

**SEPTEMBER 2, 2010**

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

**Rebecca Stallworth**  
 CAT Mental Health Clinician III

**Jennie Montoya**  
 Mental Health Outreach Worker

Vocational Continuum in Adult Services (pre-vocational training, employment and volunteer opportunities for consumers).

**OCTOBER 7, 2010**

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

**Stephen Ellington**

Chief Mental Health Clinical Social Worker

Transitions Cultural Clinic, La Familia.

Outreach strategy in South East-Asian and Latino communities and partnership with NAMI in reaching consumers and family members.

**NAMI SJ Board Meetings**

September 16 & October 21, 2010  
 6:00 PM

**STOCKTON SATURDAY SUPPORT GROUP**

Fourth Saturday of each month:  
 Sept. 25 & October 23, 2010 - 10:00 AM

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

**TRACY**

**MONDAY SUPPORT GROUP  
 WEDNESDAY CONNECTIONS GROUP**

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

**LODI THURSDAY SUPPORT GROUP**

Fourth Thursday of each month:  
 September 23 and October 28, 2010  
 Share and Care 6:00 PM  
 Lodi Avenue Baptist Church  
 2301 West Lodi Avenue, Lodi

**PROVIDER EDUCATION COURSE**

The NAMI Provider Education Course started August 3 and will run thru October 5. The National Alliance on Mental Illness (NAMI) Provider Education Course is based on the NAMI Family-to-Family Program. It was augmented and edited by Joyce Burland, Ph.D. to establish a ten 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 course introduces and discusses basic, current biomedical information, including: the major mental illnesses, types and subtypes of mood disorders, current research into the biological basis of mental illness and a medication review which includes basic psychopharmacology, medication side effects and issues of adherence to medication. The curriculum format is composed of short lectures, followed by discussion of the teaching points. This course covers four major topics:

- A. Current research into the biological basis of major mental illness;
- B. Medication updates, including the stages of consumer adaptation to psychiatric medications;
- C. An overview of the experience of mental illness as well as emotional adjustments and coping strategies;
- D. A bio-psycho-social model of collaborative treatment.

The course also meets the qualification for continuing education units for many providers. After three classes provider response has been positive and additional classes will be offered at Dameron Hospital and San Joaquin Behavioral Health in 2011.



The Provider Education Course instructor panel are from left to right: Tosh Saruwatari, Nancy Smith, Karen Nichols, Rosalva Garduno, and Kathleen Gardner. To participate in the teaching of the course requires a firm commitment of time and effort to present the ten week class.

## BACOP Presentation

Michelle Salter, program manager, Black Awareness Community Outreach Program - Multicultural Services, informed our members at Monthly NAMI meeting in July, 2010, the description of her programs, which provides culturally sensitive full service partnership specialty mental health services with an emphasis on services to African American, Native American, Muslim/Middle Eastern and Gay, Lesbian, Bisexual, Transgender communities. The programs are a full service partnership under Mental Health Services Act.



Tosh Saruwatari (right) with presenter Michelle Salter(left) who receives a certificate and book.

## MARIE HIBLER Honored

NAMI Santa Clara County has been supporting, educating and advocating in SCC for 35 years. At their anniversary dinner they will celebrate their many accomplishments and honorees. Founders Marie Hibler and Bill Hogan will be honored and NAMI San Joaquin County members and friends are invited to join Marie on this special night. SAVE THE DATE Thursday, November 11, 2010, 5:30-8:30 PM at Mariani's Inn & Restaurant in Santa Clara. For more information and to make reservations contact NAMI San Joaquin County at (209) 468-3755.

## ERNIE VAN DYKE

Ernie Van Dyke passed away July 10, 2010 at age 61.

We wish to thank persons who donated to NAMI San Joaquin County in his memory.

Robert and Clara Moore

Joe and Laura Villanueva

Bill and Nancy Smith

Becky Clover

## NAMI Anti-Stigma

On June 28, 2010, Tasso and Gertie Kandris gave a NAMI Anti-Stigma Presentation to "Students in Prevention (SIP) 2010-2011" designed specifically for SIP training. There were 52 persons in attendance from 22 high schools in San Joaquin County.

The SIP program, in its 31st year, is unique to San Joaquin County and has received many accolades and awards throughout California. Sophomores, who meet specific educational criteria, can apply each year to be a part of the leaders. When selected, they receive a small stipend during their training and subsequent presentation periods. They receive intensive training in drug abuse prevention during a six-week period during their summer vacation from the SIP Coordinator, a former SIPPPer, at SJC Substance Abuse Services. A mental health component has been added. After returning to their high schools, the SIP leaders are required to provide two one-hour sessions in drug abuse prevention and mental health on two consecutive days each month for grades four through eight at each one of their feeder schools. To determine the effec-

tiveness of their training they take a student survey at the beginning of their session on day one and then again at the completion of their session at the end of day two.

The mental health component has been accepted with great enthusiasm by these bright students last year and, again, this year. We can all be thankful for this program and the services these wonderful young people provide, spreading the word about substance abuse prevention and mental health to grades four through eight *without* stigma.

## ONGOING CLASSES

### Family-to-Family

Fall session of Family-to-Family will start Saturday, September 4, 2010 and will continue for the next eleven Saturdays, 10:00 a.m. - 12:00 p.m. The location is 530 W. Acacia St., 2nd Floor, across from Dameron Hospital, Stockton.

### NAMI Peer-to-Peer

Fall Peer-to-Peer program orientation will be September 11, 2010. NAMI Mentors are training to present the new 3rd Edition of Peer-to-Peer Program and will be ready to present an improved recovery program for consumers. Call the NAMI office to register, 209.468.3755. The class meets 10 weeks for 3 hours each Saturday.

### IOOV Program

The In Our Own Voice (IOOV) Program is proving very successful and six more consumer members attended training in Modesto, July 16 and 17, 2010. Two will train in Spanish so the program can be extended to the Spanish speaking and four will train in English to enable NAMI San Joaquin County to offer more presentations in our community. Call our office 209.468.3755 to schedule a presentation.



### 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