Upcoming General Meeting Speakers

General Meetings are held at 7pm right after the 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.

**AUGUST 4TH, General Meeting**

**Pizza and Movie Night**
Documentary Film—The Obsessive Compulsive, Major Depression, Bipolar, and Asperger's.

**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 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.

**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 10th** Stepping Up Initiative Presentation at SJC Mental Health & Substance Abuse Board Meeting, 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

Some of the NAMI San Joaquin County Teams at NAMI Walk are pictured above. The rain did not damper 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, SJCBHS: 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 Flavianos, 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.

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 unserved 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.

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

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.

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

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.

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

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

Mental Illness
We can help
nami.org or 800.451.9681

Sargent Jason Bartlett presented the MIRP (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.

NAMISJC President Edna Ealey congratulating Michael Fields at the General Meeting
Please fill out the application form below and send it with your check of $35. If you have already paid your dues, THANK YOU!!