

# NEWSLETTER

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)

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

### September 6th General Meeting Speaker

#### Creating an Estate Plan to Protect a Disabled Loved One

**Presenter:** Baron L. Miller, Attorney at Law

Baron L. Miller is an attorney in San Francisco who specializes in planning estates for families of persons with mental illness, and he frequently writes and speaks on the subject. He has a 36 year old daughter with schizophrenia, and he is a long-time member of NAMI-SF and of the Board of Directors of PLAN.

[Mandmlaw@aol.com](mailto:Mandmlaw@aol.com)

### Learn about:

- Establishing a special needs trust as part of an estate plan.
- Preserving assets for a person with a mental illness.
- Enabling a person with a mental illness to receive supplemental assistance while remaining eligible for public assistance.
- Identifying the requirements for a trustee, including information on the Proxy Parents Foundation of PLAN of California.

### October 4th General Meeting

**Dr. Michael Rice, Pharmacist, San Joaquin County Behavioral Health Services**

#### Bipolar and Anxiety Disorder Medications

Dr. Rice will cover medications prescribed to patients, focusing on those prescribed for Bipolar and anxiety disorder. An opportunity for a question and answer period will be provided.

## President's Message



Kathleen Guerrero

It is with my deepest regret that I inform you I must give you my resignation of the office of president of NAMI San Joaquin. In March of this year we were informed of the default of by the owner of the home we had been renting for the past 7 years. This action became a huge trigger for me and my recovery, and has greatly effected my family as well.

It has been difficult trying to find a new home. The last 6 months have been very difficult to adjust to and I have not been able to fulfill my obligations with NAMI San Joaquin County and I am very disappointed with myself, for letting all of you down.

I will continue moving forward living with my family and would like to keep our membership if that is alright with the board of directors.

For now I must focus on recovery, I have already had two manias and will soon have a surgery and my family is my greatest priority and I have a one of my daughters want to kill herself during this time. So we are doing everything we can to get her the help she needs to educate her.

For the past 5 years NAMI San Joaquin has become like my second family, I care very deeply what happens to all of the members. And I can not serve knowing that I am not doing the very best for the affiliate and its members. and all those that I come in contact with and share NAMI with.

Thank you all for giving me the opportunity to serve such a wonderful and much need organization. You all are wonderful and giving volunteers.

Thank you Bill for serving for me while I was away. I wish you all nothing but success in reaching the community. Nancy I can't say enough you mentored me and taught me, and encouraged me so much, I am forever grateful. I Never Give Up Hope!

-Best wishes to all I will miss all of you, Kathleen Guerrero.

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## NAMI SJC Education Programs Update

### NAMI SJC Provider Education

NAMI SJC Provider Education Course begins Thursday, September 6th and will meet each Thursday through October 4, 2012 from 1:00 pm to 4:30 pm at 1414 N. California St., Stockton in the Dorothy Chase Conference Room on the 2nd floor. This course provides a clinical picture of collaborative secondary intervention strategies which staff can use in practice. The purpose of the course is to help providers "see our lives" from the inside so that effective, equitable and compassionate partnerships can guide the treatment process. Any provider interested can register by e-mail at [jjjacke@sjcbhs.org](mailto:jjjacke@sjcbhs.org). Leave your name, title, date, time and location of the training.

### NAMI/CalMHSA Stigma & Discrimination

NAMI/CalMHSA Stigma and Discrimination Reduction Project Year 2 began July 1, 2012. In year two trainings for the Provider Education program are planned and a Cultural Competence Team will work with local affiliates to assess our cultural outreach needs and offer ways to reach a variety of communities more effectively with SDR programs. Presentation of IOOV will continue and Ending the Silence presentations and Parent and Teachers as Allies presentations will be made before June 30, 2013. In addition our affiliate will complete a Cultural Responsiveness Self-Assessment and members recruited will attend a Regional Cultural Responsiveness Training. Remember all programs offer stipends. To participate contact Nancy Smith, (209) 982-1750 or [Nancy9475@att.net](mailto:Nancy9475@att.net).

### Family-to-Family Fall Class

The FALL NAMI Free Family-to-Family Class is scheduled to begin September 1st 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. The class facilitators are Suzanne Levesque Kita and Rita Verde-Fellows. Contact the NAMI SJC office to register at 209-468-3755 (leave a message please) or send an e-mail to [thefellows@sbcglobal.net](mailto:thefellows@sbcglobal.net).

### NAMI Persona a Persona & Spanish Support Group Update



July 2012 Persona a Persona graduates with The Wellness Center's supervisor Michael Fields. Graduados de la clase Persona a Persona en Julio del 2012 con el supervisor de The Wellness Center, Michael Fields.

Persona a Persona concluded with nine graduates on August 6th. The Wellness Center's staff were very supportive of this NAMI class. The participants thanked Michael Fields for allowing them to use the facility for the "long-time waited for, information." Participants, and Mentors Christian Ibarra and Jesse Ortiz said they felt welcomed at Wellness Center. We are hoping to offer the next Peer to Peer class at the same facility.

### NAMI Anti Sigma Presentation

Tasso and Gertie Kandris had the pleasure of meeting with Dave Haro (SJCBS Family Advocate) and his Tuesday group at 5:30pm on July 31st at 1212 N California Street in Stockton for their NAMI Anti-Stigma presentation; the group was small and we had great participation from all members present. They provided all group members with current NAMI brochures and the Family-to-Family class flyer which were received with great interest.

### Consumer Health Fair

**October 10th, 2012**

SJC Behavioral Health Services  
1212 N. California Street  
Conference Room B  
Stockton, CA

La clase Persona a Persona concluyó con nueve participantes graduados. El personal del Wellness Center mostraron su apoyo a NAMI durante este curso. Los graduados le agradecieron al señor Michael Fields por permitirles usar ese local para adquirir "la información que tanto habían esperado," como lo dijeron en sus propias palabras. Ellos, junto con los maestros Christian Ibarra y Jesse Ortiz comentaron que se sintieron bienvenidos en el centro. Esperamos ofrecer la próxima clase en inglés Peer

to Peer ahí mismo.

Spanish support groups continue every fourth Thursday of each month at 1212 N. California at 6:00 pm. Next De Familia a Familia class will be offered in late January of 2013.

Los grupos de apoyo en español continúan el cuarto juéves de cada mes en el 1212 N. California a las 6:00 de la tarde. La siguiente clase De Familia a Familia se ofrecerá a finales de enero del 2013.

### Stockton Record's Family Day at the Park



The Record's Literacy & Book Fair is hosting the 14th annual Family Day at the Park this Saturday at University Park in Stockton. It's all about literacy, education, family and fun!

The free, public fair will feature more than 70 businesses and community organizations providing interactive projects, storytelling, street entertainment and performances by the Cesar Chavez High School Music Department.

Join NAMI San Joaquin County at  
**The Record's Literacy & Book Fair**  
Family Day at the Park

September 15th, 2012

9:30 am - 3:30 pm

## Response to our NAMI SJ President's Resignation

Although we were saddened by the resignation of our 2012 NAMI SJC president as a supportive type of organization that we are; we are also pleased that Kathleen had the strength, courage and wisdom to know when to pull back on some of her involvement to take time to recuperate and bring balance to her life.

Kathleen has worked hard for NAMI SJC, she has played a vital role in bringing the

Tracy satellite into being including organizing the various groups; Peer-to-Peer, Connections and family support with the help of her husband Juan.

We applaud Kathleen for her involvement with NAMI SJC under the pressures of being a person living with mental illness.

Kathleen will continue to be an important part of NAMI SJC. We await her return and hopefully soon.

## Consumer Spotlight - Kathleen "Kat" Gardner



Kathleen (Kat) Gardner took the first NAMI Peer to Peer class and decided she wanted to teach the class. She attended the NAMI California P2P training and has taught two classes. She has also become a NAMI CA trainer for P2P teachers and is looking forward to training someday.

Kathleen is also one of NAMI SJC's most active IOOV (In Our Own Voice) presenters. She has done presentations for many venues including SJC BHS, St. Joseph's Behavioral Health (twice each month), San Joaquin Delta College, and others. Kathleen is also part of the five members teaching team for the Provider Education Program class and will start teaching in September. She plans to take the Connections training to become a Support Group Facilitator as soon as the training is offered.

Kat is single, has a granddaughter she adores and has experience with volunteering for SJC BHS. She is a great benefit to NAMI SJC and we can't thank her enough for all she does to fight stigma and advocate for individuals living with mental illness.

## Family Advocate Report



David Haro has been promoted to a new position. We wish him well on his new job. We are confident that he will be very successful in his new position. We want to thank him for his devotion to his job as SJC BHS Family Advocate,

## San Joaquin County Mental Health & Substance Abuse Board Meetings

Wednesday, September 19th at 6pm

SJC Behavioral Health Services  
1212 N California Street, Conference Room B  
Stockton, CA

Speaker Nancy Smith, NAMI SJC

**PLEASE COME OUT AND SUPPORT NANCY!!!**

Wednesday, October 17 at 6pm

LODI PUBLIC LIBRARY, Community Rm.  
201 W. Locust Street  
(corner of Church & Locust) in Lodi.

JoAnne Mounce, Mayor of Lodi, will give a brief "Welcome to Lodi" Address. The meeting topic will be **SJC Substance Abuse Services**. NAMI NORTH SJ COUNTY

RESIDENTS PLEASE JOIN US WITH YOUR FRIENDS AND INVITE ANYONE YOU KNOW WHO IS INTERESTED IN SUBSTANCE ABUSE SERVICES/DUAL DIAGNOSIS.

attending the NAMI Board Meetings as well as all the presentations he has made to numerous organizations including NAMI SJC support and education information. In his place the new Family Advocate will start September 4th and his name is Richard Black. We will keep you updated as we receive more information. Good luck David! :)

## SUPPORT VOLUNTARY OUTPATIENT TREATMENT (LAURA'S LAW)

Show your support for implementation of Voluntary Outpatient Treatment or Laura's Law in our County by attending the Wednesday, September 19th meeting of the San Joaquin County Behavioral Health & Substance Abuse Board at 6PM. Thanks to your advocacy, the senate voted 37-0 on Monday, August 20th to extend Laura's Law. This will extend the law beyond its scheduled "sunset" at the end of this year. The bill AB 1569 will now go to the governor's desk for signing. Encourage him to sign the bill with a call. **We can't afford to wait to implement Laura's Law.** This law provides community-based, assisted outpatient treatment to individuals who - as a result of their mental illness or Anosognosia- are unable to access community mental health services voluntarily. AOT is a less restrictive, less expensive alternative to involuntary

hospitalization. MHSAs funds can pay for mental health services provided by AOT. Studies throughout the country overwhelmingly show AOT - when implemented- works. AOT helps those who need it most and improves quality of life. AOT reduces the most severe consequences of lack of treatment. AOT keeps the public safer. AOT saves money through reduction in hospitalization, homelessness, arrest, incarceration, crime, victimization, and violence.

Forty-four states permit the use of assisted outpatient treatment (AOT), also called outpatient commitment. AOT is court-ordered treatment (including medication) for individuals with severe mental illness who have a history of medication non-compliance and meet strict legal criteria, as a condition of their remaining in the community. AOT also increases treatment



compliance and promotes long-term voluntary compliance, while reducing caregiver stress. Typically, violation of the court-ordered conditions can result in the individual being hospitalized for further treatment.

A substantial body of research conducted in diverse jurisdictions over more than two decades establishes the effectiveness of assisted outpatient treatment in improving treatment outcomes for its target population. Specifically, the research demonstrated that AOT works. Why hasn't our County implemented Assisted Outpatient Treatment (Laura's Law)? Please join NAMI San Joaquin County members to hear the answer to this question and ask that Voluntary Outpatient Treatment called Laura's Law be implemented in San Joaquin County.



# NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

## Stockton

**Thursday Support Group & Peer Connections** 1st Thurs. each month: September 6 & October 4  
**Family Support Group** 6:00 PM  
**Peer Connection/Recovery** 6 PM

**General Meeting** 7:00 PM

**Saturday Family Support Group & Peer Connections** 4th Sat. of each month: September 22 & October 27  
**Family Support Meeting** 10 AM  
**Peer Connection/Recovery** 10 AM  
 San Joaquin County Mental Health  
 1212 N. California St. Suite B  
 Stockton, CA

## NAMI SJ Board Mtgs.

**September 20 & October 18 - 6PM**

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

## SJC Behavioral Health Svcs. Board

**September 19 & October 17 - 6 PM**  
 San Joaquin County Mental Health  
 1212 N. California St. Suite A & B  
 Stockton, CA

## Tracy

**Monday Family Support Group**  
**Monday Connections**  
 Sept. 3 & 17—Oct. 1 & 15 @ 7:00 PM

**Peer Recovery & Wellness**  
**Wednesdays**  
 Sept. 5 & 19—Oct. 3 & 17 @ 10 AM

**Location:** 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  
 September 27 & October 25  
 San Joaquin County Mental Health  
 1212 N. California St. Suite B  
 Stockton, CA

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

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

**BECOME A NAMI MEMBER TODAY!**

## Lodi

**Family Support Group**  
**4th Thursday** each month  
 September 27 & October 25  
**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.

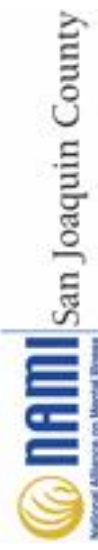
**NAMI San Joaquin County is going GREEN!!**

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

*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