

# NEWSLETTER

## 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/namisjcounty](https://www.facebook.com/namisjcounty)

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## General Meeting & Speaker

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

### NOVEMBER 1ST, General Meeting

**Speaker: Michele Pennington**  
**Conservator/Public Guardian**

Ms. Pennington and her staff assist individuals who are unable to provide for themselves or manage their own funds due to psychiatric disabilities or cognitive limitations, by providing Conservatorship and Representative Payee Services. She spoke about the Public Guardian and Conservator's responsibilities and services.

### DECEMBER 6TH, General Meeting

There was a wonderful turnout for the potluck and electing of the 2019 Board of Directors. Thank you to everyone who brought food for this event, especially the home-made dishes. Yum!



## 2019 Board of Directors Election

Dear Friends, The NAMI SJC Membership held its 2019 Board of Directors election on December 6, 2018, during the General Membership Meeting and potluck. NAMI SJC is especially thankful for past and present Board Members for their willingness to be a part of the team.

Many congratulations to those who were elected as the 2019 Board of Directors.

### 2019 NAMI SJC Board of Directors

#### Officers:

President - Edna Ealey, Vice-President - Patricia Barrett, Past President - Anastassios "Tasso" Kandris  
Treasurer - Kimanh "Kim" Nguyenchau, Secretary - Mike Miller

#### Directors:

Larry Crain, MaryEllen Cranston-Bennet, Michael Fields, Gertie Kandris, Kerrie Melton, John Weston

### NAMI SJC Board Members

#### Officers:

**President:** Edna Ealey  
**V. P.:** Patricia Barrett  
**Past President:** Tasso Kandris  
**Secretary:** Mike Miller  
**Treasurer:** Kim Nguyenchau

#### Board of Directors:

Larry Crain  
Mary Ellen Cranston-Bennet  
Michael Fields  
Gertie Kandris  
Kerrie Melton  
John Weston

## Annual Strategic Planning Meeting



**Saturday, January 12th, 2019,**  
**from 9 AM until 2 PM**

Please join the Board of Directors for the upcoming planning meeting for 2019. The meeting will take place on Saturday, January 12, 2019 from 9:00 am until 2:00pm at San Joaquin County Behavioral Health Services located at 1212 N. California Street, Conference C.

**The doors will be locked, but please knock and someone will open the door.**

This is a mandatory meeting for all NAMI SJ Volunteers. All NAMI SJC members are invited to attend as we will set the roadmap for our affiliate for 2019. We need everyone's input and ideas. Your voice is important and needed.

Lunch will be served so, you must RSVP by Thursday January 10, 2019 to [e.ealey@comcast.net](mailto:e.ealey@comcast.net), Edna Ealey, President, NAMI SJC.

**YOU'D NEVER SAY,  
"IT'S JUST  
CANCER,  
GET OVER IT."**

So why do some say that about depression?

**YOU ARE INVITED**  
**We need everyone's input and ideas!**

## Oodles of Noodles Luncheon Fundraiser

Over 200 served at our 2018 fundraiser, a special event where NAMI supports, family members and clients, enjoyed friendship and a delicious spaghetti lunch prepared by our very own NAMI SJC Past-President Tasso Kandris, and Todd Fabian of the Gipson Center. The luncheon was held on Wednesday, November 14, 2018, at S.J. County Behavioral Health Services, and served over 200 people. We are pleased to say we raised more than a \$1,000 at this years event. A good time was had by all!

The event could not have happened or been as successful as it was without the amazing and dedicated volunteers of NAMI SJC, among who were Tasso and Gertie Kandris, MaryEllen Cranston Bennett, Irene Sherman, Priscilla Timmins, Rita Fellows, Tosh and Kaz Sauwartari, Larry Crain, John Weston, Nancy Edelhuber, Daisy Chew, Catherine and Victor Yee, Sheila James, and Patricia Barrett. A special thank you to the organizations that donated food and prizes: Stockton Costco, Lodi Devinci's, Lodi S-Mart, Tracy Ace Hardware, Tracy Toyota, Safeway, Starbucks, Olive Garden, Marshalls, McDonalds, Nancy Edelhuber and Priscilla Timmins.



Above are some of the NAMI SJC Volunteers who helped serve lunch, and some of the recipients of raffle prizes. The first prize was a 40" TV won by Priscilla Timmins. The second and third prizes were bicycles won by Jennie Montoya and Todd Furlong as well as many gift baskets and gift cards were won by others.

## Career Training Opportunity

**NAMI CA** is offering the Family/Peer Support Specialist Webinar Training program! This free training is devoted to giving peers and family members an opportunity to learn about educational skills such as the Recovery Model, Communication Skills, Trauma Informed Care, among others. All webinar training sessions are taught by trained presenters and provide opportunities for live participant interaction. The goal of this program is to provide Behavioral Health educational training, one-on-one career counseling, and support for graduates to volunteer or work in the Behavioral Health Field.

To take part in the program, a person must fall into one or both of the following criteria's:

- Individual with Lived Experience
- Family Member and/or Loved One of a person with Lived Experience

### Training Details

**Orientation Dates:** are January 29, 2019 and January 31, 2019

**Location:** Webinar Training (computer based)

## NAMI Peer-to-Peer Education Class Begins

NAMI Peer-to-Peer is a free, 10-session course for adults living with mental health challenges. The program provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope.

### Participant Perspective

"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 the class."

### 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

### Time Commitment, Expectations And Support for Participants

- Participants will need to attend two weekly webinar sessions (Tuesday and Thursday) that are each 2.5 hours long.
- Training program consists of 70 hours of training (19 webinar sessions and assignments).
- A designated Program Coordinator will offer Career Counseling and support to all participants.
- Request an Interest Form from Michael Fields ([mfields@twcsj.org](mailto:mfields@twcsj.org)).

**Questions? Need Interest Form? Contact Michael Fields, Peer Recovery Services/The Wellness Center of SJC;**  
[mfields@twcsj.org](mailto:mfields@twcsj.org); or call (209) 451-3977

**Apply Today!**



Beginning **Saturday, January 5, 2019**

It will be held for 10 weeks, on Saturdays from 12:00 pm – 2:00 pm.

**Location:** The Wellness Center, 1109 N. California Street, Stockton, CA 95202

### Registration is Required

- **Contact:** Patricia Barrett: (209) 302 - 7880  
Or by email at [patricia\\_barrett@hotmail.com](mailto:patricia_barrett@hotmail.com) OR
- **NAMI SJC Office:** (209) 468 - 3755

# NAMI Family-to-Family Education 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.

## 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."*

*"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."*

## To Register Contact:

- MaryEllen Cranston-Bennett at [cranstonbennett.design@gmail.com](mailto:cranstonbennett.design@gmail.com)
- Irene Sherman (209) 329 - 4369 or by email at [lirenesherman@gmail.com](mailto:lirenesherman@gmail.com)
- NAMI San Joaquin Office (209) 468-3755 [info@namisanjoaquin.org](mailto:info@namisanjoaquin.org)

## Dates & Time:

January 19, 2019 through February 23, 2019. It will be held on 6 consecutive Saturdays from 10:00am to 3:30pm week.

Location: 1212 N. California Street (conference Room A) Stockton, CA.

# 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.

There is no charge for this training or CEUs.

## Registration Required

This course meets the qualifications 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.

**Tuesday's 01/08/19-02/05/19** from 9:00 a.m. - Noon **Location:** Railroad Square (CalWORKS Building) 620 Aurora Street, Stockton, CA

**Contact:** Drew Strachan, (209) 366-4923 or by email at [outreach@namisanjoaquin.org](mailto:outreach@namisanjoaquin.org)



## What is it???

NAMI Connection is a recovery support group program for adults living with mental illness.



Groups are led by trained facilitators living in recovery, providing a place that offers respect, understanding, encouragement, & hope in a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Meetings are held at the following locations & times:

### Lodi

Lodi Memorial Hospital - Main Board Room  
975 S Fairmont Ave, Lodi, CA 95240  
**Every Friday 6:00 - 7:30 pm**  
Contact: NAMI Office at (209) 468 - 3755

## Recovery Support Group

### Stockton

SJC Behavioral Health 1212 N. California  
**1st & 3rd Thursday** each month **5:30 PM**  
**Contact:** NAMI Office 209.468.3755

**Spanish Connection Group**  
SJC Behav. Health Serv. 1212 N. California  
**1st & 3rd Friday 5:00 - 6:30pm**  
America Villasna (209) 356 - 8793

**LGBTQ Connection Support Group**  
The Wellness Center 1109 N. California St  
**1st & 3rd Friday 6:00 pm - 7:30 pm**  
**Contact:** NAMI Office 209.468.3755

**Wellness Center Connection Group**  
**Saturday's 10:00am - 11:30am**  
The Wellness Center  
1109 N. California St., Stockton  
**Contact:** (209) 468 - 3755

### Manteca

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

### Tracy

Healthy Connections  
35 E. 10th St., Suite. B2, Tracy, 95376  
Every **1st & 3rd Tuesday** from **6 to 7:30:**  
Contact: NAMI Office: 209) 468-3755

## Interested in Volunteering?

Contact our Volunteer Coordinator,  
Drew Strachan, (209) 366-4923



# NAMI SAN JOAQUIN COUNTY Family SUPPORT GROUP & Board Meetings


## Lodi

**Family Support Group**  
 4th **Thursday** each month **except holidays\***:  
**6:00 - 7:30 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

## Stockton

  
**Spanish Family Support Group**  
**Last Friday each Month 5:30 - 7:00 pm**  
**Contact:** Jessica Alvarez (209) 513-2373  
 or Karen Valles (408) 829 - 1565  
**Location:** SJC Behavioral Health  
 1212 N. California St. Suite B Stockton

## Stockton

**1st Thursday** each month **Support Group**  
**Family Support Group—5:30 - 7:00 PM**  
**General Meeting 7:00 PM**  
 (speakers see top page 1)  
**Contact:** Mary Ellen Cranston-Bennett  
 209-369-2594 or (209) 451-3977  
*The above meetings are held at:*  
 San Joaquin County Behavioral Health  
 1212 N. California St. Suite B—Stockton

## Tracy

**Family Support Group**  
**is Back!!! 2nd Tuesday each month**  
**6 - 7:30 PM**  
**Location:** Healthy Connections  
 35 E. 10th St., Suite. B2 - Tracy, Ca. 95376  
**Interested in Grp. Facilitator Training?**  
**Contact Edna Ealey e.ealey@comcast.net**

## NAMI SJ Board Mtgs.

**3rd Thursday**  
**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  
**5:00 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



 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).

**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.



**MEMBERSHIP APPLICATION**  
 Membership is for NAMI SJC, NAMI California and NAMI.

New Member  Renewal

Household Membership .....\$60

Individual Member .....\$40

Open Door (limited Income) .....\$5

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.

### 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.*