

newsletter San Joaquin County



National Alliance on Mental Illness

President's Message

Greetings everyone.

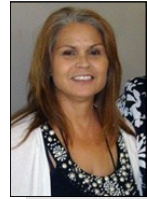
January 19,th was our Annual Strategic Planning Meeting for 2012. We had a nice luncheon and then got down to business.

I 'd like to thank all of you who came to the meeting. At NAMI San Joaquin County we are moving towards making our affiliate a Center of Excellence.

Fulfilling the NAMI mission is the aim when giving support and advocating throughout our community promote a greater awareness of mental illness and breaking the silence.

Here are just a few of the changes for 2012. Appointed Chairs to the Standing Committees:

Budget & Finance Committee: Chair Treasurer Nancy Smith, **Hospitality Committee Chair:** Irene Sherman, **Legislative Committee Chair:** Gertie Kandris **Publicity Committee Chair:** Tas-



Kathleen Guerrero

so Kandris **Newsletter Committee Chair:** Rita Fellows **Membership Committee Chair:** Mary Bechthold **Speaker Education Committee Chair:** Vice President Bill Smith **Ways & Means Committee:** Everyone on the Board of Directors serves on this committee

These committees need volunteers so if you would like to share your talents, please contact the office.

We will be increasing the number of Family to Family courses taught this year. Peer to Peer will have 2 classes in English and 2 in Spanish. Provider Education we will teach tentatively 3 classes for 2012. In Our Own Voice /En Nuestra Proipia Voz will do 40 presentations for 2012. Refresher Course for Support Group Facilitators, Mental Illness Awareness Week Collaborations. Lots to do . Lots of people to serve and always need more hands to help. Thank you to all of our volunteers you make NAMI San Joaquin County thrive. Kathleen Guerrero President

Our Beloved "Dr. Bob"

Dr. Robert Moore passed away on February 1, 2012 from a severe form of pneumonia on what would have been his wife's, Clara, 79th birthday.



Dr. Bob was a lifelong advocate for the mentally ill and belonged to NAMI. In Southern California, he introduced the Family-to-Family Education

Courses into local churches and schools and he was instrumental in obtaining housing for the mentally ill.

NAMI San Joaquin County, had the great fortune of having Dr. Bob serve as our President, Board of Directors and many other positions.

He advocated for the rights of individuals and families affected by mental illness .

Dr. Bob dedicated his time, talents and contribu-

tions to NAMI. Dr. Bob also served on the San Joaquin County Mental Health Board for many years as a Family Representative, Vice Chair and Chair. His physician's perspective coupled with insight, compassion and leadership were treasured by all who had the privilege in working with him to help persons with serious mental illness and their families

With fond memories we all will miss him and his presence at NAMI San Joaquin County.

Our thoughts and prayers are with his family members at this time.

In lieu of flowers, donations may be made to NAMI of San Joaquin County. A public memorial will be planned for both Bob and Clara Moore this summer. Details to be announced.

Stockton General Meeting 7:00 PM

March 1: SJC BHS Innovative Program—Overview and Update Vic Singh, Director SJC BHS and/or Staff

April 5 Jean Anderson, SJC BHS Assistant Director will be introduced followed by a film: "A Man Called Dad" A Daughters Journey shown at NAMI 2011 Conference in Sacramento, CA

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NAMI San Joaquin County Education Update

Invitation to join NAMI CA and CalMHSA Trainings

NAMI San Joaquin County has been invited to join four other affiliates; NAMI Stanislaus, NAMI Merced, and NAMI Tuolumne in the CalMHSA Stigma and Discrimination Reduction Program, 2011-2014. We will join these other affiliates in a three year program to reduce stigma and discrimination in California. Each region will receive training in four different NAMI programs: In Our Own Voice, Provider

Education, Parents and Teachers as Allies and Breaking the Silence. These trainings will allow these highly in demand programs to be offered to all affiliates within each region. If you are interested in training for any of these programs contact Nancy Smith at (209) 982-1750 or (209) 468-3755 or Nancy9475@att.net or nami@mail.bhsco.net for more information.

NAMI Provider Education

The fourth NAMI Provider Education class will start Monday, March 5, 2012 from 1-4PM. The class is 5-sessions for mental health workers and professionals and taught by two family members, two (ILWMI) Individual Living With Mental Illness and one Mental Health provider. Contact NAMI San Joaquin County for more information nami@mail.bhsco.net or (209) 468-3755.

In Our Own Voice Training

March 3-4, 2012 in Modesto, CA. If you are an individual living with mental illness and are interested in this training contact the NAMI office at (209) 468-3755 or nami@mail.bhsco.net. IOOV is a Public Education Presentation and presenters receive a stipend for their participation.

De-Persona-a-Persona Update

Jesse Ortiz and Christian Ibarra celebrated their last De Persona a Persona class with 12 participants. De Familia a Familia began January 19 and has 18 participants. Peer to Peer began Thursday February 2nd with 9 participants. Jesse Ortiz and Christian Ibarra are the Mentors and Mary Bechthold is a volunteer Mentor. Thank you Mary! Jesse Ortiz, Alma Ruiz and Christian Ibarra have been offering IOOV presentations throughout the community in English and Spanish.

Jesse Ortiz y Christian Ibarra celebraron la última clase De Persona a Persona con 12 participantes el 19 de Enero. La clase De Familia a Familia dió comienzo el 19 de Enero y 18 participantes estan asistiendo a la clase. La clase Peer to Peer, ofrecida en inglés empezó el Jueves 2 de Febrero con 9 alumnos. Jesse Ortiz y Christian Ibarra son los maestros y Mary Bechthold la asistente voluntaria. Gracias Mary!

February General Meeting—Speakers on Homeless in San Joaquin County



NAMI Vice President William Smith provided statistics on increasing homelessness during the economic recession and introduced the Speaker Panel: Karen West, Homeless Shelter Director at the Lodi Salvation Army and Linda Haworth, Case Manager, Stockton Homeless Shelter.

The panelists gave a brief presentation including their mission statements, the services they provide and the ever increasing need for shelters and housing, especially the increase of homeless women with children. All three wanted more volunteers; Karen West invited

NAMI members to assist her staff of former homeless clients, in teaching them screening techniques in identifying mental health and physical needs of those seeking shelter for the first time. Linda Haworth said she has an increasing case load. Laura Stanley and Karen West also shared their homeless experiences. Laura also said that they see more senior citizens in addition to homeless families and that the oldest client is 92 and the youngest 6 weeks old. Laura is now assisting disabled clients in her job as assistant payee and Karen has made it her goal to do everything in her power to make the homeless shelter stay the last one her clients need by transitioning them successfully into the community.

The Q&A period was so lively that it had to be cut off due to time restraints. During this period we also found out that our local homeless shelters have made arrangements with the school districts to let children attend the same schools as they did prior to becoming homeless. They also have tutors available to help these children with their homework and all three shelters are trying to provide as stable an interim environment as possible until they can be referred to transitional – or better yet – permanent housing in the community.

The panelists also praised SJC BHS's Homeless Outreach Worker Dennis Buettner and his partner for their prompt response and doing everything possible to assist the homeless who have been identified with mental health issues. Additionally, Karen West says Dennis is the one she turns to when she is overwhelmed with too many cases or cannot achieve the desired success with one of her clients.

NAMI San Joaquin County Volunteers Honored

NAMI volunteers were honored at the January 5th General Meeting for their many years of service as **Family-to-Family Teachers and Support Group Facilitators**.



Honored for teaching **Family-to-Family** classes were Nellie Zavala, Mary Ellen Cranston-Bennett (not pictured), Dora Contreras (not pictured), Rita Fellows, Rosalva Garduno, Teresa Martinez, Tosh Saruwatari (not pictured), Nancy Smith, Irene Sherman, and Rosemary Weitz.



Honored for facilitating **NAMI support groups** were Mary Ellen Cranston-Bennett (not pictured), Rosalva Garduno, Juan Guerrero, Kathleen Guerrero (not pictured), Jennie Montoya, Gail Osburn (not pictured), Nancy Smith, Rosemary Weitz, Irene Sherman, Verna Reinhardt, Kathy Van Dyke (not pictured).

NAMI San Joaquin County 2012 Officers & Directors Installed



Newly elected Officer and Directors were installed at the January 5th General Meeting. NAMI thanks these members for serving on the 2012 NAMI Board. President, Kathleen Guerrero; Vice President, Bill Smith; Secretary, Mary Ellen Cranston-Bennett (not pictured); Treasurer, Nancy Smith; Immediate Past President, Jennie Montoya (not pictured); Directors, Mary Bechthold (not pictured), Rita Fellows, Gertie Kandris and Tasso Kandris. Each received a token of their office and a copy of the NAMI TookKit.

Northern California NAMIWalk Kick-Off



Tasso & Gertie Kandris with Students In

The Northern California NAMIWalk Kick-Off for San Joaquin County was held at the January 5th General Meeting. Newly elected President, Kathleen Guerrero, presented a skit and asked everyone to save April 28, 2012 to join her for the No. CA NAMI Walk at Wm. Land Park in Sacramento. Team Captains were introduced but more Team Captains are still needed and it is not too late to join a team. Go to NAMI.org, NAMI Walk CA, Sacramento, CA and sign up as a Team Captain or join an existing team and join the NAMI San Joaquin County affiliate and WALK. See you there!

MHSA Family Advocate Report

Hello, my name is David Haro and I am very fortunate to have been positioned the Family Advocate for San Joaquin County Behavioral Health Services, MHSA. I've been aboard the ship since October 2011 and since I have been diligently working on developing the necessary tools, curriculum, presentations, group material and flyers and other components to navigate my role effectively. My background for the last 14 years has been with SJC, Stanislaus County, Kaiser and other non-profit agencies in the capacity of case manager, psychiatric inpatient worker & liaison, advocate, substance abuse counselor, Behavioral Health Specialist, supervisor, and more. In addition, I am a family member, a husband and father, and am dedicated in helping to foster change in our community as it relates to advocacy, support and competent services for our families,

friends and loved one's, affected by mental illness. We are currently seeking family members and friends for volunteer opportunities and any support or referrals would greatly be appreciated.

David Haro, Family Advocate, CADC II
(209) 401-6087 dharo@mail.bhscbo.net

(All materials, programs, services, have been developed since coming into this position)

Highlights of new groups:

FAIR (Family Advocacy Intervention Recovery) support group for family & friends:

Lodi - 1st & 3rd Thur. 3-4:30p @ Lodi Clinic

Stockton – 2nd & 4th Mon. 3:15-4:30p @ The Wellness Center

Tracy – 2nd & 4th Wed. 10-11:15a @ Tracy Clinic

Family & Friends Education & Support Group: 10 week education series:

Stockton - Tuesdays, 5:30-7p @ SJBHS
1212 N. California St. Conf Rm. B/C

Family Advocate Volunteer Program: Contact the Family Advocate for info.

Next orientation scheduled for February 29, 2012, call for Inquiry Packet.

Other: presentations & education on various topics, interventions, support & orientations to Family Advocate services available. pages.

NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS

Stockton

Thursday Support Group & Peer Connection 1sr Thurs. each month: March 1 & April 5
Family Support Meeting 6:00 PM
Peer Connection/Recovery 6 PM

General Meeting 7:00 PM
March 1: SJC BHS Innovative Program Overview and Update Vic Singh, Director SJC BHS and/or Staff
April 5L Jean Anderson, SJC BHS Assistant Director **Film: "A Man Called Dad"** A Daughters Journey shown at NAMI 2011 Conference in Sacramento,

Saturday Support Group & Peer Connections 4th Sat. of each month: March 24th & April Mtg. cancelled due to NAMI Walk
SUPPORT MEETING 10 AM
Peer Connection/Recovery 10 AM
 Meetings held at: SJ Co. Mental Health 1212 N. California St. Ste A & B Stockton, CA

Stockton Support Group Contact:
 Mary Ellen Cranston-Bennett
 209-369-2594

Tracy

Monday Family Support Group & Peer Connection
 March 5, &. 19, April 2 & 16 7:00 PM

Peer Recovery & Wellness Wednesdays,
 March 7 &. 21—April 4 & 18 -10 AM
Location: Healthy Connections Resource Center
 35 E. 10th Street, Suite B
 Tracy, CA
Info: Kathleen Gurrero 209-468-3755

NAMI SJ Board Mtgs.
March 15 & April 19
 Board Meetings are held at 6 PM on the 3rd Thursdays of each month at:
 San Joaquin County Mental Health
 1212 N. California St. Suite A & B
 Stockton, CA

SJ Co. Mental Health Family Advocate:
 David Haro 209-401-6087

Do you know of a consumer you would like to spotlight? Contact: thefellows@sbcglobal.net or call the office at 209-468-3755


Lodi

Family Support Group
4th Thursday each month
 March 22 & April 26
Contact: Irene Sherman
 209-368-1469
 Or Joselyn Spurgeon 209-369-5936
Location: Lodi Avenue Baptist Church-Fellowship Hall
 2301 W. Lodi Avenue
 Lodi, CA 95242
 Down the street from Raley's
 Corner of Lodi Ave. & Allen Dr.
 East of Lower Sacramento Rd.

BECOME A NAMI MEMBER TODAY!

NAMI SJC Membership Drive
 Dues for 2012 are due by March 15th. Please complete the form in this newsletter. Your membership and support are essential to NAMI San Joaquin County and enable our affiliate to provide education, support and advocacy and to grow. *Already renewed your membership,?* Thank you for your continued support.

Please fill out the application form below and send it with your check of \$35 . If you have already paid your dues **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