

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

General Meetings are held at 7pm right after the 6pm Family Support Group (all are welcome) meetings which take place at: S. J. Co. Mental Health — 1212 N. California St. Suite A — Stockton, CA

January 3 NAMI General Meeting

The speaker for the January 3rd General Meeting will be **Sheriff Moore**. He will speak about persons with mental illness being **incarcerated and the revolving door**. He will also take questions on the topic.

February 7 General Meeting

The February General Meeting will be the **NAMI-WALKS2013 "Kick Off"** with a short presentation from NAMI California.

NAMIWalks 2013



We have a new San Joaquin County NAMIWalks Chairperson; Liz Hess, e-mail address, emhess@msn.com. Liz has stepped forward to replace Irene Sherman to work with the Northern California

NAMIWalks Steering Committee. Come to the Feb Stockton support group to hear how you can be a part of the 2013 NAMIWalks.



SAVE THIS DATE: APRIL 27, 2013!

AB1421, Assisted Outpatient Treatment (AOT), Laura's Law

On September 19, 2012, Nancy Smith, presented an informative, compelling program and DVD, *The Revolving Door*, on Assisted Outpatient Treatment hoping to open a dialogue with San Joaquin County Behavioral Health on implementation of this ten year old law. In December you were asked to attend the SJCMH&SAB meeting in support of implementation. Our apology goes out to those who wanted to attend but did not know the location or time of the meeting. Nancy did forget to include that information in her letter. A big thank you to those members who did attend who sat through the oppositions presentation on why the law should not be imple-

mented. And, a huge, special thank you to those who stood up and shared their personal experience as family members and asked questions. NAMI SJC is not giving up on this issue and you can expect more in 2013 on implementation. Research establishes the effectiveness of AOT outcomes for its largest population, the unserved or underserved who suffer from lack of insight into their illness (Anosognosia). Do your own research at www.lauraslaw.com and be ready when you are asked to **ADVOCATE**.

NAMI Nat'l Statement: The Sandy Hook Tragedy

ARLINGTON, Va., Dec. 14, 2012 /PRNewswire-USNewswire/ --The National Alliance on Mental Illness (NAMI) has issued the following statement which includes recommended links to trauma resources for families:

"Like other Americans, NAMI is horrified and saddened by today's tragedy at Sandy Hook Elementary School. As of Friday at 5:00 p.m. (Eastern), news reports indicated that close to 30 people were shot and killed, most of them children. We extend our sympathy to their families and to all who knew and loved them.

It is extremely important that the Newtown, Conn. community be prepared to provide trauma services and resources to all those affected by the tragedy. Our national community must do so as well.

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NAMI EDUCATION REPORT

IN OUR OWN VOICE (IOOV) Training in January - NAMI SJC and NAMI Stanislaus are partnering again to present an In Our Own Voice training on **Saturday, January 26 and Sunday, January 27, 2013**. The training will be held in Modesto and travel, meals and hotel room will be provided by NAMI affiliates. Applications are now being taken if you are interested in becoming a NAMI SJC IOOV presenter contact the NAMI office, (209) 468-3755, and leave contact information. After applying you will be interviewed and on your way to being an In Our Own Voice presenter.



NAMI Family-to-Family Class

The SPRING NAMI Free Family-to-Family Class is scheduled to begin **February 2nd** at [530 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 209.369.2594 or e-mail cranstonbennett.design@gmail.com.

NAMI Cal/MHSA Programs

New NAMI SJC program, Parents and Teachers as Allies, was presented twice in December to local schools and received good reviews. We need to reach schools and other organizations in our community with this unique program. We ask that each of you think of an organization that you belong to; church, school, service club, your students school, and ask to have a NAMI SJC presentation. If you can help or want to schedule a presentation contact the NAMI office, (209) 468-3755. Another program, In Our Own Voice (IOOV),

has been very successful this year and continues to be presented at mental health facilities. Individuals living with a mental illness are welcome and encouraged to become presenters. For an application contact the NAMI office at the number above. The third and newest program, Ending the Silence, will start practice sessions in January for members who have trained with NAMI California. This program is scheduled to present in high school health classes in 2013. To participate contact program coordinator, Nancy Smith, at the NAMI office.

Fall 2012 NAMI Family-to-Family Class Graduates



The English Family-to-Family Education Class finished with 12 graduating class members on November 17, 2012. Teachers Suzanne Levesque Kita (4th from left; denim jacket) and Rita Verde-Fellows (far right).

Sandy Hook *Continued from page 1*

The tragedy will inevitably leave an impression on many children. Parents and caregivers throughout the country will need to reassure them.

American Psychiatric Association recommendations include:

- Create an open and supportive environment where children know they can ask questions.
- Give honest answers and information. Use words and concepts they can understand.
- Help children to find ways to express themselves and to know that people are there to help. Remember also that children learn by watching parents and teachers react and listening to their conversations.

tions.

- Don't let children watch too much television with frightening repetitious images.
- Monitor for physical symptoms such as headaches, stomach aches or other pains.

Additional resources are also available from the Center for the Study of Traumatic Stress (CSTS), the University of [Maryland Center for School Mental Health](#) (CSMH) and the [U.S. Substance Abuse and Mental Health Services Administration](#) (SAMHSA).

NAMI will follow news reports closely as more details become known. At this time, there is no indication that mental illness was a factor in the tragedy. It is important to not

make assumptions or speculate in such cases. The overall contribution of mental disorders to the total level of violence in society is exceptionally small.

When tragedies occur, no matter what their nature or cause, national, state and local communities must come together to find out what went wrong and to take steps to ensure it does not happen again. We expect such scrutiny to occur in days and weeks ahead. Today, however, is a time to mourn and pray for the victims of a senseless act and for their survivors. As a nation, we must reassure each other."

NAMI San Joaquin County 2013 Election Results

The closing of 2012 represents a successful year for our San Joaquin NAMI affiliate and we all are looking forward to 2013. December 6th culminated the year with a pot luck dinner at our general meeting, in addition we held our annual election of officers who took office on December 8th, 2012. The newly elected officials are: Bill Smith, President; Tasso Kandris, Vice President; Nancy Smith (who graciously agreed to remain) Treasurer; Mary Ellen Cranston-Bennett (also graciously accepted to remain our) Secretary; members of the board are Rita Fellow, James Jones, Gertie

Fundraising Workshop

On Saturday, November 10th Bill Smith, Nancy Smith and Jennie Montoya attended a fundraising workshop in Mountain View hosted by NAMI Santa Clara. Participants were from NAMI affiliates in Northern California. They learned that seven out of ten people in the U.S. make donations and they are not just rich people. It was recommended that NAMI affiliates not depend on corporations only to give. The final word, individual donors are more reliable, we just have to ask. Please support your local NAMI affiliate with year end donations.

Guns/Should Mental Health Services Be Expanded?

Gertie Kandris, NAMI SJC family member, and board member also serving on the SJC Behavioral Health Services Board was interviewed by Ross Farrow a Lodi News Sentinel (LNS) reporter for an article titled "Guns/Should Mental Health Services Be Expanded?" which appeared in the paper on 12/21/12. The article had left out much of the information Gertie provided in the interview. Below is the "Letter to the Editor" she submitted containing some of the information not contained in the LNS article which is vital to the responses she provided in the interview.

When taking into consideration previous tragedies which took place at Virginia Tech, followed by Arizona and Colorado we are looking at poster children who were crying out but have fallen through the cracks when it comes to receiving mental health treatment. At this time a final diagnosis for Adam Lamza has not been released; however, there are early indications that he displayed mental health issues. I believe that earlier mental health treatment intervention could have changed the outcomes of these tragedies. When a person is mentally ill, they are not evil; it's an illness.

The great majority of people living with a mental illness are not violent; many are the victims of violence, not the perpetrators. Most

Kandris and Irene Sherman and Jenny Montoya as Past President.

We are looking at 2013 with anticipation that more of our members will become involved in the affiliates endeavors such as the NAMI-Walk 2013, volunteering on projects supported by the affiliate, office/phone support and also join the team in leadership positions.

I hope that everyone has had a VERY MERRY CHRISTMAS and will have a HEALTHY AND PROSPEROUS NEW YEAR!

Tasso Kandris



Jennie Montoya, Nancy Smith & Bill Smith

Client Christmas Party



The annual Client Christmas Party was a huge success! We had a high attendance; well over 500. Extra tables had to be set up to accommodate the crowd. The Moose

Lodge in Woodbridge prepared a delicious turkey dinner which was served by San Joaquin County Behavioral Health personnel and NAMI volunteers; Mary Ellen Cranston-Bennett, Jenny Montoya, Rosalva Garduno, Verna Reinhardt, Tosh Saruwatari, Martha Sanchez and Irene Sherman. Many thanks to Clara Lagorio who again did an outstanding job of organizing the luncheon.

"Every time I reach out beyond myself... I find the hope that has led me out of the darkness."

Mike Wallace

CBS 60 Minutes

More about Mike Wallace and about his diagnosis and struggle with depression on the [NAMI National Website](#)

of the victims refuse to file charges against their attackers. This has been more recently documented via Social Media showing a mentally ill person being savagely attacked, without provocation, and beaten. Police were able to apprehend the perpetrators thanks to Social Media.

The brain is not fully developed until the age of 25 and symptoms often show up in the group of 18 to 25 year olds, many of whom are in college at that time and often do not seek the necessary help due to stigma associated with mental illness. Mental illness is an illness like any other physical illness. Without early treatment, mental illness will become more severe. Due to misinformation and the stigma associated with mental illness and the economic downturn, mental health budgets and mental health research have often been the first to be cut by our Government. The brain is very complex and research is expensive and we will need to find ways to attract private party funding as we have for other illnesses, such as heart disease, diabetes and cancer.

Persons who suffer from very severe untreated mental illness may also have "Anosognosia", a condition which makes the person believe they are not ill and they cannot

be persuaded to receive treatment and "self medicate" through substance abuse which can result in violence and incarceration.

Taking into consideration the high cost of mental health treatment in jails/prisons in addition to less effective outcomes and the human suffering associated with this "revolving door" process, the SJC Mental Health Board has recently received two presentations (one pro and one con) with respect to Laura's Law, which allows courts to order assisted outpatient treatment for the small segment of the severely mentally ill caught in the "revolving door" process. The California law is named after Laura Wilcox, a 19-year old woman who worked at the Nevada County mental health clinic in 2001. She and two others were shot to death that year. This law was going to sunset this year and the State legislature voted to approve its extension. It is up to each County to adopt and fund this law. Following the last presentation on this subject, SJC Mental Health Director Vic Singh recommended commencing community focus groups as the next step in the process to arrive at the best solutions for San Joaquin County.

Gertie Kandris, Woodbridge

NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

Stockton

Thursday Support Group &
1st Thurs. each month:
January 3 & February 7
Family Support Group 6:00 PM
General Meeting 7:00 PM
(speakers see page 1)

Saturday Family Support Group &
4th Sat. of each month:
January 26 & February 23
Family Support Meeting 10 AM

The above meetings are held at:

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

NAMI SJ Board Mtgs.

January 17 & February 21 - 6PM

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

SJC Behavioral Health Svcs. Board

January 16 - February 20 - 6 PM
San Joaquin County Mental Health
1212 N. California St. Suite A & B
Stockton, CA

Tracy

Monday Family Support Group and Monday Connections
Jan. 7 & 21—Feb. 4 & 18 @ 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
January 24 & February 28
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!

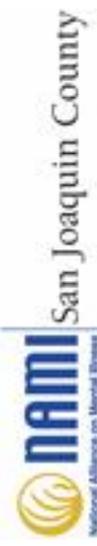
Lodi

Family Support Group
4th Thursday each month
January 24 & February 28
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 your e-letter **please contact** our letter Editor Rita @ thefellows@sbcglobal.net

NAMI SJC Membership Drive
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