

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. Behavioral Health — 1212 N. California St. Suite A — Stockton, CA

NOVEMBER 7TH General Meeting

Dr. Michael Rice, Pharmacist for San Joaquin County Behavioral Health Services. Dr. Rice will cover **“The Third Segment Of Anti-Psychotic Medications”**. An opportunity for a question and answer period will be provided.

DECEMBER 5TH General Meeting

The General Meeting will include NAMI San Joaquin County's **Election of Officers and Directors**. The evening will include a **Christmas potluck and an entertaining movie** (title to be announced). You are invited to **bring your favorite dish and a hearty appetite**.

October's General Meeting Presentation “PREP”



In the photo NAMI SJC V.P. Tasso Kandris handing a NAMI San Joaquin County Certificate of Appreciation to Adriana Furuzawa, MFTI, MA, CPRP, Program Manager of [PREP](#) San Joaquin County located at 1145 N. California Street, Stockton, CA, Tel. 209-603-5936.

[PREP](#) is a community partnership between Family Service Agency of San Francisco, the University of California San Francisco, and San Joaquin County

Behavioral Health Services. [PREP](#) is committed to transforming the treatment and perception of early psychosis by intervening early, with evidence-based, culturally-competent assessment and diagnosis, so that in 2 years most cases of psychosis are treated to remission.

Their **mission** is to deliver comprehensive, conscientious, and multi-faceted treatment grounded in wellness, recovery, and resilience to people experiencing signs and symptoms of psychosis and their families. Their **target population** is for San Joaquin County residents between the ages of 14-35 who are experiencing an onset of psychosis within the last two years. **Referrals** can be from SJC Behavioral Health Services or self-referrals.

Services are offered in English, Spanish, Portuguese and American Sign Language and people are accepted regardless of insurance

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NAMIWalks 2014 * SAVE THE DATE!

Please mark your calendars for Saturday **May 3rd 2014**.

You won't want to miss sharing a wonderful celebration of hope, recovery and stigma reduction at the annual NAMI Walks. A new addition to the walk will be the use of a shuttle service. Parking in the area has been a challenge, but with the new shuttle service you can easily park at the near by junior college and be shuttled back and forth to William Land Park. This is NAMI San Joaquin County's only fundraiser that supports our outreach efforts and provides for numerous educational programs and support groups. The walk is a great way to help tear down the stigma surrounding mental illness and to bring awareness into our communities.



Continued on Page 2 NAMIWalks 2014



Recovery Happens



On September 13, 2013, Mary Ellen Cranston-Bennett and Irene Sherman pictured above represented NAMI San Joaquin County at San Joaquin County Behavior Health Services 2013 Recovery Happens event held at Recovery House/Family Ties, San Joaquin General Hospital campus, French Camp.

The event was held on a Friday, attendance was enthusiastic but there could have been

NAMI Walks 2014—SAVE THE DATE!

Continued from page 1

We are looking for a **2014 Walk Chairperson and committee**. Work with fun persons eager to promote the NAMI Walk, organize and recruit teams, seek sponsors

and have a really fun time in the process, **give me a call!**

Debbie Alter 209 478-7799, we need you!!



Stockton Record - Family Day at the Park

Another successful RECORD DAY at the Park! On September 21st members, Bill and Nancy Smith, Rosalva Garduno and Aaron Mulcahy manned the NAMI San Joaquin County booth at the annual Record Day in the Park.

The event was deemed a great success! Children put together puzzles, a model brain, played the game, Brain Surgery, and colored pictures to earn mood pencils and

candy sticks while adults learned about NAMI and all it has to offer. The booth was well attended and the only damper was the thunderstorm and rain that closed the event down early.

In the photo: Left to right Nancy Smith, Rosalva Garduno, Bill Smith & Aaron Mulcahy.



NAMI CA Programs Training News

Family Support Group Facilitator Trainings

February 7-9th, 2014 - Modesto, CA

April 11-13, 2014 - Encino, CA

Family-to-Family Teacher Trainings

(Must have previously attended a Family to Family course)

November 8-10, 2013 - Chico, CA

De Familia a Familia March/April 2014 - Ontario, CA

Family to Family and May 30-June 1, 2014 Elk Grove, CA

De Familia a Familia May 30-June 1, 2014 Elk Grove, CA

Basics Program Teacher Training

February 7-9th, 2014 - Modesto, CA

April 11-13, 2014 - Encino, CA

PEER PROGRAMS and STIGMA REDUCTION PROGRAMS

(Must have previously attended a Peer-to-Peer course)

Peer-to-Peer Teacher Training - November 2013 - Orange County

Peer-to-Peer Teacher Training - May 2014 - Sacramento

Peer-to-Peer Teacher Training - May 2014 - Ventura

Connections Support Group

What is it???

NAMI Connection is a recovery support group program for **adults living with mental illness** that is expanding in communities throughout the country. These groups provide a place that offers respect, understanding, encouragement, and hope. NAMI Connection groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Meetings are held at: SJC Behavioral Health 1212 N. California St.

1st Thursday each month:

November 7 & December 5

Connections Support Group—5:30 PM



Family-to-Family Class

The Spring Family-to-Family class will start on **February, 1, 2014** and will continue for the next eleven Saturdays from 10 a.m. to 12 p.m..

To register contact NAMI San Joaquin County at nami@mail.bhsbo.net or Mary Ellen Cranston-Bennett at 209-369-2594 or at cranstonbennett.design@gmail.com

Cultural Competence & Mental Health Northern Region



(Photo from Left to Right: Raksmev Castleman, Jennifer Pol, Kerrie Melton, Debbie Alter, Becky Gould, Cris Clay, Ramona Valadez.)

The Cultural Competence & Mental Health Northern Region Summit, was a great community success! NAMI San Joaquin County participated as a panel presenter with the San Joaquin County Behavioral Health Services Consortium at the recent Cultural

Colin's Story *(From: Bringchange2mind FaceBook October 2013)*

I have been struggling with severe depression cycles for 40 years. I finally honestly accepted I have a real mental illness a year ago today. One year ago I was "sectioned twelved", which means I was admitted to a state mental facility for my own protection. I had finally totally broken down and gave up. The years of denial and covering up the illness with every drug known to man, alcohol, "spiritual discovery" seminars, jogging, counseling, positive thinking, "deep" belief in God, acupuncture, funky diets, and reading every silly book on happiness and spiritual awakening came to a thankful end. Through it all there was always a thought that "this next thing is what will get me better". Denying the truth sentenced me to years of suffering. Accepting the truth is starting to set me free. There is no point in telling my story because it would just be a repeat of many I have read here. I would like to tell you just a few things **I have learned** in the past year.

About Depression

Most people view depression as sadness, but depression has many faces including numbness, overwhelm and inexplicable anxiety. While there can be many factors at play, including chemical and hormonal imbalances, nutrition issues and lack of vitamin D, when we look at the energetic and emotional causes depression is like a big, heavy, grey blanket covering some emotion or aspect of us that for some reason we have been unable to freely feel or face.

This can include repressed anger, frustrated passion, or denied expression of some part of you - whether that means your present adult self, past self of 10/20/more years ago

Competency Summit in Modesto, CA. The Consortium representatives spoke of the wonderful collaboration between numerous community partners and showcased the strategies used to better serve all within our richly diverse community. The summit offered an assortment of cultural competence skill building workshops and provided a forum for promoting and advancing cultural competence throughout organizations in order to more effectively meet the needs of individuals and families in our community. NAMI San Joaquin County was very proud to be apart of this panel presentation.

Special thanks to Tosh Saruwatari for his wealth of information and support in preparing this presentation!

The **first thing** is when you stop trying and truly accept you have an illness it stops being "your fault".

The **second thing** is when you stop trying and truly accept you have an illness the "pretending" at life stops- you begin to have a real life again, which lifts some of the depression.

The **third thing** is when you stop trying and truly accept you have an illness you create a space for practical thinking and coping mechanisms.

I've realized "negative thinking" does not cause depression - depression is an illness which causes the negative thinking. It's not your fault. It's not my fault. It's not anyone's fault. It just is. If you are young, scared, and avoiding real professional help, or maybe a needed short stay in a hospital, please avoid 40 years of denial and suffering like I went through. **Gather yourself up and get help now.**

or even going back to your child self that is still alive and well within you often with some unfinished business!

What do you want to express that you haven't been allowed to or had the opportunity to?

What are you passionate about?

What makes you feel excited?

What makes you feel angry?

What do you regret doing or not doing?

What do you regularly (or always) deny yourself?

What would you spend more time doing if

NAMI SJC Nominating Chair Appointed

Jennie Montoya was appointed Nominating Chair at the October 17th Board Meeting. Jennie will be contacting members to urge them to serve NAMI San Joaquin County as Officers and Directors in 2014.

Please help if you can and **volunteer for these important positions.** Those wishing to serve and/or vote must be **dues paying members; if you haven't joined please do so before the election.** You will need to give one evening each month for the meeting and be willing to work on committees to successfully continue the outstanding work of NAMI SJC. Ask any board member what a rewarding experience this is and how you can help. The election which will be held at the **December 5th** General Meeting. **Contact Jennie at 209-623-6704** to be placed on the ballot. We have the following who have volunteered to run so far:

President

- Tasso Kandris

Vice President

- Bill Smith

Secretary

- Pamela Swift

Treasurer

- Elizabeth Hess

Directors

- Raksmev Castleman
- James Jones
- Gertie Kandris
- Jennie Montoya
- Irene Sherman
- Rita Verde-Fellows

you were given an extra day (or hour) a week?

Just allowing yourself to think about, or write down, the answers to these questions can start to make you feel better because whatever it is that is under that blanket feels it is finally being heard, and is being given the opportunity to express itself. If you can take some action from the answers that come, even better.

Sending some sunshine vibes to all out there that need it.

(c) Dana Mrkich 2013. Permission granted to share this article www.danamrkich.com.

NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

L o d i

Family Support Group
 4th **Thursday** each month *except holidays**:
 *Nov. 21 & *Dec. 26—**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

M a n t e c a

Family Support Group
 3rd **Monday** each month—
 November 18 & December 16—**6:30 PM**
Contact: Michelle Moore at:
Michelle4MI@yahoo.com
 or call the NAMI office 468-3755
Location:
 Crossroads Grace Community Church
 1505 Moffat Blvd.
 Manteca CA 95336

S.J. Co. Behavioral Health
Family Advocate:
Richard Black 209-401-6087

Spanish Support Group

4th **Thursday** each month
 Nov. & Dec. Mtgs. **TBA**
Contact: Rosalva Garduno
 (209) 472-0191
Location: SJC Behavioral Health
 1212 N. California St. Suite B

S t o c k t o n

Thursday Support Group 
 1st **Thursday** each month:
 November 7 & December 5
Family Support Group—5:30 PM
Connections Support Group—5:30 PM
General Meeting 7:00 PM
 (speakers see page 1)
Saturday Family Support Group
 4th **Saturday** of each month:
 November 23 & December 28—**10:00 AM**
Contact:
 Mary Ellen Cranston-Bennett
 209-369-2594
The above meetings are held at:
 San Joaquin County Behavioral Health
 1212 N. California St. Suite B
 Stockton, CA

T r a c y

Monday Family Support Group
 and Monday Connections
 1st Monday each month:
 November 4 & December 2—**7:00 PM**
Location: Healthy Connections
 Resource Center
 35 E. 10th Street, Suite B
 Tracy, CA
Info: 209-468-3755

NAMI SJ Board Mtgs.

November 21 & Dec. 19—**6:00 PM**
 Meetings held at:
 SJ Co. Behavioral Health
 1212 N. California St. Ste A & B
 Stockton, CA

SJC Behavioral Health Board Mtgs.


November 20 & Dec. 18—**6:00 PM**
 San Joaquin County Behavioral Health
 1212 N. California St. Suite A & B
 Stockton, CA

BECOME A NAMI MEMBER TODAY!

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!!**



 **NAMI** San Joaquin County
 National Alliance on Mental Illness

MEMBERSHIP APPLICATION

New Member Renewal
 General Member \$35
 Open Door (Limited Income) \$3

NAME: _____
 STREET: _____
 CITY: _____ ZIP: _____
 PHONE: _____ CELL: _____
 EMAIL: _____

ADDITIONAL DONATION

Please consider giving an additional \$25 or more to NAMI San Joaquin County. Your donation supports our local services for those with mental illness and their family members.

\$ _____ Total Enclosed

Make checks payable to:
 NAMI San Joaquin County or join online at
www.nami.org

I am interested in volunteering for NAMI San Joaquin County. Please contact me at the above address/ phone/Email.

PLEASE MAIL THIS FORM TO:

NAMI San Joaquin County
 P.O. Box 448
 Stockton, CA 95201

NAMI Joaquin County is a 501(c)(3) nonprofit organization. All contributions are tax deductible to the extent allowed by law.