

# 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

### SEPTEMBER 3RD General Meeting

**Speaker:** Dennis Buettner  
BHS Homeless outreach Services

Dennis will talk about various homeless programs, working with other agencies and the need for more homeless services.

### OCTOBER 1ST General Meeting

**Movie: CODE** (Correctional Officers De-escalation Education)

A training film for correctional officers and an educational tool for those concerned about the institutions which house millions of mentally ill persons in the United States. CODE

is sponsored by NAMI Tennessee in cooperation with the Tennessee Dept. of Corrections and the Tennessee Dept. of Mental Health & Substance Abuse services and is funded in part by grants from Tennessee dept. of mental health and substance abuse services and Janssen Pharmaceuticals. Contains interviews with Correctional Officers and Inmates sharing their stories of living with MENTAL ILLNESS in PRISON. Film was purchased by Nancy & William Smith and will be donated to the San Joaquin County Sheriffs Department.



## 33rd 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, October 9th**. We will be celebrating our 33rd year of Pasta Luncheons 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, call **(209) 468-3755**

### Raffle Prizes

- **1st prize: 20 inch Adult Bike donated by Nancy & William Smith**
- **2nd prize: Children's Mountain Bike donated by NAMI SJC 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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## Family-to-Family Education

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

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 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.

The course begins on Saturday,

**September 12, 2015**

**Time: 9:30 am to 12:00 pm**

**To register contact:** Elizabeth Hess,  
209-763-2584 or 209-468-3755 or  
Email: emhess@msn.com

NAMI SJC Office at: 209 468-3755  
email: info@namisanjoaquin.org

**Location:** 530 West Acacia St. Stockton CA  
(across from Dameron Hospital)

## Family-to-Family Evidence Based Practice Program.

*The unique feature about the course is the fact that it is provided entirely by volunteer family members who are trained to channel their invaluable personal lived experience and use it to augment the NAMI Family*

## NAMI Basics Training

There is an upcoming NAMI Basics Training in Sacramento for new Basics Teachers on the **weekend of November 6th-8th**.

For parents of children (any age) who were diagnosed or experiencing symptoms of a mental illness prior to age 13 and are in a place in life where they are interested in volunteering to help other parents.

NAMI Basics Training provides participants with knowledge and education to help other parents with:

- Managing crises, solving problems and communicating effectively
- How to take care of yourself and handle stress
- Developing the confidence and stamina to support your child with compassion
- Advocating for your child's rights at school and in health care settings
- Learning about current treatments, including evidence-based therapies, medications and side effects
- Gaining an overview of the public mental health care, school and juvenile justice systems
- Understanding the challenges and impact of mental health conditions on your entire family

**To register:** Lynn Cathy lynn@namica.org or Ron Shaw shaw.ron@gmail.com or call (209) 468-3755

## SJC Mental Health & Substance Abuse Board Report

At the August 19, 2015 meeting there was a presentation of the BHS Data Dashboard. This data dashboard enables BHS managers and analysts to get real-time data to generate reports to key stakeholders and the public. It also shows how efficient BHS is operating and if any improvements need to be addressed by each department. The information includes demographics on clients, utilization (services used by clients), census (bed count for residential services), and timelines (times for screening, assessment and prescribers). The data dashboard will be evolving in the future and more information will be included when needed at a later date.

In the near future, BHS will be able to bill Drug Medi-Cal (DMC) for residential treatment services for larger facilities of 16 beds or more. This includes Recovery House, which currently does not accept DMC.

An ad hoc committee for Mental Health Outreach will be formed in September.

## NAMI National Convention

The NAMI 2015 National Convention, Embracing The Future, offered the latest on mental health information, dynamic speakers and much more. A favorite with attendees was a special presentation, **Our Beautiful Brain**, by Jill Bolte Taylor, Ph.D., Author of **My Stroke of Insight: A Brain Scientist's Personal Journey**. This "Brain 101" style presentation was about our beautiful brain and how to work with it so we can do what we want to do in wellness or in illness. Attendees were presented with a different way of thinking about the brain and what the brain needs in order for it to function at its highest level, regardless of diagnosis. The young brain was looked at in depth and the audience was introduced to "keep them alive until 25" referring to adolescent brains who do not fully mature until that age. Those attending laughed, cried and went away wanting more.

## What You Need To Know About Health Insurance And Mental Health

For those with mental illnesses, health insurance problems can create a big headache. Will your treatment be covered? Just how much is covered? What will happen if something changes? Luckily the ACA, or the Affordable Care Act, has done a great deal of good for those with mental illnesses, as it helped to create a mental health insurance coverage expansion larger than any we've seen before, and this can make things much easier for those looking to treat their own illnesses without excess worry.

You may be wondering "How does the ACA help mental health when it comes to insurance coverage?" and the answer is rather simple. One of the requirements of the ACA is that the vast majority of small employer and individual plans offered through the marketplace must include mental health and substance disorder coverage, and this gives those suffering from mental illnesses a big sigh of relief. Rather than sifting through plan after plan, and not finding the coverage you need, you can now rest assured that most of the plans will include varying levels of mental health benefits.

If you're trying to figure out just what mental health or substance disorder treatments are covered under your plan, you'll first need to look through your enrollment materials.

*Continued on page 3 What You Need...*



## July and August General Meeting Speakers



NAMI General meeting July 2nd. Presentation by - Lt Dina Jose and Sgt. Mike Tibon, with the Custody Division and the Realignment Unit at the San Joaquin County Sheriff's Office in French Camp. Attendees were presented with the San Joaquin County Jail Mental Health Treatment Plan dated July 2nd, which included Demographics, Arrival at the Jail, Psychiatric Assessment, Setting Medications, Medication Refusals, Jail Mental Health Resources and Other Jail Services, By The Numbers (PHF-Riese Hearings-Emergency Medications) SB 863 Description & In Conclusion. The San

Joaquin County Sheriff's Office is dedicated to delivering the highest level of service to the residents of the county, while treating those incarcerated with dignity, respect and compassion. They have developed strong partnerships with other organizations within the community to achieve these goals.



NAMI General Meeting August 6th speaker was Kathy Hannah MFT BHS Crisis, Crisis Intervention (PHF) unit. Kathy spoke on the PHF unit and services as well as the new crisis units to be constructed south of the present location.

## What You Need To Know About Health Insurance And Mental Health

Continued from page 2

When you enrolled into your health insurance plan, you will have received a pamphlet or other materials which outline just what services are covered, how much is covered, and what costs you can expect. Somewhere in this information should state how your coverage stands on mental health treatments, and many plans are offering mental health coverage equal or close to other medical treatments or surgeries.

If you can't find where your mental health coverage is located in your enrollment information, you can always place a call to your insurance provider to ask specifically about this information. Those enrolling using the ACA marketplace will typically receive a simple to understand summary of their coverage, but finding this information could be

made more difficult with other private insurance companies. In these instances, we at NAMI recommend contacting your insurance provider to receive an easy to understand outline on where your coverage stands in regards to services related to mental health.

We at NAMI know how confusing and stressful insurance coverage can be in relation to mental health, and we want you to be able to better understand how your coverage can help you. Whether through the ACA, or a private insurance provider, you can take control of your benefits and your mental health by staying informed.

From [namica.org](http://namica.org) website

## 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  
mafields12@msn.com  
or call the NAMI SJC office 468-3755

## 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**

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• Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **Nami Of San Joaquin County** whenever you shop on AmazonSmile.

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• 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).

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**Mental Illness We can help**  
NAMI North Carolina  
naminc.org • 800.451.9682

# NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

**L o d i**

Family Support Group  
 4th **Thursday** each month *except holidays\**:  
 September 24th & October 22nd **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 21st & October 19th—**6:30 PM**  
**Contact:** Michelle Moore at:  
[Michelle4MI@yahoo.com](mailto: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 24th & October 22nd **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 3rd & October 1st  
**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. 7th and October 5th  
**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.**

Sept. 17th & Oct. 15th—**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. 16th & Oct. 14th—**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     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.

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**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.*