NAMI San Joaquin County]

San Joaquin County N E W S L E T T E R

Find Help & Hope.
NAMI San Joaquin County
P.O. Box 448
Stockton, CA 95201
209.468.3755
info@namisanjoaquin.org
naminjoaquin.org
facebook.com/naminjoaquin county

Also in this issue:
- NAMI FaithNet
- August General Meeting
- Suicide Prevention Awareness
- Mental Illness Awareness
- NAMIWalks 2017 Update
- Connection Support Groups
- Family Support Groups

September/October 2017

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 7th, General Meeting
Speaker: Greg Diederich,
Director, San Joaquin County Health Care Services Agency which includes the following: Public Health Services, Behavioral Health Services, Substance Abuse Services, Correctional Health Services, Public Guardian/Conservator, County Veterans Service Office, Emergency Medical Services. Greg is also Chair of the "Stepping Up Initiative" a National Initiative adopted by San Joaquin County Board of Supervisors by Resolution R-16-80 on May 24, 2016 for San Joaquin County.

October 5th, General Meeting
Speaker: Gene Hardin
Mr Hardin joined the staff of the Child Abuse Prevention Council (CAPC) in Stockton in 2010. Seeing the need to reach out to the community at large with the message of child abuse prevention and pulling on years of experience in both theater production and broadcasting, he was able to assemble an amazing team of people to help write, build and create the vision that became The Lisa Project exhibit that raises awareness and educates on the social affliction of child abuse. Gene also serves on the CAPC staff as a certified Mandated Reporter Trainer. Together with his wife Lindy, they have 5 children ages 16-26 and live in Stockton.

Family-to-Family Fall Class Begins
No one has ever had a manual handed to them upon having a loved one diagnosed with a mental illness or given steps on what to do next have they???
NAMI Family-to-Family is a free, 12-session education program for family, partners, friends and significant others of adults living with mental illness. 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 course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Thousands of families describe the program as life-changing.

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 (National Alliance on Mental Illness) San Joaquin will offer its NAMI Family-to-Family Education Program for the Fall beginning Sept 18, 2017 through Oct 25, 2017. It will be held on Monday & Wednesday evenings 6:00pm - 8:30pm each week.

PARTICIPANT PROSPECTIVES
“...This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers… It has helped me to understand better and communicate more effectively with my brother.”

To Register Contact:
- Elizabeth Hess
  emhess@msn.com 209-763-2584
- Irene Sherman
  209-368-1469
  momo1935@hotmail.com
- NAMI San Joaquin
  209-468-3755
  info@namisanjoaquin.org

Dates & Time:
It will be held on
Monday & Wednesday evenings
6:00pm - 8:30pm each week.
Location: 1212 N. California St.
(Conference Room A) Stockton, CA.

We are strongest when we are united for the same cause.
Our cause: Better lives for those affected by mental illness. Become a NAMI Member!

OK2TALK.ORG
It’s time we talked about mental health.
NAMI FaithNet (https://www.nami.org/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.

For NAMI Leaders
We recognize that to reach the goals of NAMI FaithNet most of the work is done at the affiliate level, so we offer resources on our NAMI Leaders page including periodic mini grants, an idea clearing house, presentations, scripts and guides in order to help NAMI Faith Leaders achieve those goals.

August General Meeting - Dr. Barbara A. Johnson

Dr. Johnson was our speaker for the August 7, 2017 General Meeting during her presentation. Dr. Johnson shared insights from many years working in the Public Mental Health System; she informed us about the programs and services offered by Valley Mountain Regional Center; and the prevalence of mental health challenges in those who also have developmental disabilities.

Barbara A. Johnson, LMFT, Psy.D., is a licensed marriage family therapist and clinical psychologist with a depth of experience providing behavioral health treatment and assessments whether residing in the community, inpatient placement, or within a correctional facility. Dr. Johnson has conducted forensic assessments from adolescence through adulthood who present with a wide variety of mental health conditions and developmental disability for the purpose of determining competency to stand trial and Board of Parole Hearings. She has conducted mental health assessment reports for consumers ranging from infancy to adolescence for the Stanislaus County Court System.

Dr. Johnson is currently employed as a psychologist for Valley Mountain Regional Center (VMRC) a non-profit corporation that contracts with the State of California to provide diagnostic, evaluation, case management and early intervention services for individuals with developmental disabilities. Clinical responsibilities include determination of regional center eligibility, staff training, community liaison and consultation regarding co-occurring disorders, forensic evaluation and testimony regarding competency to stand trial, oversite of therapists who vendor for the regional center, and further provides expert testimony as it relates to regional center eligibility.

In addition, she is an independent contractor for Behavioral Health and Recovery Services (BHRS) in Stanislaus County, where she has assumed the role as the primary facilitator by providing training to community interpreters and mental health providers in the use of interpreters in the behavioral health setting.

Mental Health Awareness

September 10, 2017
Suicide Prevention Awareness Month
September is Suicide Prevention Awareness Month and on Sept. 10, we observe World Suicide Prevention Day. It is a time to talk about issues relating to suicide prevention, promote resources and awareness, how you can help others and how to talk about suicide without increasing the risk of harm.

If you or someone you know is in an emergency, call the National Suicide Prevention Lifeline at 800-273-TALK (8255) or call 911 immediately or use the Crisis Text Line. Text “NAMI” to 741741

Join us at nami.org/SuicideAwarenessMonth

October 1 – 7, 2017
Mental Illness Awareness Week
In 1990, the U.S. Congress established the first full week of October as Mental Illness Awareness Week (MIAW) in recognition of NAMI’s efforts to raise mental illness awareness. Since then, mental health advocates across the country have joined with others in their communities to sponsor activities, large or small, for public education about mental illness.

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NAMIWalks 2017 Update

Although NAMI San Joaquin County had a low turnout of participants this year due to the Alzheimer’s walk that some of our past teams participated in. However, it was still a very impactful day. The walk was announced on Fox 40 and it met its goal of raising funds and awareness of the need to support treatment and recovery for those with mental illness.

This was the 15th Annual NAMIWalks took place on a beautiful Saturday at William Land Park in Sacramento on 5/6/2107, consisting of 1,133 participants and to date $117,081 was raised, their goal was $150,000. The Walk benefits NAMI affiliates throughout Northern California, ours being one along with El Dorado, Sacramento, Amador, Stanislaus and Yolo Counties.

Sacramento is having some difficulty relaying information to each county regarding their participating teams and money donated. The only information we have at this time is what Liz Hess, NAMI SJC Walk chairperson has been able to get off the NAMIWalks website.

Highsteppers 2820.00
Hope For Tomorrow 1385.00
Telecare Stockton 890.00
Power & Support 810.00
Niko Stigma 800.00

The total so far is $6705.00 which is much lower than from the past years.
Fortunately the local Walk fund raiser that Drew Srachan, NAMI SJC Outreach Coordinator, Michael Fileds, NAMI SJC V.P & Edna Ealey, NAMI SJC President participated in brought in over $10,000.00, of which SJC NAMI keeps 100%.

We encourage you to start right now planning your participation in the NAMIWalks 2018 by putting together a team of family and friends. Mental Illness is just as worthy as Alzheimer’s, Heart or other Walks.

Please join us in this effort!

Team Captains – We hope that every NAMI member will become a Team Captain and put together a team of walkers willing to raise money through pledges. It is very easy, and we will provide you with all the tools and information you need to have a successful team. A free Kick-Off Luncheon for Team Captains will be held in March so stay tuned.

Volunteers – Volunteers are needed to help with the activities leading up to the WALK, including mailing, phone calls, and publicity. Help with the Kick-Off Luncheon in March will also be needed. (Walk set-up, registration, food service, route monitoring, clean-up, etc.)

We will keep you posted in a future article as to the date of our NAMI SJC Walk Kick-Off meeting where you can get more information and sign up.

More information can be found here:
https://www.namiwalks.org/
walkmanager@namisacramento.org
https://www.facebook.com/ NorCalNAMIWalk/

In the photo above from left: Jackie Scott, Tawnya Alibani, Edna Ealey, Michael Fields, Liz Hess seated at the NAMI SJC booth at the Walk. The photo on the right with green walk Tees are Irene Sherman, High Steppers Team Captain on the left, Priscilla Timmins and Edna Ealey.
Please fill out the application form below and send it with your check of $35. If you have already paid your dues THANK YOU!!

### Lodi

**Family Support Group**
- **4th Thursday** each month except holidays*
  - Sept. 28 & Oct. 26 6:00 PM
  - **Contact:** Irene Sherman 209-368-1469
  - **Location:** Lodi Avenue Baptist Church Fellowship Hall—2301 W. Lodi Avenue, Lodi, CA 95242
  - Down the street from Raley’s

### Manteca

**Family Support Group**
- **3rd Monday** each month except holidays*
- **Coming Soon!!**
  - call the NAMI office 468-3755
  - **Location:** Doctors Hospital of Manteca
  - 1205 E. North St. - Manteca
  - Sept. **No Meeting**

**Connection Support Group**
- **1st Monday** each month 6 - 7:30p.m.
  - **Contact:** Kerrie 209-922-7846 or NAMISJ
  - **Location:** Doctors Hospital of Manteca
  - 1205 E. North St. - Manteca

### Stockton

**Spanish Support Group**
- **Contact Star Vazquez for dates & time**
  - **Contact:** Star Vazquez (209) 752-5611
  - **Location:** SJC Behavioral Health
  - 1212 N. California St. Suite B
  - Stockton

**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

**SJC Behavioral Health Board Mtgs.**
- **3rd Wednesday** each month
  - Sept. 20 & Oct. 18 6:00 PM
  - San Joaquin County Behavioral Health
  - 1212 N. California St. Ste A & B
  - Stockton, CA

### Tracy

**Family Support Group**
- **1st Monday** each month
  - Sept. 7 & Oct. 5

**Connections Support Group**
- **5:30 PM**
  - **General Meeting**
    - **7:00 PM**
    - (speakers see page 1)

**Contact:** Star Vazquez
- **5636**
  - **369**
  - **209**
  - **752**
  - **-**
  - **-**
  - **5936**
  - **-**
  - **-**
  - **3755**

**Location:**
- **San Joaquin County Behavioral Health**
- 1212 N. California St. Ste A & B
- Stockton, CA

### NAMI SJ Board Mtgs.
- **3rd Thursday** each month
  - Sept. 21 & Oct. 19 6:00 PM
  - Meetings held at:
    - SJ Co. Behavioral Health
    - 1212 N. California St. Ste A & B
    - Stockton, CA

### S.J. Co. Behavioral Health

**Family Advocate:**
- Richard Black 209-401-6087

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**BECOME A NAMI MEMBER TODAY!**

**MEMBERSHIP APPLICATION**
- **New Member**
- **General Member**
- **Open Door (Limited Income)**
- **Family Membership**
- **NAME:** ________________________________
- **STREET:** ________________________________
- **CITY:** ________________________________ **ZIP:**__________
- **PHONE:**____________________    **CELL:**_________________
- **EMAIL:**_________________________________________

**ADDITIONAL DONATION**
- **$__________**
- **Total Enclosed**
- **Make checks payable to:**
  - NAMI San Joaquin County
- **Please mail this form to:**
  - NAMI San Joaquin County
  - P.O. Box 448
  - Stockton, CA 95201

**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.**

**NAMI SJ C 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.

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**NAMI Joaquin County is a 501(c)(3) nonprofit organization. All contributions are tax deductible to the extent allowed by law.**