

NEWSLETTER

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

SEPTEMBER 4TH General Meeting

Dr. Michael Rice,
Board Certified Psychiatric Pharmacist (BCPP)
San Joaquin Co. Behavioral Health Services.

Dr. Rice will cover “Medications For Treatment of Anxiety and Depression”

OCTOBER 2ND General Meeting

Movie: Call Me Crazy
The media and the arts have a powerful impact on helping to shape people's attitudes and perceptions. Through education and the arts, we can help guide the conversation and, ultimately, understanding of mental illness in America.

NAMI is proud to be the official Lifetime partner for "Call Me Crazy: A Five Film." Through the five shorts named after each title character-Lucy, Eddie, Allison, Grace and Maggie-powerful relationships built on hope and triumph raise a new understanding of what happens when a loved one struggles with mental illness.

NAMI Family-to-Family & Basics Education Programs Underway

NAMI Basics Education

Register today! The course begins on Friday, **September 5th, 2014**

It is FREE and meets once a week on Fridays through October 10th, 2014 (6 weeks)

Time: 6:00pm-9:00pm

NAMI Basics is a free, six-session program designed for **parents and caregivers of children and adolescents** with mental health, emotional and behavioral difficulties. NAMI Basics helps parents to understand the illnesses that are causing those behavioral difficulties and the critical role families play in the treatment process. Trained volunteer teachers who are also the parents of individuals who experienced symptoms as children teach the program. Your child does not need a specific diagnosis for you to attend.

Family-to-Family Education

A FREE, 12 week course for family & friends of individuals living with a mental illness or emotional disorder. The course begins on Saturday,

September 6, 2014 Time: 9:30 am to 12:00 pm

For more information and to register contact:
NAMI San Joaquin County Office at: 209 468-3755
email: info@namsanjoaquin.org

The Program is Designed to Provide Information about brain disorders including: Depression, Bipolar, Schizophrenia, Addictive Disorders, OCD, Panic Disorder, Dual Diagnosis, PTSD, Borderline Personality Disorder. Also covered are: Self-Care and coping tips for the entire family. Locating support and services within the community to assist in recovery. Up-to-date information on medications, side effects and strategies for medication adherence. Information on advocacy initiatives designed to improve and expand services. Evidence based, most effective treatments to promote recovery

Problem solving, listening & communication strategies. Family members of people with a mental illness often experience considerable worry, stress and the need for information and support as they try to assist their ill relative and adjust to the changes that mental illness brings to the family system.

The Location: for both programs is 530 West Acacia St. Stockton CA (across from Dameron Hospital)

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Recovery Happens Event September 13, 2014

It is that time of year to celebrate recovery! Recovery Happens takes place during **National Recovery held annually in September.** It is a national observance that educates Americans on the fact that addiction treatment and mental health services can support those with a substance use and/or mental disorder to live a healthy and rewarding life. The main focus of Recovery Happens is to laud the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, dia-

"Join the Voices for Recovery Speak Up, Reach Out!" effective, and people can, and do, recover.

This year's national theme is "Join the Voices for Recovery Speak Up, Reach Out." Recovering people make the conscientious decision to live life free of addictions (disorders), and serve as testament to the fact that recovery does work. Let us take this message throughout

our communities, and show everyone that recovery can, and does in fact, happen!

Where: South Lawn
SJC Behavioral Health Services
1212 N. California Street
Stockton, CA 95202

When: Saturday, September 13, 2014

Time: 11 :30 a.m. to 3:30 p.m.

For more information contact:

Christiane L. Highfill (209) 468-2962
or Patricia L. Colvin (209) 953-7013

Jails cont'd:

the San Joaquin County Mental Health Board Meeting on **9/17/14 at 6pm in Conference Room B at 1212 N California Street, Stockton, California.**

Mental Health Treatment Facilities In Jails

NAMI SJC Board President, Tasso Kandris Extends A Special Invitation.

I want to extend an invitation to the NAMI SJC membership and Board to attend the Mental Health and Substance Abuse Board (MH&SAB) meeting on **September 17, 2014.**

Sheriff Moore and Assistant Sheriff David Sousa will make a presentation regarding mental health treatment facilities in the Jail. The Sacramento County Jail has treatment facilities and is able to medicate folks that

suffer with mental illness even if they refuse. Assistant Sheriff Sousa, under the direction of Sheriff Moore, has been investigating the issue, feasibility and ramifications to San Joaquin County. They will make this presentation to the MH&SAB on September 17 and this should be of prime interest to the NAMI Community.

A couple of days ago, we heard on TV that Stanislaus County is building a new jail that will contain such a unit.

To learn more about this subject, please join Sheriff Moore and Assistant Sheriff Souza at

Record Day in the Park

The 2014 Stockton Record Day in the Park is scheduled for **Saturday, September 20th.** NAMI SJC has participated for many years and will need volunteers to help with set up and to occupy the booth. If you are interested contact Bill Smith at 209 479-4084 or leave a message with contact information at the NAMI office 209 468-3755. This is a great opportunity to advocate for NAMI San Joaquin County.

Provider Education

The much requested and anticipated NAMI Provider Education class is scheduled to start **Monday, October 6th at 1:00PM at San Joaquin County Behavioral Health Services (SJC BHS) 1212 California St. in Stockton.** A five-session course for mental health professionals and providers driven by managed care innovations, particularly those related to customer satisfaction and treatment outcomes, the practice of involving family caregivers in the process of hospitalization, discharge, treatment planning, follow up and monitoring is fast becoming the benchmark of effective primary patient care. The course is open to mental health providers and registration is required. **Contact**

SJCo. Mental Health Fair

San Joaquin County Mental Health Fair will be held Monday, **September 29th** at 1212 N. California Street, Stockton. Encourage family members to attend. It is a great way to evaluate your health and set up healthy goals for the whole family. NAMI San Joaquin County participates with a booth, healthy food alternatives and educational information on mental illness. **Contact** NAMI San Joaquin County at 209 468-3755 or info@namisanjoaquin.org for more information or to volunteer.

NAMI San Joaquin County at 209 468-3755 and **leave contact information.**

Stockton is Magnificent

NAMI San Joaquin County plans to participate in this year's Celebrate Stockton is Magnificent event to be held October 4th at Victory Park from noon to 3PM. The event is a great opportunity to showcase NAMI's mission statement, recruit volunteers and board members. NAMI SJC is responsible for providing our own booth set so we will need volunteers. Please **contact Bill Smith** (209) 479-4084, whsnursery@att.net if you want to help advocate for NAMI San Joaquin County.

NAMI De Familia a Familia

Alianza Nacional Sobre Enfermedades Mentales

Su Familia Lucha con una Enfermedad Mental??

DEPRESION, TRASTORNO BIPOLAR, ESQUIZOFRENIA, TRASTORNO DE PANICO O ANSIEDAD, TRASTORNO OBSESIVO COMPULSIVO, TRASTORNO DE PERSONALIDAD FRONTERIZA, TRASTORNO DE ESTRES POSTRAUMATICO SE HA HECHO USTED LAS SIGUIENTES PREGUNTAS?

Qué hago durante una crisis; como se puede evitar? Para que sirven todos estos medicamentos? Cómo puedo comunicarme mejor con mi ser querido? Porque cambian tan drásticamente cuando sufren? Cómo podemos separar los mitos de la realidad? Necesito un diagnostico!
... USTED NO ESTA SOLO!

Ofrecemos un curso GRATUITO para familiares de personas que sufren de una enfermedad mental.

HAY ESPERANZA...SI SE PUEDE!!

CUANDO: Clases inician el Viérnes 5 de Septiembre, 2013

De 6:00 a 8:30 PM

DONDE: En el 1212 N. California St. en Stockton

Para más información o para inscribirse para el curso llame a

Rosalva 603-3448 o Dora 470-6811

Este es un curso de 12 semanas. Los instructores también han luchado contra una enfermedad mental en la familia.

Cupo limitado a 20 personas

July and August General Meeting Speakers



From the left: Tasso, Lt. Dina Jose, Bill, Sheriff Moore, Capt. Kim Moule

meeting was well attended; requests were made by attendees to have the presentation e-mailed to the membership. The presentation is also on our namisanjoaquin.org website by clicking on the [Resources tab](#); bottom right corner of the page.

At the **July 3rd** meeting our Speaker Sheriff Steve Moore and staff, Lt. Dina Jose, Captain Kim Moule made a presentation on San Joaquin County Sheriff's Office Operational Efforts to Assist Subjects with Mental Illness. The



From the left: Patricia Colvin, Tasso Kandris and Christiane Highfill.

be available. Raffle tickets can be purchased for \$1.00 each contact NAMI San Joaquin Board President, Tasso Kandris akngkKandris@gmail.com.

Michael Fields, Supervisor of the Wellness Center who also serves as NAMI SJC Coordinator for In Our Own Voice (IOOV) as well as Facilitator of the Peer-to-Peer Connection group gave a presentation as to how he became involved with the Wellness Center three years ago. He shared the mission statement and programs available to all San Joaquin County mental health consumers and how this Center benefits a great and very diverse clientele. Many of these clients who sought comfort and assistance have graduated to become more self-sufficient, are volunteering and several now have jobs that they are very proud of.

NAMI SJC had two presentations at the August 7, 2014 General Meeting

Christiane Highfill and Patricia Colvin, both from BHS Substance Abuse Services, made a presentation promoting the annual September 13, 2014 "Recovery Happens" event. This will be the first time this event will take place at the main campus of SJC Behavioral Health Services on the South lawn. There will be great activities for children of all ages. Food, such as hot dogs, chips and drinks are free for consumers/clients with a minimal \$3 charge for others. Great raffle prizes, such as a 40"+ flat screen TV, will



From the left: Tasso Kandris and Michael Fields

Manteca Family Support & Connections Support Groups

Manteca now offers a **Connections Support Group** which meets at the same time as the Family Support Group on a monthly basis.. The new Connections Support group will meet on 3rd Monday of each month, 6:30-8:00 p.m. at: Crossroads Grace Community Church, Room #108, 1505 Moffat Blvd., Manteca CA 95336

Contact:
Michelle Moore at:
Michelle4MI@yahoo.com or

Michael Fields (209) 451-3977
mafieds12@msn.com
or call the NAMI SJC office 468-3755

Tracy NAMI Family Support

The NAMI Family Support Group in Tracy is held the **first Monday of each month**. September 1st and October 5th at 7:00PM.

Important change for the NAMI San Joaquin County Family Support Group in Tracy. Due to lack of attendance the **third Monday of each month FSG is cancelled**. Those wishing to attend a support group on the third Monday can attend the Manteca FSG. The NAMI Tracy FSG will only meet the first Monday of each month through December unless more support is given through attendance. Thank you for your continued support.

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

- 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**:
 September 25th & October 23rd—**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 15th & October 20th—**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 25th & October 23rd—**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:
 September 4th & October 2nd
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
Every Saturday 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 Monday each month:
 Sept. 1st and October 6th
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.

Sept. 18th & Oct. 16th—**6:00 PM**
 Meetings held at:
 SJ Co. Behavioral Health
 1212 N. California St. Ste A & B
 Stockton, CA

SJC Behavioral Health Board Mtgs.

Sept. 17th & Oct. 15th—**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
- General Member \$35
- Open Door (Limited Income) \$3
- Renewal

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.