates

We are proud of our Fall 2015 Family-to-Family Graduates! They finished the course on November 21st, 2015. The 12 week course was taught by Shannon Hess and Elizabeth "Liz" Hess. In the photo front row from left are Christina Masangcay, Shannon Hess (teacher), Jeanette Stebbins, Damasa Hartshorn, Tawnia Alibani, Rosalinda



Draper, Beverly Crain, and Deborah Soares; from left on the back row, Liz Hess (teacher), Bill Smith (Resource), Randy Blank, Sheila James, Linda Ng, Larry Crain, and Jackie Scott.

2015 Client Christmas Party



The above photos were taken on December 5th, 2015 at the Lodi Moose Lodge in preparation of the 2015 Christmas Party for approximately 500 Care Home Clients. The photo on the left is of the Pine Manor Group headed by Clara Longario (seated); the 2nd photo is of Mary Andres & her San Joaquin County Behavioral Health Services Group and NAMI San

Joaquin County Members, Mary Ellen Cranston-Bennett, Irene Sherman and Gertie Kandris.

Photos were taken and provided by Gertie Kandris (A dedicated NAMI San Joaquin member *extraordinaire*, who has also headed up the NAMI SJC Legislative Committee as well as served on the NAMI San Joaquin Board and the S.J.C. Behavioral

Abraham Lincoln **Winston Churchill** Buzz Aldrin Virginia Woolf **Kurt Cobain** Charles Dickens **Sylvia Plath** Carrie Fisher... *People with Mental Illnesses Enrich Our Lives*

NAMI SJC Hosts Family-to-Family Teacher Training *Continued from page 2*

- Be willing to teach two (2) Family to Family classes in a period of two years. It is understood that unexpected situations may occur in which flexibility in this policy will be needed.

After we receive your application, gain approval from your local affiliate and you

are accepted as a participant, we will then contact you with more details for this training.

We are glad that you have indicated an interest in this volunteer position and are pleased to have you participate!

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

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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.

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NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

L o d i

Family Support Group
4th Thursday each month *except holidays**:
 January 28 & February 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
 Down the street from Raley's

M a n t e c a

Family Support Group
3rd Monday each month—
 January 18 & February 15—**6:30 PM**
Contact: Michelle Moore at:
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) 472-0191
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**
 January 7 & February 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

T r a c y

1st Monday each month
Family Support Group
and Monday Connections
 January 4 & February 1
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

NAMI SJ Board Mtgs.

January 21 & February 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.

January 20 & February 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

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

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.