

Find Help & Hope.

NAMI San Joaquin County
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Stockton, CA 95201
209.468.3755

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namisanjoaquin.org
[facebook.com/namiscjcounty](https://www.facebook.com/namiscjcounty)

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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.

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

General Meeting Speakers January & February



Mr. James Garrett & Tasso Kandris

Mr. James Garrett, Director of S. J. Co. Behavioral Health Services (SJC BHS) 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 SJC BHS 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.



Tasso Kandris & Michele Pennington

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.

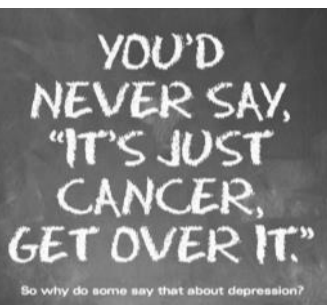
Michele explained that the Public Guardian / Conservator's Office assists people who need protection of their personal needs and/or estate due to their psychiatric or cognitive impairments. They also handle payeeships for people who have mental health diagnoses and are receiving Social Security and/or Veterans' benefits. Michele also shared a brief history of conservatorship.

Continued on page 3 "Public Guardian"

We are **strongest** when we are **united** for the same cause.

Our cause: Better lives for those affected by mental illness.

Join NAMI



NAMIWalks 2017 — SAVE THIS DATE:

May 6, 2017

NAMI Peer-to-Peer Education Program

NAMI Peer-to-Peer is a free, 10-session course for adults living with mental health challenges. NAMI

Peer-to-Peer provides an educational setting focused on recovery that offers respect, understanding,

encouragement and hope. The NAMI Peer-to-Peer education program is:

- Free and confidential
- This course is held once a week (2 hours)
- Taught by trained Peer Mentors living in recovery themselves
- A great resource for information on mental health and recovery

Participant Perspectives

“This course has literally been a life saver. It has opened my eyes to better understanding my illness and methods of recovery I did not know about before taking NAMI Peer-to-Peer.”

Since taking the course I have gained employment and am committed to my recovery.”

“NAMI Peer-to-Peer gave me a better understanding of the mental illness I have and how to manage it.”

NAMI San Joaquin County will offer its 10-session NAMI Peer-to-Peer Education Program



Beginning **Saturday, March 4, 2017**

It will be held for 10 weeks, on Saturdays from 10:00am – Noon.

Location: Lodi Public Library;
201 W. Locust St., Lodi, CA

(Registration is Required)

Contact us to register for this NAMI Peer-to-Peer class!

NAMI SJC Office @ 209-468-3755.

OR

Drew Strachan: 209-366-4923 Or @
dndstrachan@gmail.com

Deena Strachan: 209-224-4717 Or @
soulmatesdd@gmail.com



Don't let time creep up on you! **Sign Up NOW!**

Get your team together or join an existing team, contact:

Liz Hess emhess@msn.com ▪ Nancy Edelhuber nedelhuber@yahoo.com ▪ Heather Bradford heatherrenee23@gmail.com



The link to sign up is www.namiwalks.org/northerncalifornia Choose San Joaquin County when registering.

NAMI Provider Education Course Begins

The National Alliance on Mental Illness (NAMI) Provider Education Course is based on the N.A.M.I. Family-to-Family Program. It was augmented and edited by Joyce Burland, Ph.D. (NAMI's National Director) to establish a 5 consecutive weeks course for Mental Health providers in collaboration with consumers and family members. Weekly class and homework handouts are compiled into a Course Notebook for future reference.

This course provides a clinical picture of collaborative secondary intervention strategies (pragmatic, concrete, practical steps) which staff can use in practice. The primary knowledge base of the course is the lived experience of consumer and family members relating to critical clinical aspects of serious brain disorders; the purpose of the course is to help providers “see our lives” from the inside so that effective, equitable and compassionate partnerships can guide the treatment process.

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.

Public Guardian continued from page 1

Quite a few attendees asked about Special Needs Trusts and Michele indicated that although her office does not handle trusts they do maintain a list of local lawyers that do. Below is the list of the local conservatorship attorneys that they refer to for private matters such as Special Needs Trusts, regular family trusts, and probate conservatorships. Michele said to be sure to **ask the attorney's office if they are amenable to providing a 30 minute free consultation.**

Local Conservatorship/Special Needs Trust Attorneys

SHARI L. ALLEN-GARIBALDI

Blewett & Allen Inc
3255 W. March Lane, Ste. 310
Stockton, CA 95219
(209) 466-6735

SCOTT BEATTIE

Beattie Aghazarian Law Firm
3443 Deer Park Drive, Ste. A
Stockton, CA 95219
(209) 222-3686

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 off and on. After the loss of the American colonies, his mind and abilities began to deteriorate—not 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.

MICHAEL BELDEN

Bakerink, Mccusker & Belden
1030 N. Central Avenue
Tracy, CA 95376
(209) 835-9592

KAREN BENSCH

Neumiller & Beardslee
509 W. Weber Avenue, Ste.
500 Stockton, CA 95203
(209) 948-8200

JOHN L. CAMMACK

Michael & Cammack
3247 W. March Lane, Ste. 120
Stockton, CA 95219
(209) 473-8787

JASON CHONG

Blewett & Allen Inc
3255 W. March Lane, #310
Stockton, CA 95219
(209) 466-6735

THOMAS J. DRISCOLL, JR.

Driscoll Law Firm
801 S. Ham Lane, Ste. H
Lodi, CA 95242
(209) 334-1935

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**



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

Find us on
Facebook

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.



NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

L o d i

Family Support Group
 4th **Thursday** each month *except holidays**:
 March 23 & April 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

Connection Group 6:30

Family Support Group
 3rd **Monday** each month
*except holidays**:
 March 20* & April 17 **6:30 PM**
Contact: Michelle Moore at:
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**
 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

T r a c y

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

NAMI SJ 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

SJC Behavioral Health 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

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

Fight Stigma



Line grant for #MentalHealthAwareness I wear mine with PRIDE

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

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.