

## Find Help & Hope.

**NAMI San Joaquin County**  
 P.O. Box 448  
 Stockton, CA 95201  
 209.468.3755  
  
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[namisanjoaquin.org](http://namisanjoaquin.org)  
[facebook.com/namissjcounty](https://www.facebook.com/namissjcounty)

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### NAMI SJC Board Members

**Officers:**  
 President: Edna Ealey  
 V. P.: Michael Fields  
 Past President: Tasso Kandris  
 Secretary: Elizabeth Hess  
 Treasurer: Elena Marciano

**Board of Directors:**  
 Heather Bradford  
 Larry Crain  
 Adriana Furuzawa  
 Mike Miller  
 Deborah Soares  
 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

### JANUARY 5TH, General Meeting

**Speaker:** James Garrett, Director S. J. Co. Behavioral Health Services  
 Mr. Garrett has been with San Joaquin County Behavioral Health Services & Substance Abuse for many years, he worked in the Crisis Unit and as Deputy Director before being promoted to Director in early 2016. Mr. Garrett will share an update on the department as well as his history with NAMI and his own history in the field of psychiatry and mental health.

### FEBRUARY 2ND, General Meeting

**Speaker:** Greg A. Diederich, Director San Joaquin County Health Care Services & Chair of the San Joaquin County Stepping Up Initiative-Behavioral Health Justice Steering Committee together with James Garrett, SJC BHS Director and a member of the Steering Committee

## 2017 NAMI San Joaquin County Board Members



**From left to right:** Jennet Stebbins, Deborah Soares, Elena Marciano, Heather Bradford, Larry Crain, Edna Ealey, Michael Fields, Mike Miller, Adriana Furuzawa and Tasso Kandris, Past President, Elizabeth Hess absent.

On behalf of the NAMI SJC Board of Directors, I want to thank each and every one (past and present) for your willingness to be a part of the NAMI SJC Board of Directors. There are not enough words to express my gratitude for each of you, and all that you have done and continue to do for families and individuals dealing with mental illness.

Many congratulations to those of you who were elected as the 2017 Board of Directors, and so much appreciation to those of you who were willing but were not elected. Never-the-less, I hope that each of you know how valuable and appreciated you are. I look forward to a wonderful year working together positively as a team, for the growth of the affiliate; and especially, helping all who are affected by mental health conditions.

~NAMI SJC Board President, Edna Ealey

### 2017 NAMI SJC Board of Directors

**Officers:** President - Edna Ealey, Vice President - Michael Fields,

Past President - Anastassios "Tasso" Kandris, Secretary - Elizabeth Hess, Treasurer - Elena Marciano

**Directors:** Heather Bradford, Adriana Furuzawa, Mike Miller, Jennet Stebbins, Larry Crain, and Deborah Soares

Congratulations to the new NAMI San Joaquin County Board of Directors for the 2017 term!

### Interested in Volunteering?

Contact our Volunteer Coordinator,  
 Drew Strachan, (209) 366-4923  
 email [dndstrachan@gmail.com](mailto:dndstrachan@gmail.com)



**NAMI Walks 2017 — SAVE THIS DATE:  
 May 6, 2017**



# Families in Mental Health crisis Bill - Exciting News!



and courage to tell their poignant stories of 30+ year struggles with the mental health system which changed the mind of one of the lawmakers to vote in favor of this Bill. More recently HR 2646 was incorporated into the "21st Century Cures Act" under Title VI.

The hard work by our NAMI Members has paid off: the 21st Century Cures Act, which was approved by the House with a bipartisan vote of 392-26 and the Senate with a bipartisan vote of 94-4, was this afternoon signed into law by President Obama. A DAY FOR ALL OF US TO REJOICE!

More about this new law along with other legislative information will be included in my Legislative Report for December to the NAMI SJC Board Members at Thursday night's meeting,

Gertie Kandris

Legislative Advocate

NAMI San Joaquin County



Irene Sherman



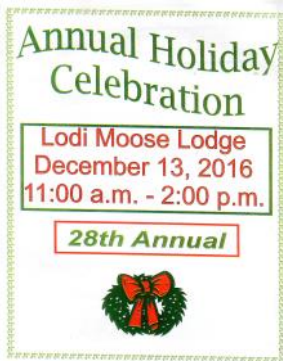
Verna Reinhardt  
Marching at the Capitol

NAMI has been a strong Supporter of "The Families in Mental Health Crisis" Bill (in 2016 known as HR 2646) since its inception more than three years ago. For several years NAMI SJC Members - along with NAMI Members across the nation - have written letters, e-mailed, telephoned and met with Legislators telling our personal stories and asking their support for HR 2646.

Two of our family members, **Irene Sherman** and **Verna Reinhardt**, deserve special recognition for their contribution

Abraham Lincoln **Winston Churchill** Buzz Aldrin Virginia Woolf **Kurt Cobain**  
Charles Dickens Sylvia Plath Carrie Fisher...

## People with Mental Illnesses Enrich Our Lives



On Monday, Dec. 12, 2016 several NAMI Volunteers went to the prepare and set up for the Annual Holiday Luncheon party/lunch for clients at the

Moose Lodge on Woodbridge Rd. Among those volunteers attending were Mary Ellen Cranston-Bennett, Jennie Montoya, Aaron Mulchay and William Smith, Sr. and NAMI SJC President, Edna Ealey. Volunteers stuffed goodie bags, decorated tables and set a festive mood.

Tuesday, Dec. 13, the event was well attended with very close to 500 clients who were served a wonderful turkey dinner.

## Annual Strategic Planning Meeting

Saturday January 28, 2017

10:00 am to 3:00 pm



Please join the Board of Directors for the upcoming Planning meeting for 2017. The meeting will take place on Saturday, January 28th, 2017, from 10 AM until 3 PM, at San Joaquin County Behavioral Health Services located at 1212 California Street, Conference Room C. The doors will be locked, but please knock and someone will be there to open up.

It is extremely important that everyone attend, we will **set the road map for our affiliate for 2017.**

**YOU ARE INVITED!**

**We need everyone's input and ideas!**

Lunch will be served so, you must **RSVP by 1/21/2017** to: [e.ealey@comcast.net](mailto:e.ealey@comcast.net) Edna Ealey, President, NAMI SJC.



# NAMI Presentation at the Cal-HOSA Regional Event Connection Support Group

Health Occupations Students of America (HOSA) held their Region I Leadership Conference at Venture Academy in San Joaquin County on October 29, 2016. HOSA: Future Health Professionals is the premier organization for student leaders pursuing careers in the healthcare industry. HOSA's two-fold mission is to promote career opportunities in the health care industry and to enhance the delivery of quality health care to all people.

Drew Strachan, Michael Fields and Edna Ealey presented to over 100 students and faculty advisors at the event. We had a warm welcome from Roopkamal Randhawa, State VP, and local high school student. Numerous schools from throughout Northern California were there for the day

long conference. It was a wonderful opportunity to share with these young leaders about NAMI, the prevalence of mental illness, the importance of reducing stigma, the many ways NAMI offers resources and services in the community, and our mission.

Cal-HOSA announced that part of their fundraising efforts this year will support NAMI!

After the presentation, several advisors requested additional information and invited NAMI to present at their particular schools. Already, an In Our Own Voice presentation has been scheduled for McNair High School in Stockton.

## 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**

Find us on **Facebook**

[www.facebook.com/namisjcounty](http://www.facebook.com/namisjcounty)

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).



Photos to the right and above of NAMI SJC President Edna Ealey along with Michael Fields NAMI SJC V.P. and Drew Strachan NAMI SJC Volunteer Coordinator taken at the Cal-HOSA Event.

## NAMI Family-to-Family Education Program

Family-to-Family is a FREE, 12 week course for family & friends of individuals living with a mental illness or emotional disorder.

Family members of people living with a mental illness often experience considerable worry, stress and the need for information and support as they try to assist their ill relative and adjust to the changes that mental illness brings to the family system.

The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being.

The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness.

NAMI San Joaquin County, the local organization of the National Alliance on Mental Illness, will offer NAMI Family-to-Family Education Program beginning on **January 21, 2017.**

For more details go to [namisanjoaquin.org](http://namisanjoaquin.org) website to download a printer friendly flyer.

## Registration Required

### To register contact:

Mary Ellen Cranston-Bennett  
209.369.2594  
[cranstonbennett.design@gmail.com](mailto:cranstonbennett.design@gmail.com)

Or

Irene Sherman  
209.368.1469 [momo1935@sbcglobal.net](mailto:momo1935@sbcglobal.net).

# NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

**L o d i**

Family Support Group  
 4th **Thursday** each month *except holidays\**:  
 January 26 & February 23 **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**

**Connection Group 6:30**

Family Support Group  
 3rd **Monday** each month  
*except holidays\**:  
 January 23\* & February 20 **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

**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**  
 January 5 & February 2  
**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—  
 January 9 & February 6 **6:30 PM**  
**Location:** 35 E. 10th St., Tracy, CA.

**NAMI SJ Board Mtgs.**

**3rd Thursday** each month  
 January 19 & February 16 **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  
 January 18 & February 15 **6:00 PM**  
 San Joaquin County Behavioral Health  
 1212 N. California St. Suite A & B  
 Stockton, CA

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

**Fight Stigma**





**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     Renewal

General Member ..... \$35

Open Door (Limited Income) ..... \$3

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.

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**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.