



National Alliance on Mental Illness

September/October 2011 **Newsletter**

# San Joaquin County

## STOCKTON

### SEPTEMBER 1, 2011

Support Meeting 6:00 PM

General Meeting 7:00 PM

**Film:** award winning documentary film titled, "My Brother Mike" soulful music, mental illness & family love

### OCTOBER 6, 2011

Support Meeting 6:00 PM

General Meeting 7:00 PM

**Nutrition & Exercise info.** speaker to be announced.

### NAMI SJ Board Meetings

Sept. 15 & Oct. 20 @ 6:00 PM

### Saturday Support Group

4th Saturday of each month:  
**Sept. 24 & Oct. 22 10:00 AM**

## TRACY

### Monday Support Group

### Monday Connection

### Recovery Peers Group

Mondays at 7:00 PM

Healthy Connection Resource Center

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

**Info:** Kathleen Gurrero  
209.834.2313

## LODI

### 4th Thursday each month

### Support Group

Sept. 22 & Oct. 27 @ 6:00 PM

Lodi Avenue Baptist Church  
2301 W. Lodi Avenue, Lodi  
Corner of Allen & Lodi Ave.

## NANCY SMITH HONORED



Our very own Nancy Smith who has held most if not all of the positions on the NAMI SJ Board at one time or other; serving as President twice and current Treasurer was honored at this year's NAMI California State Conference.

Nancy was recognized for the promoting and training efforts she has participated in state-wide for the Family-to-Family program. Nancy has been instrumental in implementing the Family-to-Family Education Course in our county, recruiting as well as serving as a trainer of teachers. It should be noted that Nancy has taught the Family-to-Family courses for the past 13 years and has served to train others for the past 8 years. Nancy is also involved in implementing the Peer-to-Peer Education program in our county as well as the Provider Education program.

This is a well deserved honor for Nancy; she has worked tirelessly and often in the background to make NAMI SJC the wonderful affiliate it is! See more conference photos online.

## SPECIAL THANKS TO KAREN NICHOLS



To our loss, Karen Nichols has relocated to the Bay Area. We deeply appreciate all of her hard work and dedication to NAMI SJC, to the board and to the many programs she was involved in. To our friend and co volunteer we say many thanks for your efforts and your dedication to NAMI SJC Tracy Satellite families and peers.

Karen was instrumental in establishing the NAMI SJC Tracy Satellite Connection, the NAMI 100V program as Coordinator and served as Secretary and Director on the NAMI SJC Board.

## CONNECTION TRAINING PROGRAM NEWS

We are very proud of the new Connection Recovery Group Facilitators from our Affiliate, Jenna Schoeppe, Mary Bechthold, Dorothy Lechman and Tony Moitzger. Look for new Connection Groups to be start soon in Stockton.



**Top row from left to right:** Mary Bechthold, Tony Moitzger, Stewart Wise, Jeannette Garcia **Bottom row:** Victoria Withrow, Trainer Joe Texieria, Trainer Kathleen Guerrero & Jenna Schoeppe



**Dorothy Lechman (center) with Trainers.**

## RECORD Day at the Park Sept. 24, 2011 VOLUNTEERS NEEDED PLEASE

NAMI SJ will have a booth & Dr. Bob will supervise getting materials & setting up. He would like a few volunteers to manage the booth at different times of that day. Volunteers contact 209-468-3755.

NAMI San Joaquin County - P.O. Box 448, Stockton, CA 95201 - Phone 209.468.3755

E-Mail: [nami@mail.bhscbo.net](mailto:nami@mail.bhscbo.net) - Visit Us On the Web: [namisanjoaquin.org](http://namisanjoaquin.org)

**SPANISH PROGRAM COORDINATOR RECEIVES COMMUNITY AWARD**



On Saturday, August 27th long-time NAMI SJC member, Rosalva Garduno was inducted into **the Mexican-American Hall of Fame**. Rosalva is being honored for bringing the NAMI Family-to-Family Education Program to the Spanish speaking in our community

Rosalva has personally taught **De Familia a Familia** many times over the last five years

and was instrumental in bringing **En Nuestra Propia Voz** (In Our Own Voice) and **De Persona a Persona** (Peer to Peer) to consumers in the Spanish Community. Rosalva has also worked hard to advocate for NAMI SJC participating as a volunteer for the annual Record Day in the Park & the N. CA NAMI Walk for two years. She is kind & caring & an excellent example of our NAMI volunteer members. Congratulations Rosalva!

**NAMI CONNECTION TRAINING**

NAMI San Joaquin County partnered with NAMI Stanislaus to present the first NAMI Connection training for Stockton and Modesto. The training was held in Stockton at SJCBS on August 13th and 14th and graduated six NAMI Connection Support Group Facilitators. Connection Support Groups are scheduled to start in Stockton the first week in September and will be held at the same time as our Stockton NAMI Family-to-Family Support Groups. A second NAMI Connection Support Group Facilitator training is scheduled for August 27th and 28th in Modesto when we plan to graduate ten more NAMI Connection Support Group Facilitators. Since the support groups are weekly and the facilitators work in teams we needed to train eight facilitators from each affiliate. Congratulations to those who have completed the training and to those who will complete the training. We have planned to bring NAMI Connection to Stockton for three years!

**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!!**

**NAMI FAMILY-TO-FAMILY CLASS STARTS SEPTEMBER 3RD**

The Fall NAMI Family-to-Family Class begins Saturday, Sept. 3rd at 10AM at 523 W. Acacia Street, 2nd floor, Stkn (across from Dameron Hospital). Plan to attend this 12 week education program & bring a friend or relative for support. The class is taught by trained NAMI family members & is for families, partners & friends of individuals with serious mental illness. Contact Nancy Smith(209)982-1750 or Nancy9475@att.net or Rita Fellows (209)368-9868 or thefellows@sbcglobal.net to register. Registration will remain open until Sept. 17th.

**DE FAMILIA A FAMILIA**

La clase De Familia a Familia inició el 4 de Agosto con 15 participantes. Nellie Zavala y Teresa Martinez son las maestras. Grupos de apoyo continuan el cuarto jueves de cada mes en el 1212 N. California St. de 6 a 8 de la tarde. Para mayor información, llame a Rosalva al 472-0191.

The Spanish Family to Family class, taught by Teresa Matinez and Nellie Zavala began August 4th with 15 participants. Spanish support groups meet the 4th Thursday of the month at 1212 N. California St. from 6:00 to 8:00 PM. For more information call Rosalva @ 472-0191.

**TRACY SATELLITE NEWS**

The Tracy Satellite had **its 4th Annual Potluck in the Park.** Everyone enjoyed themselves. We have new Egg Toss Champions Rafael P. and Barbara C. Congratulations. A special thank you to all those who donated food and time.

On **Sept 10th, 2011 the 3rd Annual Memorial March** begins at 9am at the SJC jail parking lot to Lathrop symbolically "completing "the walk Jeremy couldn't finish". The afternoon continues with a Mental Health Awareness Fair. We will have a NAMI SJC booth & could use some volunteers; the hours are 12-6pm. Karen Nichols & volunteers will be at the Sutter Community Health Fair on Saturday Sept 24, 9-1pm.



**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