

NOVEMBER 4, 2010

Support Meeting 6:00 PM
 General Meeting 7:00 PM

Substance Abuse

Anna Lisa Potter, Substance Abuse
 Counselor, SJCBS

Q & A period after speaker
 presentation

DECEMBER 2, 2010

Support Meeting 6:00 PM
 General Meeting 7:00 PM

**Election of Officers
 and Board Members**

Post-Election Christmas Potluck
 (bring finger food)

To complete the informal meeting a holiday
 themed DVD or Video will be shown .

NAMI SJ Board Meetings

November 18 & December 16, 2010
 6:00 PM

**STOCKTON SATURDAY
 SUPPORT GROUP**

Fourth Saturday of each month:
 Nov. 27 & Dec 18, 2010 - 10:00 AM

Stockton NAMI meetings are at
 1212 N. California St.
 Conference Room A

TRACY

**MONDAY SUPPORT GROUP
 MONDAY CONNECTIONS
 RECOVERY PEERS GROUP**

Healthy Connections Resource Center
 35 East 10th Street, Suite B
 Tracy, California
 Info: Karen Nichols 209.834.2313

**LODI THURSDAY
 SUPPORT GROUP**

Holiday Schedule: Thursdays
 November 18 and December 16
 Share and Care 6:00 PM
 Lodi Avenue Baptist Church
 2301 West Lodi Avenue, Lodi

NAMIWALK SCHEDULED FOR APRIL 30, 2011!

As we enjoy the autumn leaves and changing weather, it may seem like April 30th is a long way off, but it will be here before you know it. Last year's inaugural WALK went well beyond our expectations, raising over \$80,000 for the participating affiliates: El Dorado, Sacramento, San Joaquin, and Yolo. This coming year, we welcome NAMI Stanislaus to our partnership and look forward to an even more successful event with an ambitious goal of \$100,000.

In order to reach our goal, we will need to secure at least \$20,000 in corporate sponsorships and have at least 80 teams – each focused on a goal of raising \$1,000 for NAMI. Being a Team Captain is not difficult and walking as a member of a team is both fun and rewarding. All you need is a few friends or family members who are willing to join you in raising awareness about the impact of mental illness on our lives and the lives of so many in our communities.

If you don't believe that you will be able to participate in the WALK as a Team Captain or Team Member, how about becoming a sponsor or a volunteer? You can become a sponsor on behalf of an individual, a family, a work group or community group – sponsorships can also be a way to honor or memorialize a loved one with a mental illness. You can also solicit sponsorships from businesses in your area. Sponsors receive extensive recognition for their support.

Whatever your talent or interest, there is a role for you in the 2011 Northern California NAMIWalk. For more information about being a Team Captain for NAMI San Joaquin County,

please contact Irene Sherman, (209) 368-1469 or momo1935@hotmail.com and Nancy Smith (209) 982-1750 or Nancy9475@att.net. For more information about becoming a sponsor or volunteer contact Pat Pavone at 916.397.7831 or pat@namisacramento.org.



Kathleen Guerro, center, and friends who participated in the inaugural NAMIWalk in April 2010 at William Land Park, Sacramento.

Picnic on South Lawn SJCBS

Clara Lagorio and her crew set up the table for prizes at the client picnic October 8, 2010.



Sue Gruber and Tyrone Stallworth lend a helping hand.

Nami Officers Needed

It's time to vote. NAMI San Joaquin County's Officers & Board of Directors elections will be held on December 2, 2010.

Like no time before we are experiencing a shortage of NAMI members to run for Officer positions. We call all NAMI members to step up their participation as much as they can and work hard to insure that the NAMI programs keep running smoothly to meet the needs of our families and peers.

This year we have implemented and taught new programs. If you are a member please consider running for one of the following vacancies: President, Vice President or Treasurer please submit a short summary of why you would be a good candidate for this position. All submissions must be submitted no later than November 8th, 2010.

You can help shape NAMI's future. NAMI draws strength from its members.

Family Advocate

In April of 2010 I was privileged to be hired as the Family Advocate for NAMI. I was hired through Central Valley Low Income Housing and am also a member of San Joaquin Behavioral Health. I was somewhat familiar with S.J. Behavioral Health prior to NAMI because I was employed as a mental health worker in the contract houses of S.J. Behavioral Health. These homes housed clients from inpatient for stabilization and preparing them to return home, board and care, or whatever the need may be. Unfortunately, due to the budget cuts I was a laid off, but it turned out for the best as far as I am concerned, because that enabled me to become a part of NAMI.



Gayle Henderson, Family Advocate

My education includes a Bachelors degree from California State University Stanislaus in Sociology. I am currently working on my Masters Degree in counseling and will be finished in a couple of years

My position also includes being part of presentations in S.J. mental health and also throughout the community. I can truly say that I have never loved a job as I do this one, and I hope that I can continue for a long time as Family Advocate.

Family-to-Family

Fall NAMI Family-to-Family class has just offered Class 9 this week and will finish on November 20th with a celebration and graduation ceremony.

The next class is scheduled to start Spring 2011 in February or March. Please telephone the NAMI office, 209.468.3755, to get on the wait list. You will then be notified when the next class will begin.

Provider Training

The NAMI Provider Education Program completed its series of 10 weekly classes on October 5, 2010. Twenty-five students successfully completed the program.

NAMI Peer-to-Peer

Peer-to-Peer class is almost finished with the presentation of Class 8 this week. Graduation will be held November 13, 2010. Jesse Ortiz trained recently in St. Louis to train the teachers for future Peer-to-Peer classes to be taught in Spanish.

IOOV Program

We do not have any further trainings scheduled. We now have two Spanish presenters and six presenters trained in English presentations. Call our office 209.468.3755 to schedule a presentation.

News from Tracy



Melva Luna, at right, a Tracy family member, presents a certificate of appreciation to Cathy Francis MFT, at left, from St. Joseph's Behavioral Health Center for her presentation on October 4, 2010.

Dues are due

NAMI San Joaquin County membership dues for year 2011 are due Jan 1, 2011. Please mail your dues promptly when you receive the notice in the mail.



MEMBERSHIP APPLICATION

- General Member \$35
- Support Member \$50 - \$99
- Century Member \$100 - \$499
- Patron Member \$500 or more
- Mental Health Client \$1

- Renewal New Member
- \$ _____ Amount Enclosed

Your membership in NAMI San Joaquin County is tax deductible to the extent allowed by law and gives you membership in NAMI California and NAMI National organizations. Thank you for your support.

NAME _____

STREET _____

CITY _____ ZIP _____

PHONE _____ CELL _____

E-MAIL _____

Lived Experience Attribute (please check box)

- Individual
- Spouse
- Parent of adult
- Parent of minor-aged child
- Adult child
- Sibling
- Grandparent
- Other relative
- Professional
- Friend

Race and/or Ethnicity (please share information so we can track how well we include all communities)

- American Indian or Alaska Native
- Asian American
- Black or African American
- White or Caucasian
- Multiracial
- Other (please specify): _____

Please mail this form to: NAMI San Joaquin County
P.O. Box 448
Stockton, CA 95201