

N E W S L E T T E R

NAMI San Joaquin County

MAY/JUNE 2013

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

MAY 2ND NAMI 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).



JUNE 6TH General Meeting

Laura Reeves, Victim Advocate with the District Attorney's Office of San Joaquin County will present information on the Victim Witness Unit.

Laura has worked in the D. A. office for 17 years in the Victim Witness Unit. The unit works with all victims of violent crime. The unit provides prevention presentations to groups and schools. The unit provides restraining orders for free for families and elder or dependent abuse. She is a single mom of a 21 year old handsome son. Born and raised in Stockton. Laura and her unit associates are advocates between families and Law Enforcement.



Looking forward to this special event when clients and family can enjoy friendship and a wonderful spaghetti lunch, we ask that you support our annual Spaghetti Lunch fundraiser. Thank you for your past contributions to NAMI San Joaquin County. The luncheon will be held on Friday, May 31, 2013. We will be celebrating our 31st year of Spaghetti Luncheons at San Joaquin County Behavioral Health Services, 1212 N. California St., Stockton. Luncheon will be served from 11:00 a.m. until 1:30 p.m.

Proceeds from luncheon and raffle ticket sales enable NAMI San Joaquin County to fund various activities. We contribute to the Christmas Luncheon/Party for clients of all ages—nearly 600 clients attended this past year. This event is held at the Loyal Order of Moose

Lodge, Lodi. During the past year we participated in Record Family Day, Stockton, having an information booth at the event. We continue to help fund the Community Skills Building Group and sponsor four support groups each month. Our Family-to-Family 12 week education course is well attended and is offered without charge; we have a Family-to-Family class in Spanish. NAMI San Joaquin County continues to participate in Crisis Intervention Training (CIT) in San Joaquin County.

Any donation, either through the purchase of tickets or in the form of a gift donated for the raffle, is greatly appreciated and tax deductible. Luncheon tickets may be purchased for \$7.00 each and raffle tickets are \$1.00 each or 6 for \$5.00.

We thank you in advance for your donation. If there are any questions or you need further information,

contact our office (209) 468-3755 (leave message).

Inside this issue:

General Meeting Speakers	1
Ooodles of Noodles	1
NAMI SJC Education Report	2
Spr 2013 Family-to-Family	2
MHSA Planning Meetings	2
Multicultural Training	2
Executive Director Comments	2
Getting to Know You	3
NAMIWalks	3
Support Group Dates	4



NAMI EDUCATION REPORT

Peer-To-Peer Training

NAMI Peer-to-Peer Class graduated six individuals living with mental illness on Tuesday, April 16th.

NAMI Peer-to-Peer Mentors, Wendy Knowles and Kathleen Gardner, and volunteer, Nicki Allen congratulated the six participants who attended the free, ten week, peer-led, recovery education course open to any person with a serious mental illness. Peer-to-Peer emphasizes recovery from mental illness as a feasible, supportable goal and challenges the stigma often wrongly associated with mental illness. Another class will be offered in the Fall and those wishing to attend can contact Debbie Alter, Executive Director, 209.478.7799 or the NAMI SJC office at 209.468.3755.

Pictured: Karen Walker, Stephanie Johnson, Michelina Segotta, David A. DesRuisseau, Mario Galindo, Michael Fields



Spring 2013 Family-to-Family

The Spring F2F started Feb. 2, 2013 with 16 participants. We've ended up with 12 loyal members. This class is ending April 20th, 2013. All are very appreciative for the opportunity to learn more about the illness of their loved one. As the class is drawing to it's close, many wanted to continue getting together on an informal basis. Perhaps they will decide on a picnic during the summer. Look for the announcement about the next F2F starting in the fall.

Multicultural Responsiveness Training

Multicultural Responsiveness Training will be offered Tuesday, May 14th in Modesto from 8:30AM until 4:00 PM. This training is a component of the NAMI California Stigma and Discrimination Reduction (SDR) Project for your NAMI Region to enhance your reach to diverse communities. NAMI SJC member, Rosalva Garduno is co-leader. Who should attend: NAMI Executive Directors, NAMI Directors and/or key members of diverse

MHSA Planning Meetings

Based on the input at two MHSA (Mental Health Services Act/Proposition 63 enacted by Voters in 2004) Planning Meetings in March and April 2013, well-attended by NAMI Members, NAMI San Joaquin arrived at the ["April 2013 Recommendations for MHSA Planning"](#) as posted on our Website which were shared with the MHSA Planning Meeting Facilitator Kayce Rane as well as Mental Health Director Vic Singh and Assistant Mental Health Director for Crisis Services **Jim Garrett.**

communities. Seating is limited. Please contact Debbie Alter, Executive Director, 209.478.7799 or Nancy Smith, 209.982.1750 if interested in attending. Training will be facilitated by Pacific Clinics, in partnership with NAMI California and the Union of Pan Asian Communities (UPAC). Funding for this training is provided through SDR project funding from CalMHSA.

Provider Education Program

NAMI Provider Education Program graduated sixteen participants on Monday, April 1st. Participants were from SJCBSH and various agencies who work with individuals living with a mental illness. The program offers 30 hours of in-service training to line staff at public mental health agencies. The class was taught by a trained five-member team; Patti White, Kathleen Gardner, Rosalva Garduno, Wendy Knowles and Nancy Smith. The class will be offered again in the Fall at SJCBSH. We were happy to hear it has become mandatory for SJCBSH employees in substance abuse services. NAMI Provider Education Program training for an additional five-member team will be offered by NAMI California on June 16-17th in Modesto. Anyone interested in training please contact Nancy Smith, 209.982.1750 or NAMI office at 209.468.3755 for an application and interview appointment.



See you Later Verna!

Get your favorite recipe out and be prepared to bring it to a farewell potluck for VERNA REINHART. She is moving to Eureka in the near future. Verna has been a faithful and involved member of the NAMI SJC for the past 40 years. If you are interested in coming to bid her a fond farewell, call: Irene Sherman 209-368-1469.

Coming soon! **New Family Support group in Manteca!**
Late July/Early August - Details in the July/August Newsletter

Executive Director Comments My first "90 days"

Hello NAMI Community,

During my first 90 days as Executive Director my life has been a whirlwind of meetings and presentations! I have attended numerous gatherings with community partners, school districts, non-profits and political entities within our community. I have enjoyed every minute of it! Stockton/San Joaquin County may be on numerous "Worst" lists, but I can assure you we have a very strong community of "The Best" people who do care and want to make a difference.

My goal continues to be sure that EVERYONE becomes familiar with NAMI San Joaquin and the services we provide,

(S.E.A.R.) Support, Education, Advocacy and Research for those living with a mental illness and their families.

This month I want to share with you my interactions with the people who represent our "Consumer Voice". Many of our programs include or are completely run by persons living with a mental illness. How else can you best shed light on a social stigma then by sharing your "lived experience?" This is the true spirit of NAMI.

The NAMI Consumer Presenters are a great group of people! They share some of the darkest moments of their lives in an effort to help all of us better understand mental illness.

Their courage to speak up and tell their story is truly remarkable.

I have had the privilege to hear these stories and I can tell you I am moved each and every time. Our NAMI Consumer Presenters have courage, strength and most of all a desire to help others. I am very proud of the work they are doing for our community!

This month we are going to feature Miss Emily Saso, one of the NAMI Consumer Presenters in our new "Getting to Know You" section. Emily has become a friend and I have learned so much from her. Thank you Emily!

Debbie Alter
Executive Director

Getting To Know You



Emily Saso

This month we are featuring Miss Emily Saso in our new “Getting to Know You” section. Emily is a NAMI Consumer Member and one of NAMI’s trained presenters for the NAMI In Our Own Voice, Parents and Teachers as Allies and Ending the Silence Programs.

Our Executive Director Debbie Alter recently interviewed Emily, lets get to know her.....

I grew up in small town near Sacramento, but my family moved frequently. I was adopted when I was 6 years old; I have 4 sisters and 2 brothers. I was diagnosed with schizoaffective disorder and borderline personality at age 15.

I joined the job corps when I was 17. I’m now 30 years old and live in a board and care home in Stockton. I love watching movies and shopping. My favorite teacher was my kindergarten teacher, Miss Wormerdan, she sang and played the guitar.

The first time I became aware that I might have a Mental Illness was in the 6th grade

about 11/12 years old. By age 13 I started to hurt myself. I tried to get help but my family didn’t understand Mental Illness and chose not to seek help for me even though my school recommended it. I would hurt myself to get the attention, as I knew I needed help. Some family members treated me like I was nothing and others treated me with respect and wanted me to get help and found help for me.

The Gibson Center referred me to NAMI SJ. The Gibson Center is a place where I hang out with other people living with a mental illness. We have group sessions discussing life topics, fun activities like Karaoke Friday (I was the winner last week!) and other fun activities. I love the In Our Own Voice Presentations it’s my favorite program to participate in that NAMI provides; I get to do more talking and sharing of my life. Sometimes I make the audience laugh and I like that. I always feel very proud of myself and that I am helping other people. I realize that there are other people out there that need the right help and I feel I am helping with that. Sharing my story is helping people to understand mental illness.

NAMI has helped me in my recovery by

teaching me coping skills and techniques that help me to be a stronger person inside and out. I feel good as they treat me just like everybody else that may not have a mental illness. I watch movies when I start to get stressed or negative thoughts come into my mind. I watch funny movies to keep me happy, but love a good scary movie to keep me jumping. I like to draw cartoon characters, it helps me to settle my mind and stay calm. It is relaxing.

My goals at this point in my life are to get higher up in the system at NAMI and to help run the NAMI programs someday. The most important thing I want people to know about me is that nobody is perfect and you can always keep trying no matter who you are or where you are from. You can do anything you want if you just stick to it and get the help you need.

Debbie: Thank you so much Emily for sharing with us today. NAMI San Joaquin County appreciates you and your hard work very much. We are proud of you and look forward to our continued partnership!



THANK YOU FOR YOUR SUPPORT!!!



Watch for details on the walk in the July/August Newsletter.

NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

Stockton

Thursday Support Group
1st Thurs. each month:
May 2 & June 6
Family Support Group **5:30 PM**
General Meeting 7:00 PM
(speakers see page 1)

Saturday Family Support Group &
4th Sat. of each month:
May 25 & June 22
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.

May 16 & June 20 - 6:00 PM

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

SJC Behavioral Health Svcs. Board

May 15 - June 19 - 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:
May 6 & June 3 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
May 23 & June 27 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!**

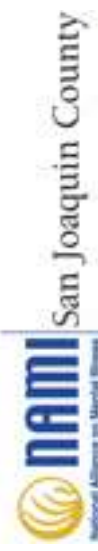
Lodi

Family Support Group
4th **Thursday** each month:
May 23 & June 27 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 educa-
tion, 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