

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

MARCH 7TH NAMI General Meet-

Mr. Vic Singh, San Joaquin County Behavioral Health (SJC BH) Director will be the speaker for the general meeting on Thursday, March 7, 2013 at 7 P.M.

His presentation will cover the SJC BH protocol for obtaining services and/or service referrals for persons with mental illness (a) who live with their families who are unable to transport them to BHS, (b) who are Veterans and have difficulty obtaining VA mental health services (c) who are covered by private insurers and 2) how can we, NAMI San Joaquin, work closer with SJC BH to achieve better results and client and family member satisfaction.

APRIL 4TH General Meeting

Gertie and Tasso Kandris NAMI San Joaquin County and San Joaquin County Behavioral Health Board members will be making a presentation on **Ending the Silence (ETS)**.



A Note from NAMI San Joaquin's New Executive Director



Debbie Alter

Hello NAMI San Joaquin County Family,

I would like to introduce myself, as I am the new part-time Executive Director for our local NAMI affiliate. I am a Stockton hometown girl; lived here my entire life, and I love my community!

I am married and have two young adult children. I have successfully owned and operated two local businesses for over 25 years, however my heart has always been drawn to be part of an organization that advocates for those in need. I have a family member who lives with a mental illness. I have experienced the struggles families face when looking for answers, guidance, and most of all hope.

After I attended the 12-week Family-to-Family program offered by NAMI, I just knew I had to be part of this hidden gem of an organization. When looking at the four key words that describe NAMI's purpose, I noticed that the acronym was **S.E.A.R. Support- Education-Advocacy- Research**

One of the definitions for SEAR is-

"To brand with a hot iron"- "To leave a mark"

I want to SEAR a positive mark (the NAMI brand) into our community. I want our community to know-

- That the stigma surrounding Mental Illness has to go!
- That early detection and treatment do work.
- That we have a sparkling gem right here in our community called **NAMI** that offers **Support- Education-Advocacy- Research** for those living with a mental illness and for the family members who care for them.

To accomplish this our current membership needs to grow. Our current volunteer base needs to grow and funding needs to grow.

Our NAMI affiliate has been operating with a handful of hard working, highly dedicated and full of compassion volunteers.

I am in awe at the work they have done and programs established.

(Continued on page 2)

Inside this issue:

General Meeting Speakers	1
Note from NAMI SJC Director	1
NAMI SJC Education Report	2
NAMI CA Regional Meeting	2
Annual Strategic Planning	2
NAMI Walks	3
BHS Challenge Award	3
Stockton Record Press	3
Support Group Dates	4



National Alliance on Mental Illness

NAMI EDUCATION REPORT

IN OUR OWN VOICE TRAINING

NAMI San Joaquin County and NAMI Stanislaus joined together to offer an IN OUR OWN VOICE training on January 26th and 27th in Modesto. The six trainees who graduated from NAMI SJC are front row left, Kathleen Gardner, Emily Saso and Dora Contreras and back row left, Aaron Mulcahy, Crisanne Santini and Michael Fields. These newly trained presenters are excited and ready to present the IOOV program but need of venues for the presentations. If you know of interested organizations contact the NAMI office at (209) 468-3755 or nami@mail.bhsco.net.



IOOV Graduates

NAMI California Regional Meeting

On Monday, January 28, 2013 NAMI California held a regional meeting in Modesto that included NAMI San Joaquin County, NAMI Stanislaus, NAMI Merced and NAMI Tuolumne. The turnout was great with representation from all four affiliates and Mental Health Directors from all four counties including San Joaquin County Director, Vic Singh. Introductions were made and county directors shared what they were

doing in their counties. NAMI CA offered an outline on how to develop our own individual stories for use when addressing governing organizations or advocating in our counties. After lunch each county mental health director worked with attendees from their county to brainstorm identifying issues in the county and how to include stakeholders when making decisions. The program ended with feedback on how NAMI Califor-

nia can assist our affiliates with local advocacy and outreach. Those in attendance from NAMI San Joaquin County were Debbie Alter, Bill Smith, Mary Ellen Cranston-Bennett, Nancy Smith, Jennie Montoya, Tasso Kandris and Raul Sanchez. These meetings help us improve our presence in the community and be better advocates for those who cannot advocate for themselves.

NAMI SJC Annual Strategic Planning Meeting

NAMI San Joaquin County Officers and Directors and interested members met on January 26, 2013 for the annual Strategic Planning Meeting. Attendees reviewed NAMI San Joaquin County 2012 Successes and moved on to Challenges and Opportunities then revisited NAMI values support, education, advocacy and research, the 'four pillars' of NAMI. NAMI SJC continues to pursue NAMI Standard of Excellence with an Affiliation Agreement with NAMI in

2013-2015. Finally long range plans were discussed, goals developed and prioritized. Minutes of the meeting will be available after being approved by the Board of Directors, the plan will be reviewed yearly or bi-yearly if necessary and Committee Chairs will be included after appointment. Anyone interested in getting involved with the planning process can contact the NAMI SJC office at (209) 468-3755 or nami@mail.bhsco.net or Executive Director, Debbie Alter at (209) 478-7799 or dalter-NAMI@att.net.



Pictured left to right **1st row:** Mary Ellen Cranston-Bennett, Debbie Alter, Bonnie Slack, Jennie Montoya, Gertie Kandris, Tasso Kandris, Rosalva Garduno, **2nd row:** Rita Fellows, Nancy Smith, James Jones, Bill Smith, Irene Sherman.

New Executive Director *Cont'd from*

As with any volunteer organization, the vitality and growth require new membership and new volunteers to step up to help continue the great work that has been established. We all have a stake in this.

Now is the time to SEAR the NAMI brand into our community by challenging ourselves to assist with increasing the membership, volunteering and funding opportunities.

Our largest fundraiser for the year is the NAMI Walk and it's coming up soon on April 27th, 2013. We have challenged our affiliate (NAMI San Joaquin) by increasing our funding goal by 14%. Our goal is to raise \$20,000. I know we can do this!

There are numerous avenues within our community to gather support for the NAMI Walk, but we have to go out and ask.

An example is- Morghan Heim

Morghan is a student at Lincoln High School. She has an interest in helping her

peers who struggle with depression that can possibly lead to suicide. She has committed to being a Team Captain for the NAMI Walk. She is not a current member but she wants to participate in something positive for our community. **How many other Morghans are out there just waiting to be asked to participate in the NAMI Walk?**

I am looking for volunteers to assist with numerous projects for our affiliate. Here are some of the areas where we need help.

- Assistant Volunteer Coordinator
- Fundraising/Grant writing assistance
- Office support-Answering the phone, running copies, etc.
- Training to facilitate one of the NAMI programs
- Assist with the website updates (Content Provider; i.e., photos, announcements)

- Assist with the newsletter (gathering content/articles) and member communications
- Facilitate a support group
- Assist with Public Awareness efforts and communications
- Assist with Membership growth

I am excited to be apart of this wonderful organization and appreciate your support. Feel free to call me regarding any of the above volunteer opportunities.

Thank-you,

Debbie Alter

NAMI San Joaquin County

Executive Director

(209) 478-7799 direct

(209) 468-3775 NAMI Office

Resource/Referral Assistance

NAMIWalks 2013 Update

WE NEED YOUR HELP!!!!

As of February 14th San Joaquin County has 7 registered teams. Last year we had 12. Out of the 12 from 2012 only 4 have currently registered. Several have committed but haven't finalized their registration at the website. Our goal was to have 18 teams - so we really need to work hard to sign up those additional teams. The dollar amount we have budgeted for is \$20,000.00. So far we have raised less than \$1000.00. We only have about 10 weeks left to raise the money. If you have any questions about the walk, ways to donate or registering AND/OR need any pamphlets, forms or fund raising ideas please contact:

Liz Hess @ phone - 209-763-2584

e-mail - emhess@msn.com

fax - 209-751-4905



S.J. Co. Behavioral Health Services Receives Challenge Award



The photo shows BHS Director Vic Singh accepting this award together with his Management Team responsible for this project as well as San Joaquin County Mental Health & Substance Abuse Board Members Tasso and Gertie Kandris.

A Representative from the California State Association (CSAC) awarded San Joaquin County Behavioral Health Services (BHS) the prestigious Challenge Award during the November 6, 2012 San Joaquin County Board of Supervisors Meeting for the Behavioral Health System Redesign & Expansion Project.

The Challenge award is annually presented by CSAC to the most innovative and cost-effective programs developed by the state's 58 counties. There were 200 entries from 58 counties and San Joaquin County BHS was one of 18 counties to receive a Challenge award this year.

As a result of this Project BHS has implemented a Crisis Stabilization Unit (CSU), a Medi-Cal certified Psychiatric Health Facility (PHF), Residential Learning Communities, and will soon implement an additional 6-bed Crisis Residential program.

Since these programs were put into place, there has been a 50 percent net reduction in capital outlay with a significant increase in Medi-Cal revenue. Patient care and outcomes have also improved, including more frequent use of less restrictive levels of care, better transition between levels of care and increased use of our electronic medical records systems.

Stockton Record Press Releases

- (1) January 30, 2013, Pages A3 (Local) & A4 **"First-of-its-kind symposium tackles suicide prevention"** written by Kevin Parrish with quotes from Lynn Tarrant, Deputy Director SJC Mental Health/Children's Services.
- (2) February 1, 2013, Pages A3 (Local) & A4 **"How to Prevent Suicide"** written by Kevin Parrish as a follow-up to the symposium which includes a quote from Jean Anderson, SJC Mental Health Deputy Director.
- (3) February 2, 2013, Pages A3 (Local) & A4 **"Mental Health Services Better Option"** by Russ Skiba as a follow-up to the Sandy Hook Tragedy;
- (4) February 3, 2013, Pages A3 (Local) & A4 **"Getting Back their Freedom"**(about SJC BHS MHSA Innovation pilot program) featuring BHS client Deena Marshall and "Mental Health: S.J. moving toward a 'help-first model'" (the 2-year project for which the County received the CSAC award mentioned earlier in the Newsletter draft) written by Zachary Johnson which has quotes from Nancy Smith and Jean Anderson.

NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

Stockton

Thursday Support Group &
1st Thurs. each month:
March 7th & April 4th
Family Support Group 6:00 PM
General Meeting 7:00 PM
(speakers see page 1)

Saturday Family Support Group &
4th Sat. of each month:
March 23rd & April 27th
Family Support Meeting 10:00 AM

The above meetings are held at:
San Joaquin County Mental Health
1212 N. California St. Suite B

NAMI SJ Board Mtgs.

March 21 & April 18 - 6:00 PM

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

SJC Behavioral Health Svcs. Board

March 20 - April 17 - 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
Mar. 4 & 18 - April 1 & 15 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
March 28 & April 25, 6:00 PM
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!

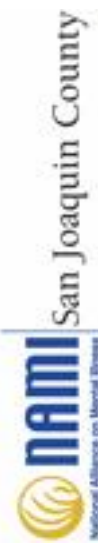
Lodi

Family Support Group
4th Thursday each month
March 28 & April 25 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.
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
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