

Find Help & Hope.

NAMI San Joaquin County
P.O. Box 448
Stockton, CA 95201
209.468.3755

info@namisanjoaquin.org
namisanjoaquin.org
facebook.com/namissjcounty

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NAMI SJC Board Members

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Past President: Jennie Montoya
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Board of Directors:

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Mike Miller
Aaron Mulcalhy
Barry Oaks
Jeannette Stebbins

We are **strongest** when we are **united** for the same cause.

Our cause: Better lives for those affected by mental illness. **Join NAMI**

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

JULY 7TH General Meeting

Speaker: Baron L. Miller, Attorney at Law
Miller is an attorney in San Francisco who specializes in planning estates for families of persons with mental illness, he frequently writes and speaks on the subject. He has a 39 year old daughter with schizophrenia; he is a long-time member of NAMI-SF and is on the Board of Directors of PLAN.

NAMI San Joaquin Outreach

On April 23rd Gertie & Tasso Kandris represented NAMI San Joaquin County at the "First Annual Mental Health Fair at Mayfair Seventh Day Adventist Day Church" on N. El Dorado, in Stockton. They collaborated with their Church Nurse, Stephani Walton, as well as with Carolyn Cooper with United Advocates for Children and Families; also present were Billy Olpin and Rico representing SJC Behavioral Health Services and several other non-profit organizations, such as Ernesto Gonzalez from "Fathers & Families of San Joaquin" presenting Stockton Trauma Recovery Center and Culturally Rooted Healing.

Church Members were very interested in our education and support programs and how affordable our



Gertie with Church Nurse Stephani Walton

NAMI SJC May Outreach Events

- May 5th** NAMI presentation to Consortium. NAMI 360 Nancy Smith, Michael Fields, William "Bill" Smith & Edna Ealey
- May 7th** NAMI WALK Sacramento
- MAY 10th** 1st NAMI SJC presentation to CHP Amador, Calaveras, SJC William "Bill" Smith & Barry Oaks
- May 10th** Mental Health Month Board of supervisors Tasso & Gertie Kandris.
- May 18th** Stepping Up Initiative Presentation at SJC Mental Health & Substance Abuse Board Meeting,

AUGUST 4TH, General Meeting



Pizza and Movie Night

Documentary Film-The Obsessive Compulsive, Major Depression, Bipolar, and Asperger's.



annual membership is; some obtained information on how to support our NAMI Walk. We handed out NAMI SJC Brochures in addition to many informational materials about various mental illnesses. We also met their very enthusiastic Pastor, Dr. Lanston M. Sylvester. Several Church Members were also interested in the Family-to-Family (F2F) Program. Tasso spoke with two members of their Church Council, Marviel Thomas and Ryan Brown, who want to help NAMI SJC with fundraising opportunities because they thought we had great programs as well having the Church provide space for the next F2F class. However, our F2F classes usually are conducted on Saturday mornings when the Mayfair Seventh Day Adventist Church has their Church Services, often followed by lunch and the venue would not be available until 3pm. It will take some coordination with the F2F Instructors who will also need to know how many of their Parishioners are interested in taking the Class and how we can best accommodate them.

Tasso & Gertie Kandris.

- May 24th** S.J.C. Board Of Supervisors NAMI Presentation "People Living With a Mental Illness in jails. (Step Up Initiative)
- May 25** NAMI CAN Meeting Tasso & Gertie Kandris. BACOP brochures and possible Provider class
- May 27th** Wellness Walk (TWC) Stockton, Ca Edna Ealey, William "Bill" Smith, Michael Fields, & Diane
- May 27th** Presentation of 5 bikes to people living with a mental illness (TWC) Edna Ealey



Northern California NAMIWalks 2016



Setting up our affiliate table . :)
Nancy Smith

Some of the NAMI San Joaquin County Teams at NAMI Walk are pictured above. The rain did not dampen their fun. Everyone had a great time and stayed for a potluck lunch afterwards. They have raised about \$14,600.00 so far and are still taking donations until July 7th.

The teams pictured above are Liberated

Minds (Captain Bill Smith); Highsteppers, (Captain Irene Sherman); Power & Support; Hope for Tomorrow (Captain Liz Hess).

NAMI San Joaquin County NAMI Walk Teams gathered after the NAMI Walk in Sacramento on May 7th for a potluck

feast after being rained on during the walk. They were wet but happy! Teams represented but unable to attend the luncheon were; NIKO Stigma Team, SJC BHS: TAYking On Recovery and Telecare Stockton. It was a great day in spite of the rain and we all enjoyed the fabulous luncheon. See you next year!

Advocacy Activities For Mental Health Month ~ "Stepping Up Initiative"

Tuesday, May 24, 2016 "Stepping Up Initiative Resolution Adoption" by SJC Board of Supervisors. The Lead Presenter for the request to have the "Stepping Up Initiative" Resolution adopted by the Board of Supervisors was Greg Diederich, Director of San Joaquin County Health Care followed by Steven McCormick, President of SJC Mental Health & Substance Abuse Board, followed by Gertie Kandris representing NAMI SJC, supported by NAMI SJC Members Tasso Kandris, Bill Smith, Mary Ellen Cranston-Bennett and Irene Sherman in the audience. Gertie reported that as of May 15, 2016, the initiative had been adopted by 269 Counties

in 41 States. The initiative is strongly supported by NAMI because it will provide opportunities to receive federal grants to fund improved programs, treatments and supports in the community for those with co-occurring disorders to minimize contact with the justice system. Gertie also asked the Board Members again to support NAMI California's Top 3 Spring 2016 Legislative Priorities including the "No Place Like Home" Housing Budget Act (no language yet) as long as it meets the "Behavioral Housing Principles of May 6, 2016" adopted by CBBHDA (California Behavioral Health Directors Association), NAMI California,

Urban Counties of California and the California Mental Health Planning Council to protect the law, intent and integrity of the Mental Health Services (MHSA/Prop. 63). Judge Flaviano, a member of the Executive Committee of the San Joaquin County Community Corrections Partnership along with the District Attorney and Chief of Probation also spoke in favor of the initiative; they were supported by other Executive Committee Members in the audience, including Sheriff Steve Moore.



NAMI SJC General Meetings May & June

The Wellness Center (TWC) and newly formed Peer Recovery Services (PRS) was the topic of the NAMI San Joaquin General Meeting on Thursday, May 5 at 7:00pm.

NAMISJC President Edna Ealey congratulating Michael Fields at the General Meeting



Michael Fields, TWC Program Director, described the services of the peer run Wellness Center located one block south at 1109 N. California Street. All services are free and membership is primarily for the underserved and underserved mental health consumer. A typical day includes a morning walk, four groups and classes and a formal group meditation time. The Wellness Center also offers a computer lab, self-help library, telephone and fax services, a Serenity Room and weekly transportation services to the Emergency Food Bank.

(Look for a feature article on the TWC in the upcoming Sept/Oct issue)



Sgt. Bartlett & William "Bill" Smith

(Mental Illness Response Program) a part of the CHP (California Highway Patrol) training for Amador, Calaveras and San Joaquin CHP offices at the NAMI SJC June 2nd General meeting. Sargent Bartlett shared his experiences as a CHP officer assisting people living with a mental illness. It is usually a traumatic experience when a family member has to call on law enforcement for help with an ill relative or loved one but Sargent Bartlett helped the audience to understand that it is just as much a trauma for the officer responding to the call. Law enforcement training is vital and Sargent Bartlett shared how the MIRP as part of the training will help officers be more understanding, caring and capable when dealing with the mentally ill. NAMI SJC presented Sargent Bartlett with a certificate of appreciation for his support and presentation.

Sargent Jason Bartlett presented the MIRP (Mental Illness Response

Volunteers at the NAMI San Joaquin County Office

NAMI San Joaquin County member/volunteers are a vital part of maintaining our office functions such as answering the phone, referrals to services, and other routine office duties. Updating the mailing list/e-mail list and communication to members and interested persons is another job that is done by NAMI SJC volunteers.

Printing class materials for Family-to-Family, Provider Education Program, and other NAMI programs is an ongoing duty for volunteers to perform. Because volunteers are willing and able to devote time and effort, NAMI SJC continues to be an outstanding NAMI affiliate.

In the photos below from left to right are some of our volunteers; Pat McCann, Irene Sherman and Mary Ellen Cranston-Bennett.



Interested in Volunteering?
Contact our office 468-3755 or email info@namisanjoaquin.org

Connection 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:

Connection Support Group—5:30 PM

Now Also

Saturday Connection

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

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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***:
 July 28 & August 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—
 July 18 & August 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

Connection Group 6:30

Spanish Support Group

4th Thursday each month
 Contact Rosalva for dates **6:00 PM**
Contact: Rosalva Ibarra
 (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**
 July 7 & August 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

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

T r a c y

The Tracy Family Support Group will resume on the **first Monday in August 1 2016**. Member, Marie Floxer-Parker is training with NAMI California FSG Trainer, Nancy Smith, and will be facilitating the Tracy FSG. The group will meet at **6:30PM** at the old location, **35 E. Tenth Street, Tracy, CA**. Flyers and notices will be circulated in June. Please support Marie in her efforts to revitalize the Tracy NAMI SJC Family Support

NAMI SJ Board Mtgs.

July 21 & August 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.

July 20 & August 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.