



NAMI

National Alliance on Mental Illness

July/August 2011

Newsletter

San Joaquin County

STOCKTON

JULY 7, 2011

Support Meeting 6:00 PM
General Meeting 7:00 PM
Speaker: SSA Rep. on Benefits, Qualification & Updates

AUGUST 4, 2011

Support Meeting 6:00 PM
General Meeting 7:00 PM
Speaker: Rep. on Suicide Prevention

NAMI SJ Board Meetings

July 21 & August 18, 2011,
6:00 PM

Saturday Support Group

Fourth Saturday of each month:
July 23 & August 27, 2011, 10:00 AM

TRACY

Monday Support Group

Monday Connections

Recovery Peers Group

Mondays at 7:00 PM
Healthy Connections Resource Center

35 E. 10th Street, Suite B
Tracy, CA

Info: Karen Nichols
209.834.2313

LODI

Thursday Support Group

Fourth Thursday of each month:

July 28 & August 25, 2011
6:00 PM

Lodi Avenue Baptist Church
2301 W. Lodi Avenue, Lodi

2ND ANNUAL NORTHERN CALIFORNIA NAMIWALKS

In the photo **Stockton Steppers** team members with captain Gayle Henderson Family Advocate & Educ. Facilitator (center) were the winners of the t-shirt contest, that is also going to be entered into the national competition, per Pat Pavone. Connie Hoffman (right), the designer of the t-shirt, family member and participant of

the Tuesday night "Education and Support for Families" group as well as Carlene Anspaugh (left), also a family member, and very active volunteer, who is also a NAMI member, and very active in bringing in donations for the "Stockton Steppers". The team received a silver picture frame with a gift certificate to get all the team names engraved on it.



Tasso & Girtie Kandris with Students In Prevention Walk Team (see article on page 2)

NAMIWALKS TEAM PHOTOS CONTINUED



Tasso Kandris & Dr. Vic Singh (SJC Mental Health Director) & an SJC MH Client from the Wellness Center who needed a ride. Singh & family (photo on left) graciously gave him one & walked with



Continued from page 1:
Under the tutelage of Christiane Highfill, coordinator of **Students in Prevention (SIP) a SJC Behavioral Health Services program** (photo on front page) who is a past "SIP" member, this walk team raised \$1,200 for NAMI. Tasso & Gertie Kandris have provided our NAMI Anti-Stigma presentation for this fantastic program the last couple of years and have met – and were awed and charmed by - these High School Sophomores who will surely become the next leaders of our country. Christiane was very gracious and also let the Kandris' give this year's group an invitation to the Northern California NAMIWalks event; they seemed to like the cause and the DVD Tasso had put together from last year's Walk. The Kandris' enjoyed the energy and enthusiasm flowing from these very special young people and were very touched by their fund raising efforts.



Teams top to bottom:

- Walkers from S.J. Co.
- Family-to-Family Fans
- High Steppers



1ST S.J. CO. SPANISH PEER TO PEER GRADUATES



First Spanish Peer to Peer graduating class, June 22, 2011 at La Familia clinic

The first Spanish Peer to Peer class was facilitated by Jesse Ortiz and Christian Ibarra at La Familia clinic. The last week of class was June 22 with nine people graduating. We plan to start another class in the near future.

Jesse and Christian present In Our Own Voice (IOOV), in Spanish, mainly. On June 10th, they presented IOOV to 45 Psych Tech students at Delta College and have been requested by other instructors to do the presentation for their nursing classes. Their presentation was rated as "Excellent" by the instructor and students. Great job, Jesse and Christian!

Two other people Alma Ruiz and Angel Lopez were trained in June to present IOOV in Spanish. Congratulations Alma and Angel!

Grupo de Apoyo en Español cada cuarto
Jueves del mes
en el 1212 N. California, Stockton a las 6:00 de la tarde.

Para más información sobre programas en Español llame a Rosalva (209) 472-0191, deje mensaje.

FALL FAMILY-TO-FAMILY CLASS

"Family to Family" Free for family members, partners and friends of individuals who have: Major Depression, Bipolar Disorder (Manic Depression), Schizophrenia and Schizoaffective Disorder, Borderline Personality Disorder, Panic Disorder and Obsessive Compulsive Disorder, Co-occurring Brain Disorders and Addictive Disorders

Fall classes will begin September 3rd and end on November 19th.

Contact Nancy Smith 209-982-1750 to get on the class list.

La primer clase titulada De Persona a Persona la enseñaron Jesse Ortiz y Christian Ibarra en la clinica La Familia. La última semana de clases fué Junio 22 y nueve personas se graduaron. Planeamos empezar otra clase muy pronto. Jesse y Christian hacen una presentación en español titulada En Nuestra Propia Voz. El 10 de Junio dieron esta presentación a 45 estudiantes del Colegio Delta que estudian para enfermeros psiquiátricos. La presentación fué un éxito y otros profesores han pedido regresar a dar la presentación a sus estudiantes también. El profesor de la clase y los estudiantes calificaron la presentación como "Excelente." Buen trabajo Jesse y Christian! Si alguien tiene una sugerencia de donde ofrecer esta presentación en la comunidad, comuníquese con Rosalva al 472-0191. Deje mensaje y ella le contestará su llamada.

Otras dos personas, Alma Ruiz y Angel Lopez se entrenaron en Junio para dar ésta presentación también. Felicidades Alma y Angel!

2011 NAMI CALIFORNIA STATE CONFERENCE

Friday, August 19th through Saturday, August 20th Double Tree Hotel, Sacramento, California. **10 Scholarships** available to both consumers and family members. **Two to each region**. Go to namicalifornia.org for the Scholarship Application Form.

Ernie Van Dyke Memorial Scholarship Award—NAMI San Joaquin County to award local Scholarship after applicant has been turned down by NAMI California. Need letter from NAMI California and letter to NAMI San Joaquin County stating reason you want to attend.

VOLUNTEERS NEEDED PLEASE RECORD DAY AT THE PARK

NAMI SJ will have a table & booth and Dr. Bob will supervise getting materials, setting up. He would like to have a few volunteers to manage the booth at different times of that day. Any volunteers appreciated. Contact the office at 209.468.3755

DR. PO WANG, APRIL SPEAKER / TRACY AFFILIATE



Dr. Po Wang

Dr. Wang was our guest speaker for April. He gave an excellent talk on Bipolar Spectrum that included medications, talk therapies, support, and research.

NAMI members were delighted to have such an interactive discussion with the doctor. He is very involved his home county and was happy to speak with us when invited. It was so pleasing to see a provider already familiar and so involved

CAST YOUR VOTE! NAMI CALIFORNIA BOARD

All membership dues paid have been submitted to NAMI California. Dues paying members are eligible to vote for NAMI California Board members and bylaw changes. Please remember to vote! Go to NAMI California or use the written ballot you receive from NAMI California.

DR. MASCOVICH/JUNE SPEAKER

June speaker for NAMI's General Meeting was Paul Mascovich, M.D. who explained how to pronounce **Anosognosia**. He defined the condition and how it differs from denial, the cause and scope of the problem, discussed research findings and management. This is one of the multiple causes of non-compliance with treatment. His talk was well received and was followed by a lively question/discussion period. NAMI SJC appreciates his time in presenting this topic which many of our family members have experienced.

BOARD UPDATE

Board member Karen Nichols is moving and has resigned from the Board effective at the May Board meeting. At that time long time member, Kathleen Guerrero, was elected as Director at Large to fill the position. Karen, thank you for your many years of service to NAMI SJC. You will be missed. Welcome to Kathleen we look forward to serving with you on the Board.

JOINT CONNECTIONS TRAINING WITH NAMI STANISLAUS

NAMI San Joaquin County and NAMI Stanislaus have planned a joint Connections training session for July or early August. The time and place to be announced as soon as the NAMI California State Training of Trainers is complete. Those interested can contact Kathleen Guerrero since she will be one of the Trainers. The training will be in Stockton and trainees must commit to Connections support group facilitation at least twice per month. We have needed a consumer support group in Stockton for many years. The Tracy Connections program is in the third year and thriving due to the efforts of Kathleen Guerrero and Karen Nichols. Thank you both!

NEW STUDY: FAMILY-TO-FAMILY

ARLINGTON, Va., June 14, 2011 /PRNewswire-US Newswire/ – NAMI's Family-to-Family Education program "**significantly**" improves coping and problem-solving abilities of family members of individuals living with mental illness, according to a landmark study published in the current issue of Psychiatric Services, a journal of the American Psychiatric Association.

PROVIDER EDUCATION

NAMI San Joaquin County sent five to the Provider Education Program training in Placerville, CA on June 4-5, 2011. Trainees who successfully completed the training were Theo George, Chrisitan Ibarra, Terri Ordhal and Carlos Oliveira. Board Member Dora Contreras with drew from the training due to family concerns. These presenters will help with the Provider Education Program classes in Fall 2011 and Spring 2012. The classes are funded by MHSA funds and have been extremely well received. There is also interest from Education Director, Kathi Gardner of Dameron Hospital. The PEP class has been shortened to five classes making it more attractive to organizations in the community as well as SJC BHS.

NAMI TRAINER OF TRAINERS

Four of our long time consumer members have been chosen to attend the NAMI California Training of Trainers held June 16-19, 2011. They will become NAMI California Trainers for consumer programs. Those attending are, Theo George for In Our Own Voice, Kathleen Gardner for Peer-to-Peer, Kathleen Guerrero for Connections and Jesse Ortiz as Spanish trainer for IOOV. NAMI SJC is honored to have this many NAMI California Trainers from our affiliate. They will train consumers in California to present IOOV, mentor the Peer-to-Peer Program and run the Connections support groups.

BECOME A NAMI MEMBER TODAY!

Please fill out the application form below and send it with your check of \$35 .

If you have paid your dues for 2011, **THANK YOU!!**



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: _____

EMAIL: _____

- Lived Experience Attribute (please check box)**
- Individual Adult child
 - Spouse Sibling
 - Parent of adult Grandparent
 - Parent of minor-aged child 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 Caucasian (white)
 - Asian American Hispanic
 - Black or African American Multiracial
 - Other (please specify): _____

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