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 1ST, General Meeting**

**Speaker: Michael Fields**

Executive Director of Peer Recovery Services - operating The Wellness Center of San Joaquin County

The topic will be Training Opportunities for San Joaquin County residents who are either individuals with lived experience with mental health challenges; or family members.

**APRIL 1ST, General Meeting**

The announcement will be made by email just prior to April 1st. Keep an eye on your email inbox.

Family-to-Family Spring Class Begins

NAMI Family-to-Family is a free, 12-session (2 sessions per class meeting) 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. 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 loved one living with mental illness.

The Program is Designed to Provide:

- Current research about brain disorders including: Depression, Bipolar, Schizophrenia, Addictive Disorders, OCD, Panic Disorder, Dual Diagnosis, PTSD, Borderline Personality Disorder
- Up-to-date information on medications, side effects and strategies for medication adherence
- Focus on self-care for family members: learning to cope and deal with emotional overload
- Information on advocacy initiatives designed to improve and expand services
- Evidence-based, most effective treatments to promote recovery
- Assistance locating services and support within the community
- Problem solving and communication techniques

**Classes Start & End:**

March 10, 2018 through April 14, 2018. Six (6) consecutive Saturdays

**Time:** 10am – 3:30pm (lunch & breaks)

May change if all agree to 9am-2:30

**Location:** Lodi Avenue Baptist Church

2301 W. Lodi Ave., Lodi. CA

**Must be registered to participate.**

**Contact:** Irene Sherman

momo1935@sbcglobal.net

Rita Verde-Fellows

thefellows@sbcglobal.net

NAMI SJ Office

info@namisanjoaquin.org

Family to Family Support Group

NAMI Family-to-Family is a 12-week program designed to promote recovery, provide information and offer support to family members and other significant others of adults living with mental illness.

The topic will be Training Opportunities for San Joaquin County residents who are either individuals with lived experience with mental health challenges; or family members.

The Program is Designed to Provide:

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**The Stigma Mental Illness**

Quoted from article by Gerald Bouthner Google for more info.

Stigma is a Greek word that in its origins referred to a type of marking or tattoo that was cut or burned into the skin of criminals, slaves, or traitors in order to visibly identify them as blemished or morally polluted persons. These individuals were to be avoided or shunned, particularly in public places. (Wikipedia) Stigma is defined as a mark or token of disgrace, a branding mark. Socially a stigma can be defined as an extreme disapproval of or a discontent with. Stigma involves the use of negative branding, and degrading attitudes, towards a person or a group. Stigma is MOSTLY BASED AND FUELED BY IGNORANCE, but is sometimes based on extreme prejudices, and judgmental attitudes. Stigma has reared its ugly head against people with deformities, obesity, hiv/aids, drug addictions, alcoholics, race, religions, sexual orientation and ethnic groups. The mentally ill are a highly stigmatized group. As many as 75% of the mentally ill have experienced the negative effect of stigma. The resulting effects of stigma can be very
Stigma Cont’d from Page 1

harmful to a person as it can make them feel devalued and different. The stigmatized have been scorned, discriminated against and even murdered. Stigma can discourage an ill individual from disclosing their condition to anyone around them and thus be left alone in dealing with it. Even more concerning is the fear of stigma causes some to actually avoid seeking treatment in an attempt to avoid any risk of being singled out, branded, or degraded by others. The extent to which a mentally ill person encounters stigma in their lives can directly influence their quality of life and recovery achievement levels.

Help change this! See Page 3 & Register!

NAMI CA Tentative Training Schedule, by Region

Family-to-Family Training (March 2018) NAMI California is offering trainings for various NAMI education programs. All who meet the qualifications are encouraged to apply for training.

Contact NAMISJC President Edna Ealey e.ealey@comcast.et for more information.

Region – Central/Southern CA (TBD)
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.

Connection Training (March 2018)
Region – Southern CA
NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who’ve been there.

Family Support Group Training (May 2018)
Region – Northern CA
This two-day training teaches volunteers techniques for group facilitation and orientates participants to the policies and procedures for fulfilling the Support Group Facilitator volunteer role. Potential candidates must be a family member of someone who lives with a mental illness and commit to leading a group twice monthly, and will ideally have participated in a NAMI Family Support Group.

Peer-to-Peer Training (May 2018)
Region – Southern CA
Peer-to-Peer is a nine week two-hour recovery course, taught by a team of three trained "Mentors" who are personally experienced at living well with mental illness. Mentors undergo an intense 3 day training session, supplied with teaching manuals. They receive a stipend for each course they successfully teach.

Basics Training (June 2018)
Region – Northern CA
A signature education program for parents and other caregivers of children and adolescents living with mental illnesses.

It is taught by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years.

Family-to-Family Fall 2017 Graduates

The Fall Family-to-Family class was lead by Irene Sherman and Elizabeth Hess it was held on Monday & Wednesday evenings 6-8:30pm.


In the photo are from bottom row left: Audrey Billingsley, Adriana Herrera, Kristie Morrow, Sarah Hague, Alicia Ramirez (TOP ROW) Irene Sherman, Richard Hague, Jacob Hanson; all graduates of the class. Not pictured Tracy Billingsly.

BHS Career Volunteer Peer Training

Are you one who is committed to helping community members achieving and maintaining healthy and productive lives? Do you have an understanding and compassion for those who struggle with mental health challenges? If so, NAMI California is excited to announce a unique behavioral health career/volunteer peer training and placement opportunity!

In partnership with the Office of Statewide Health Planning and Development (OSHPD), NAMI California is now taking the Family/Peer Support Specialist (F/PSS) program statewide, originally developed and piloted by NAMI San Diego. The F/PSS program involves a 70 hour in-depth training, and provides comprehensive job/volunteer placement assistance and support. During the training you will learn about topics such as the Recovery Model, Working with Families, Communication Skills, Cultural Competency, Career Planning, and Motivational Interviewing.

If you would like to learn more about this exciting opportunity and submit an interest form, please contact Michael Fields at Peer Recovery Services – The Wellness Center of SJC by email at mfields@twcsj.org or (209) 451-3977; or you can also contact Jonathan DuFresne, Program Coordinator at NAMI California by email at jonathan@namica.org or (916) 567-0163.
What is it???

NAMI Connection is a recovery support group program for adults living with mental illness. These groups provide a place that offers respect, understanding, encouragement, and hope in a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Meetings are held in Stockton and Manteca at:

**Stockton**

- **SJC Behavioral Health**
  - 1212 N. California 1st Thursday each month at 5:30 PM

**Wellness Center Group 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
  - 1st & 3rd Monday each month 6-7:30p.m.

- **Contact**: Kerrie 209-922-7846 or NAMISJC

**Manteca**

- **Doctors Hospital of Manteca**
  - 1205 E. North St. - Manteca
  - 1st & 3rd Monday each month 6-7:30p.m.

- **Contact**: Kerrie 209-922-7846 or NAMISJC

- **Tracy**

  - **Healthy Connections**
    - 35 E. 10th St., Suite. B2 - Tracy, Ca. 95376
    - Every 2nd & 4th Friday from 6 to 7:30:

- **Contact**: the NAMI Office: (209) 468-3755

- **www.facebook.com/namisjcounty**

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**STAMP OUT STIGMA!!!**

Consider being a:
- team captain or
- walker!
- Virtual walkers needed also!!

NAMIWalks builds awareness about mental illness and contributes to the continuing success of our local mental illness services and supports NAMI San Joaquin County. We provide our community with support groups, educational classes and provide information for people living with mental illness and their families and friends.

**Be the voice of your loved ones**

who cannot speak up for themselves due to symptoms and a variety of other reasons.

**Make the voice of Mental Illness heard as loud as other illnesses**, such as Diabetes, Heart Disease, Alzheimer's...
# NAMI San Joaquin County Support Groups & Board Meetings

## Lodi

**Family Support Group**

4th **Thursday** each month except holidays:

- Mar. 22 & Apr. 26 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

## Manteca

**Family Support Group**

**Returning Soon!!!**

call the NAMI office 468-3755

**Location:**

Doctors Hospital of Manteca

1205 E. North St. - Manteca

## Connection Support Group

1st & 3rd Monday* each month

6 - 7:30p.m. Mar. 5, 19 & Apr. 2, 16

Contact: Kerrie 209-922-7846 or NAMISJ

**Location:**

Doctors Hospital of Manteca

1205 E. North St. - Manteca except holidays*

## Stockton

**Spanish Support Group**

To be announced!

- **Contact:** Zuleima Flores
  (209) 955-9098
- **Email:** abidzuleima@gmail.com
- **Location:** SJ Behavioral Health
  1212 N. California St. Suite B - Stockton

**Connection Support Group**

Every Friday 5:30—7pm SJ C BHS

## Tracy

**Family Support Group**

Returning Soon!

**Location:** 35 E. 10th St., Suite B2 Tracy

## NAMI SJ Board Mtgs.

3rd **Thursday** bi-monthly

- Apr. 22 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

- Mar. 21 & Apr. 18 6:00 PM
- San Joaquin County Behavioral Health
  1212 N. California St. Suite A & B

**S.J. Co. Behavioral Health Services**

**Family Advocate:** Richard Black

209-401-6087

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### NAMI SJ 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!!

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**MEMBERSHIP APPLICATION**

<table>
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<th>Membership Level</th>
<th>Membership Fee</th>
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<tr>
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<tr>
<td>Family Membership</td>
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**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.

**Make checks payable to:**

NAMI San Joaquin County or on line at [www.namijoaquin.org](http://www.namijoaquin.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

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N. AMI San Joaquin County is a 501(c)(3) nonprofit organization. All donations are tax deducible to the extent allowed by law.