

## Find Help & Hope.

**NAMI San Joaquin County**  
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## NAMI SJC Board Members

### Officers:

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V. P.: William H. "Bill" Smith Sr.  
Past President: Jennie Montoya  
Secretary: Larry Crain  
Treasurer: Elizabeth Hess

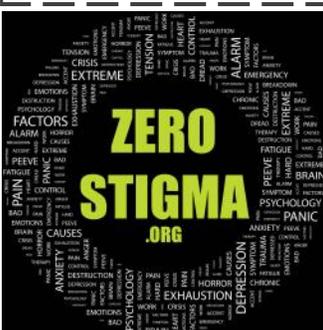
### Board of Directors:

Michael Fields  
Jim Jones  
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

### SEPTEMBER 1ST General Meeting

**Speaker:** Kathleen Wilson-Parish, MA, LMFT  
Chief Mental Health Clinician, SJC BHS 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](http://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

joy 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),



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 en-

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



family, friends and communities are also affected.

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,

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>



Be part of the **solution!**

Share your experience with mental health and substance use insurance coverage **now through August 31, 2016.**

#parity

hhs.gov/parity

## Tell us what you think!

The Mental Health and Substance Use Disorder Parity Task Force wants to hear about your experience with mental health and substance use disorder treatment services. How have parity protections affected you? What are your suggestions for improving awareness of parity protections and monitoring health plans' compliance with parity? Comment now: <http://tinyurl.com/hhlvczn>  
The comment period is open until Wednesday, August 31, 2016

## Teens & Young Adults

Mental health conditions are common among teens and young adults. 1 in 5 live with a mental health condition—half develop the condition by age 14 and three quarters by age 24. For some, experiencing the first signs can be scary and confusing. Discussing what you are going through with others is an important first step to getting help. Speaking up and asking for help is a sign of strength. You will be amazed by the support you get simply by asking. A mental health condition isn't your fault or your family's fault—it develops for complicated reasons that researchers are only starting to understand. But we understand a lot about how you can live well with a mental health condition—and you have the power to take the steps necessary to improve your mental health. Mental health services and supports are available and the earlier you access them the better. Many teens and young adults live full lives with a mental health condition.

More and more teens and young adults are speaking out about their experiences and connecting with others. Check out **OK2Talk** <http://ok2talk.org/> to see what others are saying. You are not alone—there are others out there going through the same things you are. - See more at: <http://www.nami.org/Find-Support/Teens-and-Young-Adults>

## 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 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. 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 – 3pm. 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](mailto: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 (SJCBS). Michael shared that the goal of the original Power 'n Support Team (an autonomous

peer advocacy group) and SJCBS - 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 SJCBS, 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 SJCBS 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/NAMIFaithnet>



## 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 by taking the #StigmaFree pledge at [www.nami.org/stigmfree](http://www.nami.org/stigmfree). To help spread the word, NAMI's #MIAW pages provide a variety of resources to download, such as flyers, posters and social media graphics. Our resource toolkit con-

tains press releases and other templates to customize within your communities. We believe that mental health issues are important to address year-round, but highlighting them during #MIAW provides a time for people to come together and display the

passion and strength of those working to improve the lives of the tens of millions of Americans affected by

mental illness. If you or someone you know may need a mental health assessment, anonymous online tools are available. For National **Depression Screening Day on October 6**, you can get a free mental health screening at [HelpYourselfHelpOthers.org](http://HelpYourselfHelpOthers.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

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).

Find us on **Facebook**

[www.facebook.com/namisjcounty](http://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\**:  
 September 22 & October 27 **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—  
 September 19 & October 17—**6:30 PM**  
**Contact:** Michelle Moore at:  
[Michelle4MI@yahoo.com](mailto: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**

**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**  
 September 1 & October 6  
**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**

Family Support Group  
 1st **Monday** each month—  
 September 12\* & October 3—**6:30 PM**  
**Location:** 35 E. 10th St., Tracy, CA.

 \*Changed to SECOND Monday,  
 SEPTEMBER 12th, 2016 (Labor  
 Day Holiday on 1st Monday)  
 Sorry for the inconvenience-Hope you will  
 attend!

**NAMI SJ Board Mtgs.**

**3rd Thursday** each month  
 September 15 & October 20—**6:00 PM**  
 Meetings held at:  
 SJ Co. Behavioral Health  
 1212 N. California St. Ste A & B  
 Stockton, CA

**SJC Behavioral Health Board Mtgs.**

**3rd Wednesday** each month  
 September 14 & October 19—**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](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.*