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

**SEPTEMBER 1ST General Meeting**

**Speaker:** Kathleen Wilson-Parish, MA, LMFT
Chief Mental Health Clinician, SJCBHS Black Awareness Community Outreach/Multicultural Program (BACOP) & La Familia

Ms. Wilson-Parish will share with us her insights into mental health and mental wellness & the services and resources available. See more details namisanjoaquin.org

**OCTOBER 6TH, General Meeting**

To be announced

2016 Annual Recovery Happens - Community Event

Tasso & Gertie Kandris have been attending the Planning Meetings for the "Recovery Happens" Event hosted by San Joaquin Co. Behavioral Health Services which will take place on Saturday, September 24, 2016 from 9am until 3pm.

MaryEllen Cranston-Bennett will be at the NAMI SJC Booth along with Tasso & Gertie who will set up the NAMI booth around 8am with the assistance of the SIPPers (Students in Prevention). They will have NAMI brochures and other resources available through NAMI at the booth.

The plans this year are very exciting and are directed for those in recovery to be celebrated and to enjoy with their family members. We want our NAMI SJC consumers and their family members be able to enjoy this wonderful event. Here’s a brief outline:

**Location:** Family Ties (across from Recovery House in French Camp) 500 W Hospital Rd, French Camp, In the back of the hospital grounds on delivery Rd. & Service Rd

Moses Zapien (Chair of SJC Board of Supervisors) will be the Keynote Speaker. There will be lots of entertainment for young and more mature alike. There will be food (Hamburgers & Hot Dogs), beverages and entertainment will be free of charge and to top it off: Kerrie Melton will provide consumers who need it with a ride to and from the Saturday 9/24/16 (from 9am until 3pm) "Recovery Happens" event in French Camp; those who need this service should contact Kerrie at 209-468-3498 no later than Friday 9/24/16 before 5pm.

Recovery and Wellness

One in 5 adults experiences a mental health condition every year. One in 17 lives with a serious mental illness such as schizophrenia or bipolar disorder. In addition to a person’s directly experiencing a mental illness, family, friends and communities are also affected.

Half of mental health conditions begin by age 14, and 75% of mental health conditions develop by age 24. The normal personality and behavior changes of adolescence may mimic or mask symptoms of a mental health condition.

Early engagement and support are crucial to improving outcomes and increasing the promise of recovery.

- See more at: http://www.nami.org/Learn-More/Mental-Health-Conditions
The Wellness Center

The Wellness Center (TWC) and newly formed Peer Recovery Services (PRS) was the topic of the NAMI San Joaquin General Membership meeting on Thursday, May 5 at 7:00pm. The General Membership meeting consistently features interesting and informative speakers, and is always followed by the Connection Peer Support Group and Family Support Group, both starting in separate conference rooms at 5:30pm on the first Thursday of every month, held at 1212 N. California St. in Stockton.

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. In addition to even more services, 11 Peer Recovery Coaches offer peer (non-clinical) counseling. More than 50 people come to TWC every day during its normal hours, Monday through Friday, 9am – 5pm. In the past year, over 1,000 different individuals came to TWC for peer support services.

TWC hosts a NAMI Connection Support Group on Saturday mornings from 10:00 – 11:30. Peer support services are a recognized evidence based practice. In other words, scientific research shows that individuals receiving clinical services for a mental health disorder who also receive peer support services, like those offered at TWC, have higher success rates and lower relapse rates.

He invited anyone wanting a tour of the center or to receive a monthly calendar to contact Brenda Waddell, Lead Peer Recovery Coach, at (209) 451-3977 or via e-mail at bwaddell@twcsj.org.

The Wellness Center is a program of Central Valley Low Income Housing Corp. (CVLIHC) which has the contract with San Joaquin County Behavioral Health Services (SJCDBS). Michael shared that the goal of the original Power ‘n Support Team (an autonomous peer advocacy group) and SJCDBS - that TWC become a peer run organization with its own nonprofit – is one year away from becoming reality.

A group of individuals with lived experience of mental illness, family members and professionals supportive of peer mental health support services began meeting as the “Wellness Advisory Group” (WAG). The WAG assisted in the creation of “Peer Recovery Services (PRS)” which is now recognized by the State of California as a public corporation. Members of the former advisory group are now the PRS Board of Directors. A local law firm is assisting PRS with the application to the IRS for tax exempt status. The shared goal of SJCDBS, CVLIHC and PRS is that one year from now at the beginning of the 2017/18 fiscal year (July 1, 2017) The Wellness Center contract will be between SJCDBS and PRS. The Wellness Center and Peer Recovery Services is something San Joaquin County can be very proud of!
July General Meeting

Baron Miller in the photo below with NAMISJ Board Treasurer, Elizabeth Hess. Liz is presenting Mr. Miller with an award from NAMISJ to thank him for speaking at our July General meeting. Baron L. Miller is an attorney who specializes in establishing plans for the care of people with mental illness after their loved ones are no longer able to care for them. Mr. Miller has a 40 year-old daughter with schizophrenia living in Stockton, he is a long-time NAMI member, and he is a long-time board director of Planned Lifetime Assistance Network (PLAN) of California aka Proxy Parent Foundation.

NAMI FaithNet

NAMI FaithNet is an interfaith resource network of NAMI members, friends, clergy and congregations of all faith traditions who wish to encourage faith communities who are welcoming and supportive of persons and families living with mental illness. NAMI FaithNet strives to encourage welcoming, caring congregations as well as to promote the vital role of spirituality in the recovery journeys of many who live with mental health conditions, those for whom faith is a key component. Through this website and through efforts nationally and in local communities, NAMI and NAMI Affiliates encourage an exchange of information, tools and other resources which will help educate and inspire faith communities about mental illness and the vital role spirituality plays in recovery for many. NAMI FaithNet is not a religious network but includes an effort to outreach to all religious organizations. Learn more about awareness events and dates and how to get involved. - See more at: http://www.nami.org/NAMI_FaithNet

Mental Illness Awareness Week - NAMI.ORG

During the first full week of October, NAMI and participants across the country are raising awareness of mental illness. Each year we fight stigma, provide support, educate the public and advocate for equal care. Each year, the movement grows stronger. During Mental Illness Awareness Week on Oct. 2-8, join NAMI is shining a light on mental illness and replacing stigma with hope. Find ways to help at www.nami.org/miaw.

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 AmazonSmile

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

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

NAME: _____________________________________________
ADDRESS: ___________________________________________
CITY: ________________________________ ZIP:__________
PHONE:____________________    CELL:_________________

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.