

NEWSLETTER

NAMI San Joaquin County - P.O. Box 448, Stockton, CA 95201 Phone 209.468.3755 E-Mail: nami@mail.bhscbo.net

Visit Us On the Web: namisanjoaquin.org

San Joaquin County

Upcoming General Meeting Speakers

We will have the following speakers at our upcoming General Meetings right after the 6pm Family Support Group meeting which takes place at: S. J. Co. Mental Health — 1212 N. California St. Suite A — Stockton, CA

November 1st NAMI General Meeting

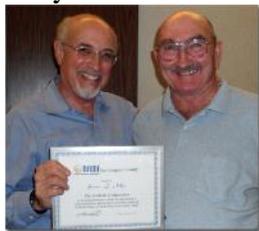
The Thursday, November 1st General Meeting will feature a **presentation of NAMI's new education program, Parents And Teachers As Allies (PTAA)**. Parents and Teachers as Allies is structured to help educators recognize early-onset mental illness in children and adolescents. Schools are in a key position to help identify mental health concerns early and to link students and parents with services. PTAA is free to teachers, support staff and parents. Please come to the meeting and support team presenters, Tosh Saruwatari, Dora Contreras, Debbie Alter, Aaron Mulcahy and Emily Saso.

December 6th General Meeting

The December 6th General Meeting will include NAMI San Joaquin County's **Election of Officers** and Directors. The evening will include a **Christmas potluck and an entertaining movie** (title to be announced). You are invited to bring your favorite dish and a hearty appetite. Christmas wishes to all from NAMI San Joaquin County and thank you to all officers and directors who work so hard to keep our affiliate functioning and growing. If you can help with this in, sometimes, over whelming task in 2013 contact the NAMI office at (209) 468-3755. Please bring a friend or family member and join NAMI SJC in extending a *Merry Christmas* to all.



Sorry You Missed these General Meetings



The **October 6th General Meeting Speaker, Baron L. Miller, Attorney at Law** gave an informative and interesting talk on estate planning for families of persons with mental illness and

introduced the audience to PLAN of CA of the Proxy Parents Foundation. **Handouts from his presentation are available on the NAMI San Joaquin County website.**

As a long time member of NAMI-SF and on the Board of Directors of PLAN, Mr. Miller has agreed to answer questions. He can be reached at Mandmlaw@aol.com.

The **October 4th General Meeting** welcomed back **Dr. Michael Rice, Pharmacist for SJC BHS** who talked about Anxiety Disorders and medications available to treat these disorders. The talk was educational, informative and a lengthy question and answer period followed. The doctor has agreed to return in 2013 for a talk about Bipolar Disorder and medications.

Voluntary Outpatient Treatment (Laura's Law), Bill AB 1569

Voluntary Outpatient Treatment (Laura's Law), bill AB 1569, was signed by Governor Brown and will extend the law giving NAMI Affiliates and other organizations time to encourage implementation of this law in their counties. Thank you to all who contacted Governor Brown and encouraged him to sign this important legislation. Member Nancy Smith brought this important and controversial issue to the San Joaquin County Mental Health Board on Wednesday, October 19th. With much discussion and with some opposition it was decided that a committee would be formed to further study all parts of the law and possible implementation in San Joaquin County. A substantial body of research establishes the effectiveness of assisted outpatient treatment outcomes for its largest population, the unserved or

underserved who suffer from Anosognosia. Specifically, the research demonstrated that AOT works. Thank you to those who attended the meeting and supported NAMI San Joaquin County's efforts to open a dialogue with county mental health. Plan to hear more about this topic in 2013.

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National Alliance on Mental Illness

NAMI EDUCATION REPORT

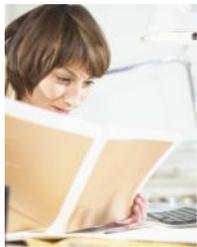
NAMI Provider Education Program 5 week class graduated 16 staff members from Community Based Organizations throughout the county on October 4th with a luncheon and certificates of completion. The class was smaller than usual so we all had an opportunity to get acquainted and learn more about the various organizations represented. Evaluations read: awesome, great course, enjoyed personal stories, professional presenters, an eye opener, attitude changer, organized, great educational service, and more.



English FAMILY-TO-FAMILY EDUCATION CLASS

The English FAMILY-TO-FAMILY EDUCATION CLASS has 4 classes to go and will present Class 10 on November 3rd. There are 26 enrolled from San Joaquin County and they will graduate on November 17, 2012.

NAMI Family-to-Family Class To Start Early February



The SPRING NAMI Free Family-to-Family Class is scheduled to begin in February at 523 W. Acacia Street, 2nd floor, Stockton (across from Dameron Hospital). Please plan to attend this twelve week education program and bring a friend or relative. The class is taught by trained NAMI family members and is for families, partners and friends of individuals with serious mental illness. Contact Mary Ellen Cranston-Bennett or Irene Sherman to register at the NAMI SJC office 209-468-3755.

NAMI SJC Presents Family to Family Workshop to Family Resource & Referral Center

The workshop for parents, providers and caregivers was warmly received by approximately twenty attendees on Tuesday, October 18, 2012 at 6:30PM. Family members presenting were Melinda Bettencourt, sibling; Dora Contreras, adult child; and Nancy Smith, parent. The audience was enthusiastic and asked questions after members shared their "lived experience" with a relative with mental illness. NAMI thanks Family Resource & Referral Center for the invitation.

Congratulations to NAMI Members who trained for the **Ending the Silence Program**. Members Gertie Kandris and Tasso Kandris received training for the anti-stigma program, Ending the Silence. They received Certificates and congratulations and will work with consumers to bring this program into high school health classes in our community. The program will be presented at a NAMI General meeting in 2013. If you are a member who can help please contact the Kandris's or leave a message at the NAMI office.

UPCOMING SCHEDULED TRAININGS

If you are a **Family-to-Family Teacher or Support Group Facilitator** and want to become a NAMI CA trainer there are two training scheduled in November. Contact.

Lynn.Cathy@namicalifornia.org. November 9-11, Family to Family Teacher Training in Oceanside, CA

November 30-December 2, Train the

Trainer Support Group in Sacramento, CA. The 2013 trainings scheduled are: January 18-20, Spanish Familia a Familia, in Los Altos, CA (our own Rosalva Garduno will be training this class); February 8-10, Teacher Training, Pittsburg, CA; April 12-14, Support Group, Pasadena, CA; May 31-June 2, Teacher Training in Citrus Heights (Sacramento) CA.

Annual Christmas Party for Consumers

The Consumer Christmas Luncheon/ Party will be held on Tuesday, December 11, 2012 at the Moose Lodge in Woodbridge. Mrs. Clara Lagorio of Pine Manor (board and care in Lodi) is in charge of this event. Mrs. Lagorio collects funds from Behavioral Health Services/ BHS, Client Benefit Fund (BHS staff contribution), Board and Care Provider Association and NAMI San Joaquin County. The Men and



Women of the Moose Lodge Lodi offer their services by way of the Moose Lodge building (free of cost) and the men and women of the Lodge cook and service the entire meal. NAMI of San Joaquin contributions purchase the gifts that are given to each consumer who attends the event.

There are a multitude of tasks that need to fall in place before this event can occur, such as wrapping of the gifts, packing of the fruit and candy and decorating of the Moose Lodge hall. All of these

tasks must be completed before the day of the event. These chores are worked on by the Moose, BHS and NAMI elves in advance. Then the consumers are transported on the day of to and from the event by the board and care and BHS staff. Most of all the consumers are dressed to the nines; this might be their only Christmas event since the consumers may be estranged from family or no longer have family to speak of. This is their time to shine and have a good time singing and dancing with their fellow peers. It's a sight to behold, this would warm any ones heart.

Nominating Committee Chair Appointed

Tasso Kandris was appointed Nominating Chair at the October 18th Board Meeting. Gertie Kandris and Rita Verde-Fellows have volunteered to assist Tasso as Nominating Chair. Tasso will be contacting members to urge them to serve NAMI San Joaquin County as Officers and Directors in 2013.

Please help if you can and volunteer for

SJCBHC Consumer Health Fair

NAMI San Joaquin County received this thank you from SJCBHS for participating and helping with the Consumer Health Fair on Thursday, October 11, 2012. Aaron Mulcahy and William Smith (NAMI V.P.) spent the day talking with participants about NAMI San Joaquin County and answering questions like 'What Is NAMI?' Both enjoyed the day and Aaron had fun visiting all the other booths. The big question was, what were we giving away? The Consumer Health Fair was a great success and NAMI SJC was glad to participate.

Coping with the Holidays

The holiday season is supposed to be a time full of joy, parties and gatherings with friends and families. But the holidays can be a difficult time for many persons dealing with

- personal grief,
- loneliness,
- illnesses of all kinds,
- economic concerns,
- separation from family members and
- relationship issues like separation or divorce.

We talk about peace on earth but live with the threat of terrorism and the reality that our country is at war.

The commercialization of the holiday season bombards us with unrealistic expectations. And many of us feel overwhelmed when our "to-do" list goes on forever!

While some people experience temporary

these important positions. You will need to give one evening each month for the meeting and be willing to work on committees to successfully continue the outstanding work of NAMI San Joaquin County. Ask any board member what a rewarding experience this is and how you can help.

Tracy Health Fair

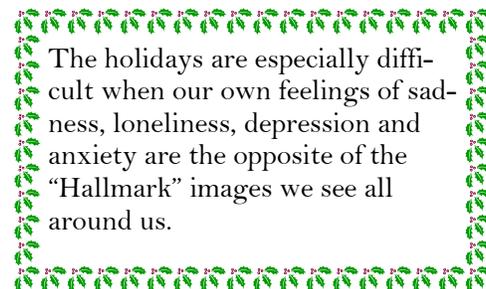
The NAMI Tracy Satellite Health Fair turned out great! NAMI members handed out about 150 of the NAMI information flyers. As well as a lot of bipolar flyers based on the interest last year, but this year the depression ones were the ones that flew off the table.

Thanks again for all who helped out. It was a really fun and productive day.

Record Day at the Park

Record Day in the Park was a great success; time well spent! NAMI had a booth Saturday, September 15, 2012. Great success. 250 balloons and much enthusiasm about the 'brain game'. We actually ran out of some literature about mental health.

periods of depression like the "holiday blues" or Seasonal Affective Disorder (SAD), many of us live with mental illness every day.



The holidays are especially difficult when our own feelings of sadness, loneliness, depression and anxiety are the opposite of the "Hallmark" images we see all around us.

Tips for Friends and Families

Family and friends can include their loved one in holiday activities to the degree that he or she is able to participate. Setting specific times for family traditions like baking special food, decorating the house, wrapping gifts or attending community

NAMIWalk 2013



SAVE THE DATE: APRIL 27, 2013!

Plans have begun for our 2013 NAMI-Walk. The first committee meeting was held Oct. 13th in Sacramento. San Joaquin County will have our Kick Off meeting in Jan., so watch for further information. We are looking for a new San Joaquin County chairperson for the NAMIWalk. If you are interested contact Irene Sherman. 368-1469.



celebrations, gives the person something to look forward to. If there is to be a large gathering of family and friends, plan ahead by preparing those persons who may not know the situation. This is a wonderful opportunity to help erase the stigma and shame too often associated with mental illness. You can help them find ways to be relaxed yet respectful of any special needs. Someone living with a mental illness can feel further disconnected from others if people ignore or avoid them. Set realistic goals and be flexible. The holidays are about love and caring one another. We would all do better to let go of the image of the "perfect" holiday and focus on accepting ourselves and our loved ones without judging, criticizing or advising.

Excerpt from a brochure called "Mental Illness: Coping with the Holidays." created by Susan Gregg-Shroeder of Mental Health Ministries

NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

Stockton

Thursday Support Group &
1st Thurs. each month:
November 1 & December 6
Family Support Group 6:00 PM
General Meeting 7:00 PM

Saturday Family Support Group &
4th Sat. of each month:
November 24 & December 22
Family Support Meeting 10 AM

The above meetings are held at:

San Joaquin County Mental Health
1212 N. California St. Suite B
Stockton, CA

NAMI SJ Board Mtgs.

November 15 & December 20 - 6PM

Meetings held at: SJ Co. Mental Health
1212 N. California St. Ste A & B
Stockton, CA

SJC Behavioral Health Svcs. Board

No Mtg. Nov. - December 12 - 6 PM
San Joaquin County Mental Health
1212 N. California St. Suite A & B
Stockton, CA

Tracy

Monday Family Support Group and Monday Connections
Nov. 5 & 19—Dec. 3 & 17 @ 7:00 PM

The above meetings are held at:
Healthy Connections
Resource Center
35 E. 10th Street, Suite B
Tracy, CA

Info: Victoria Jorgensen 209-468-3755

Spanish Support Group

4th Thursday each month
November 29 (5th Thu.) & December 27

San Joaquin County Mental Health
1212 N. California St. Suite B
Stockton, CA
Rosalva Garduno (209) 472-0191

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

SJ Co. Mental Health Family Advocate:
Richard Black 209-401-6087

BECOME A NAMI MEMBER TODAY!

Lodi

Family Support Group
4th Thursday each month
November 29 (5th Thu.) & December 27

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.

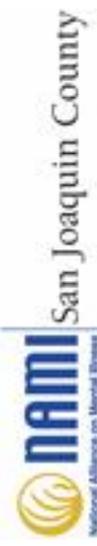
NAMI San Joaquin County is going GREEN!!

You can **help us** by receiving your letter via email. To get you e-letter **please contact** our letter Editor Rita @ thefellows@sbcglobal.net

NAMI SJC Membership Drive

Dues for 2012 are now due. Use the form on this letter to submit your renewal or new membership dues. **Your membership and support are essential** to NAMI San Joaquin County and enable our affiliate to provide education, support, advocacy and to grow.

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