

# NEWSLETTER

NAMI San Joaquin County - P.O. Box 448, Stockton, CA 95201 ■ 209.468.3755 ■ [info@namisanjoaquin.org](mailto:info@namisanjoaquin.org) ■ [namisanjoaquin.org](http://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

### JULY 2ND, General Meeting

**Steve Moore**  
San Joaquin County  
Sheriff-Corner-Public Administrator  
**Lt. Dina Jose**  
San Joaquin County  
Custody Division - Realignment Unit

### AUGUST 6TH, General Meeting

**Kathy Hannah MFT SJCBS -**  
San Joaquin County Behavioral Health Services (SJCBS)  
Crisis-Crisis Stabilization-(PHF)  
Psychiatric Health Facility Unit

## Multicultural Mental Health



**Bebe Moore Campbell**

In July, organizations across the country will take part in Bebe Moore Campbell National Minority Mental Health Awareness Month. Named after Bebe Moore Campbell, an accomplished author, activist, and NAMI Urban Los Angeles

co-founder, July is a month to focus on building awareness about the importance of mental wellness and effective mental health care and informing the community about available resources.

She received NAMI's 2003 Outstanding Media Award for Literature (see works below). Campbell advocated for mental health education and support among individuals of diverse communities.

In 2005, inspired by Campbell's charge to eliminate stigma and provide mental health information, long-time friend Linda Wharton-Boyd suggested dedicating a month to the effort. When Campbell reacted with, "You can't just do that," Wharton-Boyd responded, "Claim it!" And together they did.

The duo got to work, outlining the concept of National Minority Mental Health Awareness Month and what it would entail. With the support of the D.C. Department of Mental Health and then-mayor

Anthony Williams, they held a news conference in Southeast D.C., where they encouraged residents to get mental health checkups. Support continued to build as Campbell and Wharton-Boyd held book signings, spoke in churches and created a National Minority Mental Health Taskforce of friends and allies.

However, the effort came to a halt when Campbell became too ill to continue. When Campbell lost her battle to cancer, Wharton-Boyd and a cadre of friends, family and ally advocates reignited their cause, fueled by the passion to honor the life of an extraordinary woman.

The taskforce members researched and obtained the support of Representatives Albert Wynn [D-MD] and Diane Watson [D-CA], who cosigned legislation to create an official minority mental health awareness month.

In May 2008 the US House of Representatives proclaimed July as Bebe Moore Campbell National Minority Mental Health Awareness Month

The resolution, sponsored by Rep. Albert Wynn [D-MD] and cosponsored by a large bipartisan group, was passed in recognition that:

Improved access to mental health treatment and services and public awareness of mental illness are of paramount importance; and An appropriate month should be recognized as Bebe Moore Campbell National Minority Mental Health Awareness Month to enhance public awareness of mental illness and mental illness among minorities.

### Inside this issue:

July/August General Meetings	1	Fall Family Class	2	2015 NAMIWalks	3		
Multicultural Mental Health	1	BHS Contract	2	NAMI CA Annual Conference	3		
Crisis Intervention Training	2	NAMI Nat'l New Initiative	2	NAMI Connections Support	3	Support Groups	4



## Crisis Intervention Team (CIT) Training/Stepping UP

On Monday, June 15th at the Robert J. Cabral Center in Stockton, Irene Sherman, family member, NAMI member and former Marshal of the court together with William H. Smith, family member, NAMI member and first responder fire and fire/arson investigator took part in CIT training with a presentation. Their remarks were well received. Course Content: This course is designed to emphasize the latest techniques for dealing with mental health consumers and non-consumers in crisis. Officers learn through case studies of officer involved shootings, using tactical consideration and negotiating techniques, and maximizing their overall crisis intervention skills. In

addition to understanding symptoms and promoting your safety, Topics include:

- Major mental illnesses and crisis situations
- Suicide by Cop
- PTSD, TBI and returning veterans
- Improving tactics and liability management
- Maintaining mental health and well being

This training is sponsored by San Joaquin County Behavioral Health Services in conjunction with the National Alliance on Mental Illness.

## Fall Family-to-Family Class



The Fall Family to Family class is scheduled to start September 12th and will go through November 21st, 2015.

### 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
- ◆ 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.

For more information and **to register** contact: NAMI SJC Office at: 209 468-3755 or email: [info@namisanjoaquin.org](mailto:info@namisanjoaquin.org)

**All course materials and classes are FREE.**

## BHS contract with NAMI San Joaquin

NAMI San Joaquin has been awarded a contract from San Joaquin County Behavioral Health Services for \$35,000 for the following NAMI Programs:

- ◆ 55 - 100V,
- ◆ 2 - Family to Family, 3-Provider Education,
- ◆ 1-Peer to Peer,
- ◆ 4-Parents and Teachers as allies,
- ◆ 1-Basics, 1 Volunteer coordinator and trainer.

Other programs will be added by the board as needed funded by Weber Grant and NAMI WALK..

Contract administrator William H. Smith Sr. Volunteer Coordinator and Trainer Ron Shaw

## NAMI National New Initiative Aims to Get Individuals Out Of Jail & Into Treatment.

Every year 2 million people living with a mental illness get admitted to jails in the United States. People who could be helped with treatment and support are being caught in a system that makes it harder to recover. This May NAMI and a powerful coalition of organizations including the Council of State Government Justice Center, The National Association of Counties and the American Psychiatric Foundation launched the Stepping Up Initiative, a national effort to get people with mental illness out of jails and into treatment. Stepping up will challenge counties and local communities to work together to find solutions. The initiative will provide step-by-step guidance for building partnerships, assessing needs, and planning for effective programs and services. By connecting communities and sharing examples of effective reforms, Stepping Up will give local leaders the tools and guidance they need to implement practices we know work--- and get people out of jail and on the road to recovery.



## Family-to-Family Participant Perspectives

"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers...it has helped me to better understand and communicate more effectively with my brother."

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."

To learn more visit  
[www.nami.org/steppingup](http://www.nami.org/steppingup).

## 2015 NAMIWalks Norther California

Northern California Walk received over \$140,000.00 in donations. The final numbers aren't in but so far San Joaquin County's ten teams brought in over \$13,000.00. There was enjoyable music and everyone had a great time with a pot luck following the walk. The farmers market was a huge success. The memory wall was a nice touch and there were more booths manned by affiliates and major donors than ever with lots of handouts, information and small gifts. For those who could not make it this year, you were missed and we hope you will mark it on your calendars now so you won't miss it next year.....

Team Laura's Law



Liberated Minds Team



Team Hope for Tomorrow

### NAMI California 2015 Annual Conference Bringing Communities Together

Marriott Newport Beach Hotel and Spa  
900 Newport Center Drive  
Newport Beach, California 92660

August 21st & 22nd 2015  
Speakers:

**Dr. William Beardslee, MD**  
Director, Baker Prevention Initiatives, Boston Children's Hospital and Gardner/Monks Professor of Child Psychiatry, Harvard Medical School

**Judge Lawrence Brown**  
Superior Court Judge, Sacramento  
In addition to criminal jury trials, Judge Brown presides over the Sacramento Mental Health Court and the Sacramento Reentry Court, and the recently-established Co-Occurring Mental Health Court.

**Sam Cochran**  
CIT Coordinator and Trainer, University of Memphis Crisis Intervention Team Center and Shelby County (TN) Sheriff Dept. (Trainer)

**Stan Collins**  
Suicide Prevention Consultant  
Stan Collins has worked in the suicide prevention field for over 14 years. He has presented or provided training to over 500,000 adults and youth on the subject of suicide



[www.namica.org](http://www.namica.org)

prevention.

**Patrick Corrigan**  
Distinguished Professor of Psychology, Illinois Institute of Technology  
Mr. Corrigan's research examines psychiatric disability and the impact of stigma on recovery and rehabilitation. Currently, Mr. Corrigan is principal investigator on several grants from NIMHD and PCORI that address health disparities from a community-based participatory research perspective.

**Deandre Evans**  
Performer, Community Organizer, Author and Teacher at RYSE Youth Center  
Deandre Evans teaches weekly spoken word workshops and helps coordinate open mic events at the RYSE Center, creating safe spaces for Richmond youth to express themselves.

**Waynee Lucero**  
External Affairs, California Health Benefit Exchange (Covered California)

**Joseph Robinson**  
Program Manager, Each Mind Matters  
Mr. Robinson is a licensed clinical Social Worker and certified Substance Abuse Counselor, with extensive experience in policy and macro-level practice.

Great time to educate yourself and find a network of support in a great atmosphere.

## 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

Welcome to **amazon smile**

You shop. Amazon gives.

• Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **Nami Of San Joaquin County** whenever you shop on AmazonSmile.  
You can select a different charitable organization after signing in.

• AmazonSmile is the same Amazon you know. Same products, same prices, same service.

• Support your charitable organization by starting your shopping at [smile.amazon.com](http://smile.amazon.com).

[Click Here > AmazonSmile](#)

Find us on **Facebook**  
[www.facebook.com/namisjcounty](http://www.facebook.com/namisjcounty)



# NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

## Lodi

**Family Support Group**  
**4th Thursday** each month:  
 July 23 & August 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

## Manteca

**Family Support Group**  
**3rd Monday** each month—  
 July 20 & August 17—**6:30 PM**  
**Connections Support Group—6:30 PM**  
**Contact:** Michelle Moore at:  
[Michelle4MI@yahoo.com](mailto:Michelle4MI@yahoo.com)  
 or Michael Fields (209) 451-3977  
[mafields12@msn.com](mailto:mafields12@msn.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  
 July 23 & August 27—**6:00 PM**  
**Contact:** Rosalva Garduno  
 (209) 472-0191  
**Location:** SJC Behavioral Health  
 1212 N. California St. Suite B  
 Stockton

## Stockton

**Thursday Support Group**  
**1st Thursday** each month:  
 July 2 & August 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

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

## Tracy

**Monday Family Support Group**  
**1st Monday** each month:  
 July 6 & August 3 - **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](mailto:whsnursery@att.net).

## NAMI SJ Board Mtgs.

July 16 & August 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.

July 15 & August 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—It's time to RENEW membership for 2015!!!**  
 Use the form below 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.namisanjoaquin.org](http://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.