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

MARCH 2ND, General Meeting

Speaker: Michael Rice, PHARMA D
Dr. Rice’s specialty is Psychiatric Pharmacist, he is a licensed pharmacist who has demonstrated specialized knowledge and skill in optimizing care of patients with psychiatric illness by assessing and monitoring patients, recognizing drug-induced problems, and recommending appropriate treatment plans.
Dr. Rice is currently the Chief Pharmacist in the Psychiatric Health Facility (PHF) in San Joaquin County Behavior Health facility.
Dr. Rice will discuss some of the many types psychotropic medications and their both their benefits and side effects.

APRIL 6TH, General Meeting

Speaker: S.J. Co. Sheriff Steve Moore
Sheriff Moore has over 30 years of law enforcement experience and is currently serving his third term in office. Sheriff Moore holds a Bachelor Degree in Criminology Law Enforcement from CSU Fresno, and a single subject teaching credential. He is also a graduate of the FBI National Academy (185th session) in Quantico, Virginia.
Sheriff Moore has many more accolades; has served on many state law enforcement boards and associations who has been appointed by both, Governors Schwarznegger and Brown.
Sheriff Moore will discuss the persons with mental illness and the Jail.

General Meeting Speakers January & February

Mr. James Garrett, Director of S. J. Co. Behavioral Health Services (SJCBHS) was our General Meeting speaker on January 5th. 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 shared updates on SJCBHS and gave us a bit about his history with NAMI (some humorous) and his own history in the field of psychiatry and mental health. His presentation ended with a Q & A period. Very informative; Mr. Garrett was well received.

Michele Pennington Public Guardian/Conservator San Joaquin County was our February speaker. Michele gave us insight into how the Office operates and how our family members may be able to access its services.
Michele explained that the Public Guardian / Conservator's Office assists people who need protection of their personal needs and/or estate due to their psychiatric or cognitive impairments. They also handle payeeships for people who have mental health diagnoses and are receiving Social Security and/or Veterans' benefits. Michele also shared a brief history of conservatorship.
Continued on page 3 “Public Guardian”

NAMIWalks 2017 — SAVE THIS DATE:
May 6, 2017
NAMI Provider Education Course Begins

These courses meet the qualification for 15 contact hours of continuing education units for MFTs and/or LCSWs as required by California Board of Behavioral Sciences (BBS), PCE #2436. Provider approved by the California Board of Registered Nursing (BRN) CEP #10536 and California Association of Addiction Recovery Resources (CAARR), CEP #5097. There is no charge for this training or CEUs.

Course begins on: March 6, 2017

The course continues for 5 Consecutive Monday’s from 9 a.m. - 12 p.m.
Registration Required
Location:
620 N. Aurora Street - Stockton, CA
First floor conference room

WALK Raffle Tickets

Raffle tickets are on sale to help raise money for the NAMI Walk.
Tickets are $5.00 each.
Gift card prizes!
To purchase please send $5.00 check made out to NAMISJC (no cash please) to:
NAMI San Joaquin County
P.O. Box 448
Stockton, CA 95201
or contact Liz Hess @ 209-763-2584 or emhess@msn.com.
A King with Bipolar Disorder

The recent release of archival documents of Great Britain’s King George III—who lost the American colonies to Washington’s leadership—provides additional perspective to this topic. King George III ruled for 60 years and on. After the loss of the American colonies, his mind and abilities began to deteriorate—not at all at once, but in recurring fashion. Historically, he has been tagged with the stigmatizing title of “The Mad King.” Today, historians believe he lived with bipolar disorder, which appeared after the American revolution. Loss of the colonies may very well have been the “trigger” for onset of his condition. Recently, Queen Elizabeth released more than 30,000 documents about King George III from the royal archives (Many more are still to come). People magazine reported that they show a worsening of his handwriting over time; doctors can also identify descriptions of manic behavior. Ultimately, his illness took over permanently—he went into seclusion to Windsor Castle while his son, the Prince of Wales, took over his duties. During periods of recovery, King George III was nonetheless popular with the people. Like Lincoln, his personal experience with mental illness may have deepened his insight and compassion. People applauded when in 1786 and 1790, he showed mercy to a woman and man (respectively) who, experiencing delusions, attempted to assassinate him. Instead of being put to death or imprisoned for treason, they were committed to an asylum. As a result, Great Britain eventually adopted “not guilty by reason of insanity” as a formal provision in its body of criminal law. What’s the lesson here? It’s that mental illness doesn’t discriminate. It can affect presidents and kings. And just like physical illnesses—such as those experienced by Washington—it can shape qualities that contribute to triumph. At the same time, as in the case of King George III, it may also sadly lead to tragedy. It’s a lesson worth thinking about this Presidents’ Day.

By Bob Carolla | Feb. 17, 2017 NAMI Blog
Please fill out the application form below and send it with your check of $35. If you have already paid your dues, THANK YOU!!

### 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

### Stockton

1st **Thursday** each month  
**Support Group**  
March 2 & April 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

### Tracy

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

### SJC Behavioral Health Board Mtgs.

3rd **Thursday** each month  
March 16 & April 20  
6:00 PM  
Meetings held at:  
SJ Co. Behavioral Health  
1212 N. California St. Ste A & B  
Stockton, CA

### NAMI SJ Board Mtgs.

3rd **Wednesday** each month  
March 15 & April 19  
6:00 PM  
San Joaquin County Behavioral Health  
1212 N. California St. Suite A & B  
Stockton, CA