

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

SEPTEMBER 5TH General Meeting

Movie: [A New State of Mind](#)
 Features just a few of the millions of Californians who are refusing to stay silent while untreated mental illness takes an unnecessary toll on our families and communities.

OCTOBER 3RD General Meeting

"PREP"
 (Prevention and Recovery in Early Psychosis)
Presenter: Adriana Furuzawa

More About "PREP"

The PREP (Prevention and Recovery in Early Psychosis) San Joaquin County Program is a community partnership between Family Service agency of San Francisco, the University of California San Francisco, and San Joaquin County Behavioral Health Services. This program serves people who had their first major psychotic episode in the previous 2 years. The target population is in the age group of 14 to 30.

PREP is committed to transforming the treatment and understanding of early psychosis by intervening early, with evidence-based, culturally-competent as-

essment and diagnosis, so that in 2 years most cases of psychosis are treated to remission. Their mission is to deliver thorough, reliable and advanced treatment grounded in wellness, recovery, and resilience to people experiencing signs and symptoms of psychosis, as well as supporting their loved ones. More information at www.prepwellness.org.

Adriana Furuzawa has been a Program Director for this nonprofit in the Bay Area for the past three years.

Help Needed at Upcoming Events

NAMI San Joaquin will be participating in two upcoming community awareness events-

-**The 2013 Recovery Happens Event** in French Camp on Friday, September 13th from 11:30-3:30

-**Family Day at the Park** in Stockton on Saturday, September 21st from 9:30-3:30

For both of these events we need NAMI members manning the booth and handing out brochures. If you can help, please contact Debbie at 478-7799.

Rick Warren—The Stigma of Mental Illness

On July 27th Pastor Rick Warren (author of "The Purpose Driven Life") gave his first public address since the suicide of his 27 year old son in April.

He urged "educators, lawmakers, healthcare professionals and church congregations to raise the awareness and lower the stigma of mental illness".

He vowed to fight the prejudice against mental illness. He also went on to say, "It amazes me that any other organ in

your body can break down and there is no shame and stigma to it. But if the brain breaks you are suppose to keep it a secret.

Here is the link to a video of his speech:
<http://www.latimes.com/local/lanow/la-me-ln-rick-warren-sermon-20130729,0,225421.story>

L.A. Times News Article provided by NAMI Member Judy Wollam
 Thank-you Judy!

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

Inside this issue:

General Meeting Speakers	1
More About "PREP"	1
NAMI SJC Top Walk Team	2
NAMI SJC Education Report	2
Executive Director News	2
Education Training Schedule	2
September Speaker - VIVO	3
NAMI CA Annual Conference	3
Lower Stress with Meditation	3
Support Group Dates	4



Stockton Record Family Day at the Park



The Record's Literacy & Book Fair is hosting the 15th annual Family Day at the Park at University Park in Stockton. It's all about literacy, education, family and fun! The free, public fair will feature more than 70 businesses and community organizations providing interactive projects, storytelling, street en-

NAMI Walk 2013 Award



A couple of photos taken at the Thursday 7pm 08/01/13 NAMI SJC General Meeting: The first photo shows Irene Sherman, NAMI Board Director, congratulating Nancy Smith, Captain of the Silence Breaker

her Team Members who helped make this award possible.

tainment and performances by the Cesar Chavez High School Music Department.

Join NAMI San Joaquin County at
The Record's Literacy & Book Fair
Family Day at the Park
September 21st, 2013 9:30 am - 3:30 pm



Team, for being the 2013 Top Team from NAMI SJC.

The other photo shows Nancy with some of

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:
September 5th & Oct. 3rd

Connections Support Group—5:30 PM

her Team Members who helped make this award possible.

Nancy's team raised over \$2,366.00 at the April NAMI Walk.

Executive Director News

Interns please apply!

NAMI has enjoyed working with Kopal Jhalani this summer as a student intern. She is returning back to her studies at Berkeley this fall and we wish her a great year! She has been a huge asset to us all summer, we are going to miss you Kopal!

If you know of a motivated college student who would like to volunteer as a NAMI

Intern, please have them contact me, Debbie Alter at (209) 478-7799. We have a variety of positions available.

Speaking of Volunteer Opportunities...

NAMI San Joaquin has numerous positions open. Most needed at this time are:

- **Volunteer Recruiting Coordinator** - assist in seeking new volunteers
- **Phone Support**-retrieve messages and

assist callers with support and referral

- **Individual Program Coordinator**- Coordinate just one NAMI program by scheduling classes, promoting the class and organizing the materials and volunteers.

Additionally, we are always looking for NAMI members who wish to train to teach or facilitate one of our many programs or support groups. Please see the list of upcoming trainings below. **WE NEED YOU!**

NAMI CA Programs Training News

Family Support Group Facilitator Trainings

September 7&8 - Campbell (San Jose), CA
September 27-29th - El Centro, CA
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

State Trainer Family to Family Training *(must be a current teacher recommend for this training)* October 18-20, 2013 - Campbell, CA

Basics Program Teacher Training

February 7-9th, 2014 - Modesto, CA
April 11-13, 2014 - Encino, CA

Provider Education Program Trainings

August 24 - 25, 2013 - Santa Clara
August 24 - 25, 2013 - San Francisco
August 24 - 25, 2013 - Sonoma
September 21-22, 2013 - Sacramento

PEER PROGRAMS and STIGMA REDUCTION PROGRAMS

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

Persona a Persona Teacher Training - October 2013 - Modesto
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

Persona a Persona Teacher Training - February 2014 - Ontario

Connections Support Group Facilitator- September 7th/8th 2013- Modesto

Connection Support Group Facilitator - November 2013 - Campbell

Connection Support Group Facilitator - March 2014 - Ontario

In Our Own Voice Train the Trainer - March 2014 - Sacramento

To register call: 209-468-3755 or e-mail dalter-NAMI@att.net

VIVO—Vietnamese Voluntary Foundation, Inc. Presentation NAMI CA Annual Conference



(Photo from Left to Right: Matthew Nguyen, Main Presenter, Nga Cindy Nguyen, Tham Le, VIVO Stockton Director receiving Certificate of Appreciation from NAMI SJC Vice President Tasso Kandris)

VIVO gave a presentation to NAMI SJC members at the General Meeting on Thursday, 08/01/13 at 7pm. Tham Le, Director of VIVO in Stockton introduced her employees Matthew Nguyen, Cultural Broker, Nga Cindy Nguyen, Cultural Broker and Vickie Akhamavong, Case Manager and Community Outreach.

In 1979 a group of young Vietnamese/American professionals in San Jose put into action their strong commitment to community services by establishing VIVO, a non-profit agency. In extending these services, VIVO developed a second non-profit agency in Stockton in 1985.

VIVO in Stockton provides two programs. The SEARS Program serves emotionally disturbed and psychologically challenged individuals by providing intensive management on the road to recovery. Goals include: reduce long-term suffering and bur-

den on family, reduce risk of suicide, increase access to proven treatments, restore a person's independence, reduce the risk of out of home placements. The G.O.A.L.S. Program helps clients Gain Older Adult Life Skills so they can continue to live with their family or reside in a place that is best for them.

VIVO's Mission is to assist refugees/immigrants and low income ethnic families to become productive members of our community and to value multicultural diversity. Their philosophy is to be passionate within a cultural framework, providing bilingual and bi-cultural services to meet individual needs with a purpose of assisting and educating people to recognize the importance of reducing health risks and seeking early treatment as well as to refer, inform, instruct and guide individuals and family members to understand mental illness.

The Vietnamese population in the United States has increased by 38% from 2000 to 2010; the largest population is in California with 581,946 Vietnamese immigrants most of whom reside in Orange County and San Jose.

The presentation included Vietnamese History, Ancestry, Geography, Languages/Communications/Gestures, Culture, Family Structure, Religion, Life Styles/nutrition, traditional medical practices versus Western medical practices as well as the impact from being refugees.



The NAMI California Conference was recently held in San Francisco with 9 NAMI San Joaquin County members attending- Bill and Nancy Smith, Rosalva Garduno, Christian Ibarra, Debbie Alter, Emily Saso, Aaron Malcahy, Jennie Montoya and Monica Torres. Our affiliate members attended numerous workshops and are excited to bring what we learned back to our community. What a great experience to be around hundreds of fellow NAMI members all working hard for their communities to help reduce stigma and offer education and support surrounding mental health. There is a uniformed consensus that now is the time to make our voices heard! If you are not a NAMI member, ***please show your support by joining today!*** (application attached on page 4)

feet on the floor and legs uncrossed. Place your hands in your lap in any position that is comfortable for you. Then set your timer for 5 min. Do not move. You can choose to listen to soothing music at this time if you so desire. Don't worry about what is going on with your thoughts-allow them to just come and go. You might even find it interesting to watch your thoughts. (have you ever wondered who is doing the thinking and who is doing the watching) When you are able to do this easily start to gradually increase the time to 20 minutes/day.



Lower Your Stress With Meditation

Meditation is now recommended by the American Medical Association. I have been meditating for 40 years. I can attest to the fact that meditation helps to lower stress levels. It has many other benefits also.

As children we went into meditations automatically when we day dreamed during our school classes.

Meditation gives the body a time to rest and just be. It can be rejuvenating and bring up your energy levels. I have received answers to questions many times while meditating. It is a way of connecting with one's own inner voice and it can calm one's restlessness.

Meditation allows us to take time for ourselves. I had been meditating for several

years when I finally realized that this was indeed true as I was a busy mom raising 3 children, working part-time as a Clinical Laboratory Scientist, and a wife. The ½ hour each day was just for me. I feel not only did I benefit from this but so did my family because the meditations allowed me to lower my stress levels and thus treat my loved ones better.

How to meditate:

Start by making an agreement with yourself to sit with your eyes closed for 5 minutes. Find some place quiet where you will be left alone. Sit in a comfortable chair with your



Would you like to meet other people who meditate regularly? I publish a monthly calendar telling where groups of people are meditating in the Stockton-Lodi area. I send it out each month via email. If you would like to receive this calendar contact me at 7judy777@gmail.com.

Article provided by NAMI Member Judy Wollam

NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

L o d i

Family Support Group
4th Thursday each month:
 September 26 & Oct. 24—**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—
 September 16 & Oct. 21—**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
 September 26 & Oct. 24—**6:00 PM**
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 Thurs. each month:
 September 5th & Oct. 3rd
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 Sat. of each month:
 September 28 & Oct. 26—**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:
No meeting Sept. 2nd
 September 9 & Oct. 1st—**7:00 PM**
Location: Healthy Connections
 Resource Center
 35 E. 10th Street, Suite B
 Tracy, CA
Info: 209-468-3755

NAMI SJ Board Mtgs.

September 19 & Oct. 17—**6:00 PM**
 Meetings held at:
 SJ Co. Behavioral Health
 1212 N. California St. Ste A & B
 Stockton, CA

SJC Behavioral Health Board Mtgs.


September 18 - Oct. 16—**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!!**





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.