

NEWSLETTER

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

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

MARCH 6TH General Meeting

Dr. Michael Rice, Pharmacist for San Joaquin County Behavioral Health Services.

Dr. Rice will cover "Medications For Treatment of Schizophrenia"

APRIL 3RD General Meeting

Mr. Vic Singh, San Joaquin County Behavioral Health (SJC BH) Director

Mr. Singh's presentation will cover the SJC BH protocol for obtaining services and/or service referrals for persons with mental illness.

2014 NAMIWalks Kick-Off



In the photo are **Donna Woods** (center), Walk Manager for the 2014 Northern California NAMIWalks with **Liz Hess** (left) and **Bill Smith** (right) NAMIWalk Co-Chairs for NAMI SJC

The 2014 NAMI-Walks Kick-Off for NAMI San Joaquin County was held at our February 6th General Meeting. Donna reported that this year NAMI Placer County will be the seventh County joining the Northern California NAMIWalks with affiliates from Amador, El Dorado, Sacramento, San Joaquin, Stanislaus and Yolo Counties "**Let's Change Minds...One Step at a Time**"; approximately 2,000 Walkers raising \$100 each are expected at the Walk which will take place on



Saturday May 3, 2014 at William Land Park, Sacramento, CA; Check-in at 8am, Speaker Program at 9am, Start Time at 10AM.

To register:

www.namiwalks.org/Northern California

Darrell Steinberg will walk with us again this year and they are expecting Doris Matsui to be "in the wings" as a Speaker. Each Walker who raises **\$100** will receive a **NAMIWalks T-Shirt**.

We are looking for committee members don't hesitate to call and volunteer 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!!**

Save the date! NAMIWalks May 3, 2014

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The Ryan M. Lauchland Memorial Fund Sponsors Basics



Ryan M. Lauchland

NAMI San Joaquin County would like to thank the Ryan M. Lauchland Memorial Fund for their generous sponsorship of two NAMI Basics classes which will be held in March and September. The Fund was formed in April 2013, after the tragic death of Ryan Lauchland, a young 23 year-old man who suffered from Bipolar Disorder. This non-profit corporation's specific purpose is to be proactive in eliminating the negative stigma of mental illnesses, to raise awareness for mental health and mental illnesses in San Joaquin County, to raise funds to help and support those living with a mental illness as well as to distribute those funds to other nonprofit organizations who render service to the community, and to provide a network of support for bereaved families.



NAMI Basics Education Program—Starts in March

We are very excited to announce that NAMI San Joaquin County will be offering the **NAMI Basics 6-week educational course**. The course is specifically designed for parents and caregivers of children/adolescents who are living with a mental illness or undiagnosed behavioral issues. It is not necessary that the child have received a specific diagnosis to attend. Parents of children with mental illness (ADD/ADHD, Depression, Anxiety, OCD, ODD, Bipolar, Conduct Disorder, Schizophrenia and Substance Abuse) have diverse and complex needs. Getting the right diagnosis and treatment, as well as education and support, is critical for the entire family. **The course is free of charge.** NAMI SJC will launch the 6-week Basics Program on Friday, **March 28th at 6:00pm to 8:30pm**. The course will continue **weekly on Friday evenings** through May 2nd. Registration is required. **Contact** Debbie Alter at 209 478-7799 or dalter-nami@att.net.



Congratulations to the newly trained teachers for the NAMI Basics Educational Program- Olivia Mattus, Tosh Saruwatari and Debbie Alter.

Provider Education

NAMI Provider Education Program class is scheduled to begin **Monday, April 7, 2014 from 1:00-4:00PM**, at SJC BH, 1212 N. California Street, Room C, Stockton. The five-session, 15-hour course for mental health professionals and providers has been well received in our community. The sessions are powerful. They teach participants and move them to tears. It challenges them to reexamine constructs of psychiatric illness and treatment, the practice of involving family caregivers in the process of effective primary patient care. To register, e-mail James Jacke at jjjacke@sjcbhs.org with the following information: First and last name, title, date, time and location of training. For information on the training call NAMI SJC at (209) 468-3755 to leave a message or **contract Nancy Smith**, PEP Coordinator, (209) 982-1750 or Nancy9475@att.net.

MEDIA OPPORTUNITY: Child and Young Adult Mental Health

A national news producer would like to talk with families currently trying to find help for a child, teenager or young adult in their 20s, but who are finding barriers or gaps in the mental health care system. **Please send a summary of your situation to NAMI Media Relations** bobc@nami.org and copy Meghan.Frank@nbcuni.com,

including telephone contact information. Only a few personal stories will be selected, but all will be considered. They will be kept confidential until permission is explicitly given for use. Please also forward this notice to anyone whom you think might be interested.

NAMI SJC Member/Volunteer Recognized with the Award of Merit Honor



NAMI Board President, Tasso Kandris presenting Award to Mary Ellen Cranston-Bennett

of Merit honor in 2013. Mary Ellen's name will be engraved on the plaque that hangs in the NAMI San Joaquin County office. The presentation was made at the January 2, 2014 General meeting.

Mary Ellen joined NAM San Joaquin County in 1979. Over the years she has served as President, Vice President and Secretary of

NAMI SJC. Trained to be a NAMI Family-to-Family teacher in 2000 and has 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 Mary Ellen 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 she has been a faithful volunteer at the NAMI SJC office for more than ten years putting in a minimum of two hours each week. Mary Ellen 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 Noodles, Mental Health Month Luncheon and the Moose Lodge Christmas Party for more than ten years. Besides the work with NAMI SJC Mary Ellen has represented NAMI with SJC BH as a member of the Steering Committee and offered valuable insight to committees when SJC BH developed criteria for the MHSA.

Mary Ellen is considered an honored, valuable volunteer who has participated in the sustainability and growth of NAMI SJC. Through this volunteers hard work and perseverance NAMI SJC is a great affiliate and a standard for volunteers at NAMI San Joaquin County has been set. **A well deserved honor indeed!**

Speaking "Openly" About Mental Illness

About two years ago I was in Davis, Ca. visiting my son, Joe who is mentally ill and diagnosed with Paranoid Schizophrenia. He wanted me to participate in one of his regular practices which was to "public speak" or evangelize in the public square. He wanted me there so I stood off to one side so that people wouldn't think I was with him. No such luck! A lady shop owner close by saw me and pretended she knew me and called me over. To her thinking, she was rescuing me from my son. As we engaged in conversation, I told her Joe was my son, and told her of my concern for him and proceeded to educate her about NAMI. Now, 2 years later, my son blames me for his problems so therefore, we are not in contact. On 2-13-14, Pat McCann, a fellow NAMI member and volunteer and I went to Davis hoping to locate my son and somehow anonymously give him a bag of clothing and goodies. Pat contributed to these items. We couldn't locate him, so Pat suggested I go into that lady's shop of 2 years ago, and see if she had recently seen my son. I hadn't heard from Joe since before Thanksgiving. I had no idea of his situation. The shop owner said she had seen Joe a day or two prior, across the street "public speaking". I mentioned I had some things for him and without me even

asking, she said she would be happy to give them to him the next time she saw him. I was so grateful that I couldn't help the tears from my eyes. We exchanged names and phone numbers, and she said she would be happy to help any way she could, making deliveries in the future. She asked where Joe lived and I said he was homeless, she was surprised as she said he looked clean and pretty well kept. She told me the downtown merchants more or less look after the less fortunate. All of this warmed my heart and relieved me of some of the anxiety of the day. **A comment she made, made me realize how important it is to speak openly about mental illness.** She said because of our first conversation 2 years ago, **she now looks at the mentally ill in a different way;** seeing them not only with an illness; but with families that are concerned and love them and **not just a "public nuisance" or someone to be feared and kept away from.** Early that same evening, 2-13-14, she called me to advise that she had seen Joe and delivered the bag. He was "public speaking" so did nothing more than acknowledge that she was putting something at his feet. She said he was thin; but otherwise looked OK. **Mission accomplished !!**

Submitted by Irene Sherman

Tracy NAMI Family Support



The NAMI Family Support Group in Tracy is now the **first and third Monday of each month.** March 3rd and March 17th and April 7th and April 21st at **7:00PM.**

NAMI Family Support Group in Tracy has a newly trained facilitator, William (Bill) Smith, assisted by long time facilitator, Nancy Smith. We thank Gail Osburn for her years of dedicated service and hope she will continue to attend the group the first and third Monday of each month. For more information **contact Bill** at (209) 982-1750 or whsnursery@att.net.

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:

Connections Support Group—5:30 PM

Now Also

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

NAMI San Joaquin County is going GREEN!!

You can **help us** by receiving your letter via email. To get your e-letter **please contact** our

Editor Rita @ thefellows@sbcglobal.net

NAMI Calif.?ornia Programs Training News

Family Support Group Facilitator Trainings

April 11-13, 2014 - Encino, CA

Family-to-Family Teacher Trainings

(Must have previously attended a Family to Family course)

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

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 - May 2014 - Sacramento

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

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

NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

L o d i

Family Support Group
4th Thursday each month *except holidays**:
 March 27 & April 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—
 March 17 & April 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
 March 27 & April 24—**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:
 March 6 & April 3
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

Connections Support Group
Saturday's 10:00 AM – 11:30 AM
The Wellness Center
 1109 N. California St., Stockton

T r a c y

Monday Family Support Group
and Monday Connections
 1st & 3rd Monday each month:
 March 3, 17, April 7 & 21
7:00 PM
Location: Healthy Connections
 Resource Center
 35 E. 10th Street, Suite B
 Tracy, CA
Info: contact Bill at (209) 982-1750 or
whsnursery@att.net.

NAMI SJ Board Mtgs.

March 20 & April 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.

March 19 & April 16—**6:00 PM**

San Joaquin County Behavioral Health
 1212 N. California St. Suite A & B
 Stockton, CA


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.

BECOME A NAMI MEMBER TODAY!

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.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.