

STOCKTON

MARCH 3, 2011

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

Speaker: Cathy Francis on Suicide

APRIL 7, 2011

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

Video on depression
"Portrait of a Killer"

NAMI SJ Board Meetings

March 17 & April 21, 2011, 6:00 PM

Saturday Support Group

Fourth Saturday of each month:
March 26 & April 23, 2011, 10:00 AM

TRACY

Monday Support Group

Monday Connections

Recovery Peers Group

Mondays at 7:00 PM

SAVE this date April 20, 2011

Dr. Po Wong from Stanford Bipolar
Clinics will be our guest speaker

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:
March 24th & April 28, 2011, 6:00 PM

Lodi Avenue Baptist Church
2301 W. Lodi Avenue, Lodi

Message from our newly elected president, Jennie Montoya

Hello Fellow NAMI San Joaquin County Members,

You have new NAMI San Joaquin County Officers and Board members all of which will work hard this year to save Prop. 63 funds, the Mental Health Services Act (MHSA). MHSA bill which provided the extra services for our loved one in the Mental Health System. I know all California NAMI members campaigned hard to get this bill passed in California and went back again to the voting booths to keep Prop. 63 funds in the Mental Health System. Come June 2011 we Californians will go back to the polls and vote to keep Prop. 63 funds, this won't be an easy task since the state of the economy is a bit dim.

The new Officers are:

President: Jennie Montoya

Co- Vice Presidents: Faye Robinson & Ron Vandermoon

Treasurer: Nancy Smith

Secretary: Mary Ellen Cranston-Bennett

Board of Directors:

Dora Contreras

John Luna

Gail Osborn

Karen Nichols

Governor Brown is giving the people of California an opportunity to make a choice whether to let go of \$861 million from the MHSA funds for one year (funds taken would go into the general funds). Or to keep MHSA funds right where the people of California voted these funds would be most beneficial, by helping people with mental illness. And once MHSA funds are given up for one year, who's to say that this won't be more than a one year event. Hard times bring out the best in people, we become very resourceful.

NAMI of San Joaquin County is one of five Counties who will be participating in the NAMI-Walks which will take place on Saturday, April 30, 2011 in Sacramento (Zoo) in William Land Park. The hours for the event is from 9 am to noon to find more information go to www.nami.org

Respectfully,
your new President, Ms. Jennie Montoya

March in Sacramento

Some of our NAMI SJ county members took part in a march at the capital in February. The march was in protest to cuts to funding for disabled persons, including mental health funds.



Pictured are
Gail Henderson
NAMI SJ Family Advocate
Ron Vandermoon
NAMI SJ CO-VP &
Verna Reinhardt
NAMI SJ Past President



NAMIWalks

Are you ready to walk, financially support a walker for the upcoming walk? Be sure to come to cheer on the walkers. This our second annual walk promises to be bigger and even more successful.



Last year we had over 60 teams and 700 people turn out for our inaugural NAMIWalk and folks came from as far as Placerville, Stockton and Winters to join together to raise awareness and funds for NAMI affiliates in El Dorado, Sacramento, San Joaquin and Yolo. It was a great day and the outcome was even better – we raised over \$80,000!

This money will help to keep NAMI programs going throughout the region in spite of these very difficult budget times.

Come join us, go to www.nami.org, click on **NAMIWalks** button for details.

Visit us on the Web

namsanjoaquin.org

If you have yet to visit us on the Web then you should. Our bi-monthly newsletter is a great source of information but our website is **up-to-the-minute information**.

Feedback or questions on our website? Contact thefellows@sbcglobal.net

Family Advocate Update

Things have been busy, the Tuesday 6pm support and education class is really growing. Several of the family members have signed up for Family to Family as well as myself. Other family members from the group are volunteering for NAMI and two family members have joined my walk team for the NAMI walk. My team name is the Stockton Steppers.

Starting in May I will be scheduling speakers from San Joaquin Behavioral Health services with the help of Becky Gould, the deputy director of MHSA as well as outside resources to speak at the Tuesday support group.

Outreach work has really paid off, I am so surprised that some organizations have not heard of NAMI and am very glad to be bringing them information. Several presentations have been scheduled, and I am looking for more opportunities to bring resources and information to outside organizations.

News from Tracy

On February 8th the Recovery & Wellness Center opened its door to the public in Tracy. It is a peer ran drop in center, open to anyone with a mental illness.

The purpose of the center is to get peers out of isolation and out with others who share similar experiences. This is a safe and casual atmosphere where we enjoy games, painting, hanging out, socializing and making friends. There are no groups or talking about our problems, it simply having a good time and enjoying each other.

Come check us out. For more information contact Karen at 209-834-2313 or Kathleen 209-263-8414

NAMI Peer-to-Peer

NAMI's Peer-to-Peer Recovery Education Program, a free, 10-week course that provides a holistic approach to recovery for people living with serious mental illness.

Peer-to-Peer is taught by two trained peer mentors who are successfully managing their own mental health. The course uses a combination of lecture, discussion, interactive exercises and stress management techniques. Each session last for two hours.

Learn how to strengthen relationships Find new inspiration and hope; **Orientation Class** is Saturday, March 19, 2011, 1-3PM San Joaquin County Behavioral Health 1212 N. California Street, Room B, Stockton Classes will continue for the next nine Saturdays. To find out more contact Mentors Theo George 817-9948 or Kathleen Gardner 570-5232 or NAMI San Joaquin County (209) 468-3755 nami@mail.bhsco.net or visit namsanjoaquin.org

2011 MEMBERSHIP DRIVE STRENGTH IN NUMBERS

NAMI San Joaquin County Members, Your membership dues for 2011 are due.

Our membership report is due to NAMI National and NAMI Sacramento on March 15, 2011. Your 2011 dues must be paid to be included in our membership report. Protect your NAMI California voting rights and your membership in NAMI. **Mail your check today.** Thank you!

Please fill out the application form 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 _____

E-MAIL _____

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 Hispanic
- Asian American Multiracial
- Black or African American
- Other (please specify): _____

Please mail this form to: NAMI San Joaquin County

P.O. Box 448
Stockton, CA 95201