

NEWSLETTER

NAMI San Joaquin County

January/February 2014

NAMI San Joaquin County - P.O. Box 448, Stockton, CA 95201 Phone 209.468.3755 E-Mail: info@namisanjoaquin.org

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

JANUARY 2ND General Meeting

Voting took place for our new NAMI Board Officers and Directors at the last General meeting of the 2013 year in December. **Join us as the new NAMI Board Officers and board members will be introduced and the outgoing members and volunteers will be honored.**

FEBRUARY 6TH General Meeting

The February General Meeting will be the **NAMI-WALKS 2014 "Kick Off"** with a short presentation from NAMI San Joaquin County Walk Chairpersons, Liz Hess and Bill Smith and hear from 2013 Team Captains.

Strategic Planning Meeting — You are invited!

I want to inform everyone of the upcoming Planning meeting for 2014 on **January 11th, 2014, at 10 AM at San Joaquin County Behavioral Health Services** on 1212 California Street Conference Room B.

It is extremely important that everyone attend, we

will set the road map for our affiliate for 2014. We need **everyone's** input and ideas. Lunch will be served **you must RSVP** by 1/7/2014 akandris@softcom.net

Tasso Kandris, President, NAMI SJC

NAMIWalks 2014 — SAVE THIS DATE: May 3, 2014



The 2014 Walk Chairpersons are **Bill Smith, NAMI SJC V.P.** and **Liz Hess NAMI Board Treasurer.**

We are looking for committee members don't hesitate to call and vol-

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.

unteer to 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. **Contact Bill at 209 479-4084, whsnursery@att.net or Liz at emhess@msn.com, 209 763-2584** we need you!!

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Peer-to-Peer Fall 2013 Graduating Class



The graduates:

1. Samira Abdo
2. John Vendel
3. Trezzure Hall
4. Ben Hernandez
5. Star Vasquez
6. Mara Duffy
7. Anthony Bologna
8. Antonette Buenavista
9. Laura Jackson
10. Sara Johnson
11. Christina Leal

Congratulations to the students who graduated from the 2013 fall Peer to Peer Program. We wish you much success in your future! **Teachers** were Michael Fields and Christian Ibarra.

U.O.P. Students Attend Provider Education Class



“My group had the most eye opening experience today and we are so proud and honored to have been allowed to participate. Thank you for making the arrangements for us to attend the Provider Education class.

Your efforts to work with us in developing a NAMI on Campus Club are appreciated and we have enjoyed meeting with you these past few months.

I speak for all of us when I say we look forward to the next class and can't wait to see where the Pacific/NAMI connection

takes patient help and education.”

Tiffany Pan represented the Mental Health Awareness Committee from U.O.P..

NAMI SJC Member Nominated to Receive the Award of Merit Honor



A long time member of NAMI San Joaquin County has been nominated to receive the Award of Merit honor in 2013. The name of the recipient will

be engraved on the plaque that hangs in the NAMI San Joaquin County office. The presentation will be made at the January 2014 General meeting to be held January 2, 2014 at 6PM. Can you guess the recipient?

After joining NAMI San Joaquin County in 1997 this person served as President, Vice President and Secretary of NAMI SJC. Trained to be a NAMI Family-to-Family teacher in 2000 this teacher taught two classes each year for many years and continues to teach one class each year and is in the

NAMI Family-to-Family Hall of Fame for teaching more than ten classes. Also trained as a NAMI Family Support Group Facilitator this person has been facilitating a group each month for more than 10 years and is in the NAMI Family Support Group Facilitator Hall of Fame and trained to present the NAMI Provider Education Program and taught one ten week class. In addition to the work in education and support has been a faithful volunteer at the NAMI SJC office for more than ten years putting in a minimum of two hours each week. This person has been NAMI SJC Newsletter editor and publisher for many years, developed flyers for programs and the NAMI SJC brochure throughout the years, has been a participant in various outreach efforts including NAMI SJC presentations, manned various booths, and participated in NAMI walks, has always volunteered to serve at the Oodles of Noo-

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

Provider Education



Another successful 5-week Provider Education Program graduated sixteen attendees on November 18, 2013. Newly trained teachers, Raksme Castleman, Dora Contreras, Michael Fields and Irene Sherman received positive evaluations, enjoyed the experience and made new contacts within the mental health community. Returning teacher, Patti White, and PEP Coordinator, Nancy Smith, appreciated the excellent presentation of the new teachers and look forward to their return to teach the next PEP in Spring 2014. The NAMI Provider Education Program offers 30 hours of in-service training to line staff at public mental health agencies.

dle, Mental Health Month Luncheon and the Moose Lodge Christmas Party for more than ten years. Besides the work with NAMI SJC this person has represented NAMI with SJC/BHS as a member of the Steering Committee and offered valuable insight to committees when SJC/BHS developed criteria for the MHSA.

This recipient is considered an honored, valuable volunteer who has participated in the sustainability and growth of NAMI SJC. Through this volunteer's hard work and perseverance NAMI SJC is a great affiliate and a standard for volunteers at NAMI San Joaquin County has been set. **Can you guess our 2013 recipient?** Join us at the **General Meeting on January 2nd** to see if you guessed correctly.

Congratulations Family-to-Family Fall 2013 Graduates!



1st row (left to right) - Gloria Ragasa, Pamela Black, Nicolasa Silva, Sonja Alvarez, Olivia Mattus,

Sothea Ung, Tham Le

2nd row - Rosemary Weitz (teacher), Sharie Ralston, Raksme Castleman, Cathy Jenkins, Sonja Hughes, Anna Trinh, Suzanne Levesque (teacher)

back row - Dave Oberholtzer, Nancy Oberholtzer, Michelle Sheldon, Robin Ramirez, Sandra Evans,

Tasso Kandris Woodbridge Citizen of the Year



Gertie & Tasso Kandris

Long-time Woodbridge resident Tasso Kandris, was among those given the red-carpet treatment on November 21st, 2013 at the Elks Lodge where he was honored for his service to the community. The Woodbridge Municipal Advisory Council (MAC) named Tasso the community's "Citizen of the Year". Tasso and his wife Gertie have been among the community's most active residents. Tasso has served off and on for several years with the Woodbridge MAC, which

makes recommendations to San Joaquin County officials that affect Woodbridge. Tasso was credited for helping improve downtown Woodbridge's appearance, helping create a community Neighborhood Watch program, being active with the county Mental Health and Substance Abuse Board, and being active in the community, which includes monitoring the activities by the Woodbridge Sanitary District.

Tasso is an immigrant from Greece who survived gunfire during World War II. He immigrated to the United States at Ellis Island in 1946 and didn't learn English until the seventh grade. However, he went on to become a Nuclear Electronics Engineer before his retirement.

2014 NAMI Board Voted In



Congratulations to the new NAMI San Joaquin County Board of Directors for the 2014 term.

Voting took place at the December 5th General Meeting. In the photo above, left to right are William "Bill" Smith **Vice President**, Elizabeth "Liz" Hess **Treasurer**, Raksme Castleman **Board Member**, Tasso Kandris **President**, Gertie Kandris **Board**

Member, Irene Sherman **Board Member**, Rita Verde-Fellows **Board Member**. Missing in the photo is the new **Secretary**, Pamela Swift. Wishing you all a great NAMI year!

Did you know that you can attend our Board Meetings? Yes! We meet on the 3rd Thursday every month. See page 4 for upcoming meetings. **See you then!**

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



Saturday Connections

NAMI San Joaquin is excited to announce the recent start of a **weekly** Connection Recovery Support Group.

- Free and confidential
- Held weekly for 90 minutes
- Designed to connect, encourage, and support participants using a structured support group model
- Led by trained facilitators living in recovery themselves

Saturday's 10:00am – 11:30am
The Wellness Center
1109 N. California St., Stockton

We want to thank Michael Fields and the Wellness Center for hosting the NAMI Connection Support Group. This peer lead group is for persons who are looking for support and encouragement with finding recovery solutions for their mental health needs. **Watch for new support groups coming soon to Tracy and Manteca!**

NAMI San Joaquin is Going GREEN!!

You can **help us** by receiving your newsletter via email.

To get your e-newsletter please send an email to: info@namisanjoaquin.org

NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

L o d i

Family Support Group
4th Thursday each month *except holidays**:
 January 23 & February 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

M a n t e c a

Family Support Group
3rd Monday each month—
 January 19 & February 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
 January 23 & February 27—**6:00 PM**
Contact: Rosalva Garduno
 (209) 472-0191
Location: SJC Behavioral Health
 1212 N. California St. Suite B
 Stockton

S t o c k t o n

Thursday Support Group
1st Thursday, each month:
 January 2 & February 6
Family Support Group—5:30 PM
Connections Support Group—5:30 PM
General Meeting 7:00 PM
 (speakers see page 1)
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

T r a c y

Monday Family Support Group
and Monday Connections
 1st Monday each month:
 January 6 & February 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.

January 16 & February 20—**6:00 PM**
 Meetings held at:
 SJ Co. Behavioral Health
 1212 N. California St. Ste A & B
 Stockton, CA

SJC Behavioral Health Board Mtgs.

January 15 & February 19—**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
- 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.namisanjoaquin.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.