

NEWSLETTER

NAMI San Joaquin County - P.O. Box 448, Stockton, CA 95201 ▪ 209.468.3755 ▪ info@namisanjoaquin.org ▪ namisanjoaquin.org

Find
Help and Hope

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

MAY 1ST General Meeting

Allsup - Social Security Disability Experts

What the Mental Health Community Needs to Know About:

- Social Security Disability Insurance.
- Medicare
- Back to work with SSDI

Detailed presentation info on NAMI Website see the Events tab

JUNE 5TH General Meeting

James Sooy, RAS, Registered Addiction Specialist, Recovery House Program Manager for San Joaquin County Department of Health Care Services, Division of Behavioral Health Services, Substance Abuse Services. Mr. Sooy will discuss co-occurring mental health disorders and substance abuse programs offered through county mental health..

Mr. Sooy is a nationally-accredited counselor specializing in alcohol and drug addiction.

32nd Annual Pasta Luncheon and Raffle

Looking forward to this special event when clients and family can enjoy friendship and a wonderful pasta lunch, we ask that you support our annual Pasta Lunch fundraiser.

Thank you for your past contributions to NAMI San Joaquin County. The luncheon will be held on **Friday, May 30, 2013.**

We will be celebrating our 32nd year of Pasta Lunches 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 sponsor four support groups each month. Our Family-to-Family 12 week education course is well

attended and is offered without charge; we also have a Family-to-Family class in Spanish.

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. If you cannot attend you may want to purchase luncheon tickets and donate them to be used for a client who may not be able to purchase a ticket. This is a

nice way to brighten the clients day. Luncheon tickets may be purchased for \$7.00 each and raffle tickets are \$1.00 each or 6 for \$5.00.

Raffle Prizes

- 1st prize 32 inch Television
- 2nd prize new minted silver dollar valued at \$29+; and more prizes.

Do not have to be present to win.

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).



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National Alliance on Mental Illness

In Our Own Voice "IOOV" Graduates



NAMI San Joaquin County welcomes the newest IOOV presenters Jennifer Shepperd (**seated on the rock**) and Tim Swank (**second from the left**) who attended and completed In Our Own Voice, training in Modesto on April 5-6, 2014. Coordinator, Lynn Padlo, NAMI Stanislaus, highly recommends these new presenters and is proud of their accomplishment. NAMI SJC IOOV coordinator, Michael Fields, is ready to put them to work. Congratulations Jennifer and Tim!

NAMI California Programs Training News

FAMILY TO FAMILY TRAINING (waiting list)

May 30-June 1, 2014
Elk Grove, CA

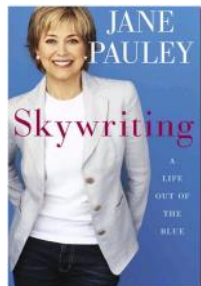
PEER PROGRAMS and STIGMA REDUCTION PROGRAMS

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

Peer-to-Peer Teacher Training -
June 20—22, 2014 - Ventura

To register call: 209-468-3755

Jane Pauley Skywriting: A Life Out of the Blue



In a new autobiography, Jane Pauley reveals that several years ago she was diagnosed with bipolar disorder. It's a revelation that surprised her fans and colleagues alike. Most at NBC didn't know about her illness or that during a leave from

the network, she'd been admitted to a psychiatric clinic. Jane says she decided if only one good thing came out of her experience, it would be the opportunity to raise awareness about bipolar disorder.

Truth arrives in microscopic increments, and when enough has accumulated—in a moment

of recognition, you just know.

You know because the truth fits. I was the only member of my family to lack the gene for numbers, but I do need things to add up. Approaching midlife, I became aware of a darkening feeling—was it something heavy on my heart, or was something missing? Grateful as I am for the opportunities I've had, and especially for the people who came into my life as a result, I couldn't ignore this feeling. I had the impulse to begin a conversation with myself, through writing, as if to see if my fingers could get to the bottom of it. It was a Saturday morning eight or ten years ago when I began following this impulse to find the answers to unformed questions. Skywriting is what I call my personal process of discovery."

Mental Health Outreach Event

WHEN:

May 10, 2014 1:00 p.m. to 3:00 p.m.

WHERE:

Bear Creek Community Church 11171 N.
Lower Sacramento Rd.

Lodi, California



The Ryan M. Lauchland Memorial Fund is hosting a FREE outreach event during Mental Health Awareness Month, to bring awareness to the importance of mental health.

Featuring:

- National Alliance on Mental Illness (NAMI) "In Our Own Voice" presentation
- Personal Testimonies from Suicide Survivors
- opportunity to get involved and help stop the negative stigma associated with mental illnesses
- Information on San Joaquin Behavioral Health Services, including Mental Health First Aid training courses.
- Information on Hospice support groups and many more resources!

Mental Health Matters Day

Mental Health Matters Day - is a day dedicated to raising awareness about mental illness and showing that mental health is important to everyone.

The dynamic speaking program will feature a keynote address from Senate pro tem Darrell Steinberg, inspiring words from pioneers of the mental health movement and new perspectives on eliminating stigma from youth leaders.

The day's events will consist of an Each Mind Matters **walk on Capitol Mall**, ending at Raley Field where the Sacramento River Cats will play the Mental Health Matters High School Day baseball game. The entire day's events will wrap up with the **Directing Change Award Ceremony** described above. Mental Health Matters Day attendees will also enjoy **interactive exhibits, live entertainment and food!**

When: May 13th, 2014

Time: 10:30am- 12:30pm

Where: South Lawn, Capitol Building,
Sacramento, CA

Cost: Free

RSVP:

<http://www.eachmindmatters.org/events/>

For more information on Mental Health Matters Day email eachmindmatters@gmail.com, visit the EachMindMatters.org website, or telephone, 916-389-2625.

Sign Up For

**The NAMI California
Annual Conference!**

August 1st & 2nd

Newport Beach Marriott

Keynote Speaker:

Marisol Hemingway

namicalifornia.org

 **NAMI California**
National Alliance on Mental Illness

March and April General Meetings



Photo of **Dr. Michael Rice**, Pharmacist for SJBHS and **Bill Smith**, NAMI SJC Vice President

Dr. Rice was the speaker at the March 6th NAMI SJC General meeting he covered "Medications For Treatment of Schizophrenia"

His presentation was lively and informative followed by a question and answer period. His presentation gave us a greater understanding of the many classes of drugs used in the treatment of schizophrenia and his personal experience as a pharmacist working in the field of mental health.

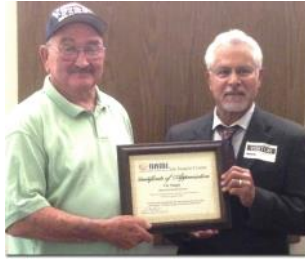


Photo of **Mr. Vic Singh**, SJC BHS Director and **Bill Smith**, NAMI SJC Vice President

Mr. Singh, San Joaquin County Behavioral Health (SJBHS) Director spoke at the April 3rd NAMI SJC General meeting.

Mr. Singh's presentation included the SJC BH protocol for obtaining services and/or service referrals for persons with mental illness and how we at NAMI San Joaquin can work closer with SJC BH to achieve better results. He also spoke about the benefits of Affordable Care Act for the mentally ill.

NAMI Cross-Cultural Training-Part 2



Dora Contreras and Nancy Smith attended the NAMI Cross-Cultural Training March 5, 2014 in Modesto. NAMI SJC Committee members unable to attend were Rosalva

Ibarra, Raksmev Castleman and Debbie Alter. An action plan was presented to the NAMI SJC Board April 17, 2014 with the creation of a Multicultural Engagement Committee (MEC). An MEC Committee Chair will be appointed and anyone willing to join the committee is welcome. **Contact Dora Contreras, (209)983-1252, dcontreras03@comcast.net or Nancy Smith, (209) 982-1750, Nancy9475@att.net for information.**

NAMIWalks 2014 Kick-Off Luncheon



In the photos are some of the attendees of the 2014 Northern California NAMIWalk Kickoff Luncheon which was held on March 7, 2014 at the Red Lion Hotel, Woodlake Conference Center in Sacramento, CA.

In the first photo on the left is NAMI San Joaquin Board President **Tasso**

Kandris and his wife Board member **Gertie Kandris**.

In the second photo on the right are Family Team Chair **Pat Pavone**, **Gertie Kandris**, and **Irene Sherman**, NAMI San Joaquin County board members, Walk Manager **Donna Wood**, a team captain from another affiliate and **Jennie Medrano** (also from NAMI SJC and best single fund raiser).

In the third photo on the right also in attendance were **Bill Smith** NAMI San Joaquin Board Vice President (his back to you) **Liz Hess**, NAMI San Joaquin County Board Treasurer and **Sheila Foster**, San Joaquin County Behavioral Health Services Family Advocate Volunteer.



Tracy NAMI Family Support



The NAMI Family Support Group in Tracy is now the **first and third Monday of each month**. May 5 and 19 as well as June 2 and 16 at **7:00PM**.

NAMI Family Support Group in Tracy has a newly trained facilitator, William (Bill) Smith, assisted by long time facilitator, Nancy Smith.

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.

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

NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

L o d i

Family Support Group
 4th **Thursday** each month *except holidays**:
 May 22 & June 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—
 May 19 & June 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
 May 22 & June 26—**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:
 May 1 & June 5
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:
 May 5 & 19—June 2 & 16
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.

May 15 & June 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.

May 21 & June 18—**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!!**




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.