

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 5:30pm Family Support Group (all are welcome) meetings which take place at: S. J. Co. Mental Health — 1212 N. California St. Suite A — Stockton, CA

JULY 4TH NAMI General Meeting



Meeting Cancelled.

Enjoy your July 4th!

AUGUST 1ST General Meeting

VIVO –through Steve Ellington
Presenter: Tham Le
Assisted by: Vickie Amkhamavong
 Vietnamese Culture Presentation
 Mental Health in the Vietnamese Community

31st Annual Ooodles of Noodles

The “Chefs” behind the success of the 31st Annual Ooodles of Noodles Raffle and Spaghetti Luncheon.



John Anagnos (fourth Chef) took the photo of the other three chefs; Tasso Kandris, Frank Natsis and Bill Smith cooking the sauce at the Omega Winery (owned by Frank).

herbs by Tasso Kandris, Strawberries by Mary Ellen Cranston-Bennett, Meat by **Todd Fabian**, Director of the **Gipson Center**, Bread by Irene Sherman, and several others donated items for the luncheon and raffle. The Ooodles of Noodles luncheon fundraiser was a success because a large number of members, volunteers, organizations and businesses donated materials for the luncheon. Everyone worked closely together and many members donated dinner and raffle tickets back to the affiliate to be used by clients. This fundraiser provides financial assistance for the clients Christmas party. I would like to personally thank each and every one of you for a job well done! Volunteers were: Tasso Kandris, Gertie Kandris, Jennie Montoya, Aaron Mulcahy, Debbie Alter, Daisy Chew, Kopal Jhalani, Marsha Fowles, Irene Sherman, Hisa Nakamura, Mary Ellen Cranston-Bennett, Bill Cook, Colleen Cook, Rosalva Garduno, Wei Lo, and Monica Torres. We received \$1,769.00 in donations from ticket sales and had expenses of \$475.68 for a net profit of \$1,293.32 which will be donated for the annual Christmas Party at the Moose Lodge.

It was quite a challenge getting this year’s Ooodles of Noodles off to a good start but with help from several friends which included **St. Basil’s Greek Orthodox Church** (recipes, commercial equipment and pot stirring), the **Omlette House** (borrowed big pot), the tomato sauce, crushed tomatoes, tomato juice, onions & mushrooms donated by William Smith, garlic &

Inside this issue:

General Meeting Speakers	1
Ooodles of Noodles	1
NAMI SJC Education Report	2
Executive Director’s Report	2
Prog. Coor & Summer Intern	2
Fall Family-to-Family Class	2
Happenings	3
Meet Aaron!	3
Book Review	3
Support Group Dates	4



NAMI EDUCATION REPORT

Peer-To-Peer Training

NAMI Peer-to-Peer Training in Campbell, CA on June 21-23 was attended by NAMI San Joaquin County member, Michael Fields. Michael finished the Peer-to-Peer class earlier this year and volunteered to become a Peer-to-Peer Mentor. NAMI SJC hopes to schedule a free, 10 week Peer-to-Peer class in September.

Keep reading the newsletter or go to www.namisanjoaquin.org for further dates and times. **Contact** Debbie Alter, Executive Director or Monica Torres, ILWMI Coordinator at the NAMI SJC office, 209 468-3755 or nami@mail.bhscbo.net to get on the attendee list.



Provider Program Teacher Training Graduates



The June Provider training in which 20 people from Merced, San Joaquin and Stanislaus Counties were **trained to be teachers for Providers**. Everyone had a lot of enthusiasm, interest and compassion for this program and

we are lucky to have them all. The next step will be for them to get together and practice as a team in order to make sure they are ready in the Fall to teach the course. This is a course that helps Providers, Family members and Individuals with Lived Experience collaborate on the best treatment for recovery. Thanks to Lynn Padlo, NAMI Stanislaus for help in putting on the training. The program was **taught by Nancy Smith and Lynn Padlo**. NAMI SJC Affiliate's new teachers are: Michael Fields, Raksmev Castleman, Crisanne Santini, Jay Smith, Irene Sherman, Monica Torres and Dora Contreras.

Welcome New Programs Coordinator & Summer Intern



Monica Torres

Please welcome to NAMI SJC our new Consumer Programs Coordinator, Monica Torres. Monica is currently completing her degree in Music Therapy and Psychology from The University of Pacific. She has been busy attending numerous trainings for the NAMI Consumer Programs and helping to promote and market these programs to the community. We are very excited to have Monica working with us! Welcome aboard!



Kopal Jhalani

We would also like to thank Kopal Jhalani who has spent the summer as an intern for NAMI SJ. Kopal is a student at Berkeley majoring in Psychology. She has been a huge help working on numerous projects. Thank you for your dedication and hard work this summer!

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

Executive Director's Report

Happy Summer NAMI Community,

The last few months have been a busy time for NAMI San Joaquin. We participated at the NAMI Walk, hosted the Oodles of Noodles Luncheon, continued community outreach, training and managing of the NAMI programs, and more.....

Now that summer is here, it's planning time! Please consider how you can be a part of helping NAMI to grow.

JUST JUMP IN! We need you!!

"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another" - Erma Bombeck

Possibly you have considered volunteering but are not sure what skills you have to offer or have transportation issues that hold you back.

Whatever the issue may be, we can find a way to get you involved!

Here are a few opportunities to consider-

- Work a few hours a week in the NAMI office - (all training provided-by fun people!)
- Deliver flyers to local medical providers (must have a big smile)
- Train to be a support group facilitator (good listeners encouraged to apply)
- Data processing- (no need to be an expert; however, experience working with Excel or other spreadsheet software is desirable)
- Data collection- (must enjoy talking on the phone and pleasantly bugging people)

I would like to thank **Stockton Unified School District Student Support Services Department** for allowing NAMI to be apart

Connections Training

NAMI San Joaquin County and NAMI Stanislaus County are planning a **Connections training** scheduled for **September**. Connections is a recovery **support group program for people living with mental illness**. The group provides a place that offers respect, understanding, encouragement and hope. The **Stockton Connections group** meets the **first Thursday of each month** (July canceled for holiday) at 5:30pm with Wendy Knowles from NAMI Stanislaus facilitating. If you would like to take the **Connections training contact** Debbie Alter or Monica Torres at the NAMI office (209) 468-3755 for an application.

Family-to-Family Fall Class

Register for NAMI Family-to-Family Education Program classes by calling the NAMI office at 209-468-3755 and leaving your contact information.

Start Date- Saturday, August 24th

Time- 9:30 a.m.

Location- 530 W. Acacia St., 2nd Floor, Stockton in Dameron Hospital Education Department classroom.

Teachers- Suzanne Levesque Kita suzannelevesque@comcast.net and Rosemary Weitz

of the Student Wellness Advisory Committee Meetings throughout the past school year. This dedicated group truly cares about the students in the district and looks for support from all community partners. NAMI was contacted to speak at SUSD school sites to parent groups (both English and Spanish). We enjoy going to the school sites and providing the staff and parents with information about NAMI San Joaquin, our free support groups and programs for both family members and those living with a mental illness. Our Stigma Reduction and Early Warning Signs of Mental Illness presentations are very well received.

If your school district does not know about NAMI, please help us to get the word out! We are available to all school districts throughout San Joaquin County.

Happenings...

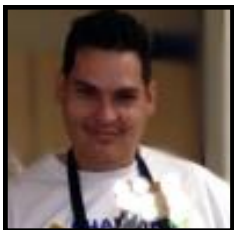


The Declaration of "May is Mental Health Month" being handed to SJC BHS Director Vic Singh & Representatives of the SJC Mental Health & Substance Abuse Board, Tasso and Gertie Kandris, by San Joaquin County Board of Supervisor Chair Ken Vogel.



Proud of our SJC BHS Family Advocate's Team and Volunteers

Meet Aaron!



Hi I am Aaron!
I was diagnosed with depression and schizophrenia at age 15. The support from my family and my therapist helped me to understand my illness.

I first got involved in NAMI in 2007 with encouragement from my Mom who is a NAMI member. When I started to attend the NAMI Consumer Support Groups it helped to have other people to talk to that were in a similar situation as me. I have learned to talk about my illness and not keep it bottled up.

Things I like to do include-

-I attend the Native American POW WOW events throughout the year. I enjoy my Apache ancestry.

-I enjoy working out by swimming, crunching and the bike (I am getting back to the gym this month!)

-I like watching sports on TV.

Other things about me-

-I am a very respectful and friendly person. I



Pictured are Debbie Alter NAMI SJC Executive Director and Monica Torres, NAMI SJC Consumer Programs Coordinator at the "Power of One," "Women Making a Difference" luncheon on May 21st at the Stockton, Hilton. Where numerous local non profits set up tables to inform and educate the community.



love volunteering for NAMI most recently at the Oodles of Noodles luncheon.

-I attend the Gibson Center where I have numerous friends, we like to hang out and talk and recently we went on a very fun camping trip. The river was freezing cold!

-I live in Stockton at an independent living home with 2 other people. We share responsibilities and I am learning to cook, just a little bit.

-I have a very close family; I see my Mom and sister frequently. We like shopping and eating out together. My older brother lives out of state but I am lucky to be able to call him anytime and share anything I need to talk about.

Life is pretty good, I am happy!

*NAMI is very grateful for Aaron as he does give of his time freely to help at NAMI functions. He does so with a very positive attitude, an infectious chuckle and a great big smile!

Thank-you for sharing with us Aaron!

Manteca Family Support Group



NAMI San Joaquin County would like to welcome Michelle Moore and Ben Shaull as **NAMI Family Support Group Facilitators**. Michelle and Ben

recently completed the NAMI training and are excited to bring the NAMI Family Support Group to Manteca. The support group will meet monthly starting on **August 19th** and continuing on **every 3rd Monday at 6:30 p.m.. Location:** Crossroads Grace Community Church 1505 Moffat Blvd. Manteca CA 95336

For more information please email Michelle at: michellerollins3@yahoo.com or call the NAMI office 468-3755

BOOK REVIEW "The Center Cannot Hold" by Elyn Saks



Suzanne Levesque

NAMI asked its readers, "Who has most influenced changes in American mental health during the past 100 years? One of the top ten leaders listed was Elyn Saks, an associate dean and professor of law, psychology and

psychiatry at the University of Southern California who lives with schizophrenia. Her autobiography, *The Center Cannot Hold: My Journey through Madness*, describes how she began having symptoms of schizophrenia as a young girl. She was not diagnosed until much later

while at college. Elyn Saks, with courage and persistence, was able to finish her schooling at Yale University and obtain her law degree, all the while resisting that she needed medication for her severe mental illness. She wrote that in spite of her intelligence and education, in spite of all the doctors, and after her many psychotic breaks, she still believed that there was nothing unusual about her thoughts. "Everyone's mind contained the chaos that mine did..." and she felt that other people were just better at hiding their thoughts. Finally, Saks accepted that she had a severe mental illness. Ironically, the more she accepted that

she had a mental illness, the less the illness defined her. She was "free". Her descriptions of psychosis and the different treatments she was offered gives the reader an idea of the trauma she experienced. Her honest story of her journey through madness helps us to have empathy for anyone who has a mental illness. With love from family & friends, as well as medication and talk therapy, Saks was able to navigate the scary road of mental illness. She is a hero who gives families and anyone diagnosed with schizophrenia the hope of having a fulfilling life.

NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

Stockton

Thursday Support Group
 1st Thurs. each month:
 July 4th (no meeting) & Aug. 1st
Family Support Group 5:30 PM
General Meeting 7:00 PM
 (speakers see page 1)



Saturday Family Support Group &
 4th Sat. of each month:
 July 27 & Aug. 24
Family Support Meeting 10:00 AM

The above meetings are held at:

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

NAMI SJ Board Mtgs.

July 18 & Aug. 15 - 6:00 PM

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

SJC Behavioral Health Svcs. Board

July 17 - Aug. 21 - 6:00 PM
 San Joaquin County Mental Health
 1212 N. California St. Suite A & B
 Stockton, CA

Tracy

Monday Family Support Group and Monday Connections
 1st Monday each month:
 July 1 & Aug. 5th -7:00 PM

The above meetings are held at:
 Healthy Connections
 Resource Center
 35 E. 10th Street, Suite B
 Tracy, CA
Info: 209-468-3755

Spanish Support Group

4th Thursday each month
 July 25 & Aug. 22—6:00 PM
 San Joaquin County Mental Health
 1212 N. California St. Suite B
Stockton, CA
 Rosalva Garduno (209) 472-0191

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

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

BECOME A NAMI MEMBER TODAY!

Lodi

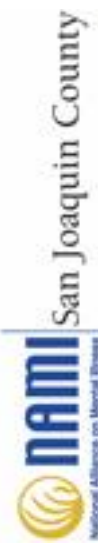
Family Support Group
4th Thursday each month:
 July 25 & Aug. 22 **6:00 PM**
Contact: Irene Sherman
 209-368-1469
 Or Joselyn Spurgeon 209-369-5936
Location: Lodi Avenue Baptist Church-
 Fellowship Hall
 2301 W. Lodi Avenue
 Lodi, CA 95242
 Down the street from Raley's
 Corner of Lodi Ave. & Allen Dr.

Manteca

Family Support Group 3rd Monday each month August 19 6:30 PM
Location:
 Crossroads Grace Community Church
 1505 Moffat Blvd.
 Manteca CA 95336
Contact: Michelle Moore at: michellerol-
 lins3@yahoo.com
 or call the NAMI office 468-3755

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