

# NEWSLETTER

NAMI San Joaquin County - P.O. Box 448, Stockton, CA 95201 ■ 209.468.3755 ■ [info@namisanjoaquin.org](mailto:info@namisanjoaquin.org) ■ [namisanjoaquin.org](http://namisanjoaquin.org)



San Joaquin County

## 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 5TH, General Meeting

**Speaker: Bruce Adams III, MFT**  
 Program Manager  
 PREP (Prevention and Recovery in Early Psychosis)  
 The focus on the presentation will be to review enrollment and referral process, provide an update of our outcomes, and to answer questions.

### APRIL 2ND, General Meeting

**Speaker: Baron L. Miller** is an attorney who specializes in establishing plans for the care of people with mental illness after their loved ones are no longer able to care for them. Mr. Miller has a 40 year-old daughter with schizophrenia living in Stockton, he is a long-time NAMI member.

## NAMI Walks 2015 — SAVE THIS DATE: May 2, 2015



This year they will have a **Memorial wall** at the walk. Each affiliate will have a poster size display to attach green ribbons in memory of deceased loved ones who were living with a mental illness. Ribbons will be provided and you may write on them. They will be kept permanently attached and the posters will be displayed in a row to give the effect of a wall.

Please mark your calendars for Saturday **May 2nd, 2015**. You won't want to miss sharing a wonderful celebration of hope, recovery and stigma reduction at the annual **NAMI Walks**. A new addition to the walk will be the use of a shuttle service. Parking in the area has been a challenge, but with the new shuttle

**TEAR DOWN THE STIGMA SURROUNDING MENTAL ILLNESS...**

service you can easily park at the junior college and be shuttled forth to William Land Park. This is NAMI San Joaquin County's only fundraiser that supports our outreach efforts and provides for numerous educational programs and support groups. The walk is a great way to help tear down the stigma surrounding mental illness and to bring awareness into our communities.

year. Please come to the walk so you can add your loved ones memory to the NAMI walk memorial wall. Also this year each affiliate will have a table display with pamphlets etc. and will sell NAMI approved items. They are hoping to include a **Farmers Market** as well. There will be music, **food trucks** and lots of room to picnic and get to know walkers from the other affiliates

The **2015 Walk Chairpersons** are **Bill Smith, NAMI SJC V.P.** and **Liz Hess NAMI Board Treasurer.**

**We are looking for committee members, please call and volunteer to work with fun people eager to promote the NAMI Walk**, organize and recruit teams, seek sponsors and have a really fun time in the process. **Contact Bill at 209 479-4084, [whsnursery@att.net](mailto:whsnursery@att.net) or Liz at [emhess@msn.com](mailto:emhess@msn.com), 209 763-2584 we need you!!**

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National Alliance on Mental Illness

## Education Program for Parents of Adolescents with Mental Health Difficulties



NAMI Basics is a free, six-session program designed for parents and caregivers of children and adolescents with mental health, emotional and behavioral difficulties. NAMI Basics helps parents to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment process. The program is taught by trained teachers who are also the parents of individuals who experienced symptoms as children. Your child does not need a specific diagnosis for you to attend.

**Course includes current information on:** ADD/ADHD, Depression, Anxiety, ODD, OCD, Substance Abuse Disorders, Conduct Disorder, Bipolar, Childhood Schizophrenia.

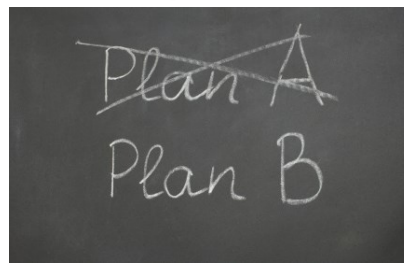
### You will also learn about:

The illnesses impact on the entire family- Getting an accurate diagnosis- Treatment options- Working well with your child's school- Strategies for challenging behaviors- Where to find local resources and support for the entire family.

### Participant Perspectives:

"The course covers almost every aspects of family and child resources. I could have spent a lifetime getting all this information! I feel supported, strong and ready to go forward."

### Sometimes parents need a...



## NAMI Basics Training

*Has your journey with raising a child with a mental illness provided you with some knowledge, strength and hope that you know can help other parents? Do you want to get in-depth training? If so, we need you!*

The NAMI Basics program is looking for parents to train to teach the 6-week course here in San Joaquin County. If your child was diagnosed or had symptoms of a mental illness prior to the age of 13, we encourage you to apply for the Basics Program training (hotel, meals and mileage reimbursement

provided). You will not only help families who are seeking education and support, but you will be rejuvenated in your own journey with your child. There are two training dates for the coming year and they fill up fast. Please **contact Debbie Alter at: 209 478-7799** for further information and an application. Please join us in helping our fellow parents to know there is hope!

**May-15-17 2015 in Vacaville CA**

## NAMI SJ County Speaker Panel—Join Us!

At the February board meeting, a Speaker Panel was formed and will be led by board member Alissa Douma. This panel will be comprised of members who can effectively speak about NAMI SJ County education programs, support groups and events. The speakers will be available to give presenta-

tions to community organizations, churches and any other groups who would like to learn more about NAMI. If you are interested in becoming a part of the panel or would like to feature a speaker at your event, please contact Alissa at 209-470-2326 or a [alissadouma@gmail.com](mailto:alissadouma@gmail.com)

## NAMI San Joaquin at the Community Resource Fair

New Volunteer, Nancy Edelhuber and NAMI Vice President, Bill Smith represented NAMI San Joaquin County at the Community Resource Fair sponsored by Tracy Unified School District and First 5 San Joaquin on Tuesday, February 10th at North

School in Tracy. The event was well attended and our volunteers were able to get the word out about what NAMI SJC has to offer. Nancy also signed up a new member! Good job Nancy.

### Contact:

Olivia Mattus Tel: (209) 612-7172

email: [olym.luvs4@gmail.com](mailto:olym.luvs4@gmail.com)

and/or

Christina Brisson [lilgrl05@yahoo.com](mailto:lilgrl05@yahoo.com)

### Dates:

**May 2, 2015 through June 6, 2015**

(Saturday afternoons, once a week for 6-weeks)

Time: 1:00pm to 4:00pm

Location:

Doctors Hospital

Manteca, CA

## NAMI CA TRAINING

**Note:** These trainings are for **family members to become teachers** of the education programs listed below. **Support group** trainings are for family members to become **facilitators** of a support group.

◆ **Family Support Group:** March 20-22, 2015 San Diego, California

◆ **Family to Family:** March 20-22, 2015 San Diego, California

◆ **Family to Family:** April 17- April 19, 2015 Bakersfield, California

◆ **Family to Family:** May 15-17, 2015 Vacaville, California

◆ **Basics:** May 15-17, 2015 Vacaville, California

### NAMI PEER PROGRAMS TRAININGS:

These trainings are for peer members to become teachers (mentors) of the education programs listed below.

◆ **Peer to Peer:** April 24-26, 2015 Campbell, California

◆ **Peer to Peer:** May 15-17, 2015 San Diego, California

◆ **Persona a Persona:** March 37-29, 2015 Ontario, California

For more information contact the NAMI SJC office at 209.468.3755.

## NEW VOLUNTEERS join NAMI San Joaquin County

On Friday mornings Nancy Edelhuber and Priscilla Timmons can be found in the NAMI SJC office manning the phones, returning messages and greeting visitors. Their duties will expand as they become familiar with NAMI programs and the needs of members. On Tuesday you'll find another new office volunteer Alissa Douma working along side seasoned volun-



teers Mary Ellen Cranston-Bennett, Irene Sherman and Pat McCann hard at work and loving it! Stop by and say hello when you get a chance! Thank you volunteers for giving your time. NAMI SJC appreciates all you do for the affiliate.

**Want to volunteer???** Contact the NAMI SJC Office: 209-468-3755  
1201 N. El Dorado Street, Stockton

## Members Recognized for Volunteer Service

San Joaquin County Mental Health & Substance Abuse Board's (SJC MH&SAB) Appreciation honoring departing Board Members Tasso and Gertie Kandris. In attendance were SJC MH&SAB Members which included Denise Warmerdam, Assistant to newly elected Board of Supervisor Chuck Winn (District 4) who is replacing Supervisor Larry Ruhstaller on the SJC MH&SAB as well as newly elected Board Member Alissa Douma who also serves on the NAMI SJC Board. The audience included Bill & Nancy Smith and Rosalva Ybarra of NAMI SJC, Bruce Adams from PREP and Billy Olpin who gave a presentation to the Board and one of his staff members.



Tasso & Gertie with Jean Anderson, Assistant Behavioral Health Services Director for San Joaquin County

Jean Anderson, Assistant SJC BHS Director, filling in for Vic Singh who was out of town attending the Anti-Stigma Conference, called Tasso and Gertie the bedrock of the SJC MH&SAB and presented them with plaques in appreciation for their meritorious years of services and their immense dedication to improve the quality of life for the mentally ill in San Joaquin County. Tasso joined the Board in 2005 and Gertie joined a few months later in 2006 because the Board had difficulty having a sufficient number of members in attendance to have a quorum to conduct its business. Tasso's services included being

Chair and Vice Chair several times during his tenure.

Following the departure of previous Board Member Daphne Shaw, Gertie assumed the responsibility of providing the monthly Legislative Report and also served on

several other Committees. Theresa Torres, Board Secretary, assisted by Rosalva, served cake to all while Board Members looked back to the beginning of MHSA/Prop 63 and the journey

from community outreach to implementation and required tri-annual and annual reviews over the past 9+ years. Denise Warmerdam shared her encounter with Tasso and Gertie during their years of community services, including Tasso's many years on the Woodbridge Municipal Advisory Council, attending the NAMI Anti-Stigma Presentation at Delta College (which was arranged by Rita Fellows) and attending the annual SJC MH&SAB Outreach Meeting in Lodi for the North County Area which provided her with mental health and substance abuse services familiarity in our County. She is happy that Supervisor Chuck Winn will represent the SJC Board of Supervisors on the SJC MH&SAB.

## Connections 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:

**Connections Support Group—5:30 PM**

## Now Also

### Saturday Connections

- 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**

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## New NAMI SJC Board Members Become Committee Chairs

Jennifer Allen accepted the Membership Chair position and will maintain membership records; Mike Miller has volunteered to take over the Legislative Chair and will

review proposed legislation in Sacramento and Washington DC affecting the mental health system and advise the membership as to the significant features and maintain

liaison with legislatures and other officials active in this field; all other Committee Chairs were filled by returning Board members.

# NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

## Lodi

**Family Support Group**  
**4th Thursday** each month:  
 March 26 & April 23—**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

## Manteca

**Family Support Group**  
**3rd Monday** each month—  
 March 16 & April 20—**6:30 PM**  
**Connections Support Group—6:30 PM**  
**Contact:** Michelle Moore at:  
[Michelle4MI@yahoo.com](mailto:Michelle4MI@yahoo.com)  
 or Michael Fields (209) 451-3977  
[mafields12@msn.com](mailto:mafields12@msn.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

**4th Thursday** each month  
 March 26 & April 23—**6:00 PM**  
**Contact:** Rosalva Garduno  
 (209) 472-0191  
**Location:** SJC Behavioral Health  
 1212 N. California St. Suite B  
 Stockton

## Stockton

**Thursday Support Group**  
**1st Thursday** each month:  
 March 5 & April 2  
**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

**Connections Support Group**  
**Every Saturday 10:00 AM – 11:30 AM**  
**The Wellness Center**  
 1109 N. California St., Stockton

## Tracy

**Monday Family Support Group**  
**and Monday Connections**  
**1st Monday** each month:  
 March 2 & April 6 - **7:00 PM**  
**Location:** Healthy Connections  
 Resource Center  
 35 E. 10th Street, Suite B  
 Tracy, CA  
**Info: contact Bill** at (209) 982-1750 or  
[whsnursery@att.net](mailto:whsnursery@att.net).

## NAMI SJ Board Mtgs.

March 19 & April 16—**6:00 PM**  
 Meetings held at:  
 SJ Co. Behavioral Health  
 1212 N. California St. Ste A & B  
 Stockton, CA

## SJC Behavioral Health Board Mtgs.

March 18 & April 15—**6:00 PM**  
 San Joaquin County Behavioral Health  
 1212 N. California St. Suite A & B  
 Stockton, CA

**BECOME A NAMI MEMBER TODAY!**

**NAMI SJC Membership Drive—It's time to RENEW membership for 2015!!!**  
 Use the form below 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](http://www.namisanjoaquin.org)

I am interested in volunteering for NAMI San Joaquin County. Please contact me at the above address/ phone/Email.

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**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.*