

Find Help & Hope.

NAMI San Joaquin County
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It's pronounced...
[MEN-tl IL-nis]
 not
[KREY-zee]

Fight Stigma



We are **strongest** when we are **united** for the same cause. **Our cause:** Better lives for those affected by mental illness. **Join NAMI**



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

MARCH 3RD, General Meeting

Speaker: Sue Gruber
 Oasis-Older Adult Support and Intervention Services,
 Goals - Gaining Older Adult Life Skills

APRIL 7TH, General Meeting

Speaker: Cris Clay
 (UOP) The Gipson Center,
 Early history with the Alliance for the Mentally Ill, and the old state hospital.

February 4th General Meeting



NAMI San Joaquin County honored retiring San Joaquin County Behavioral Health Services & Substance Abuse (SJCBS&SA) Director, Vic Singh, at the February 4th General meeting with a gift of pen and pencil set to be used 'to endorse all those retirement checks'. Vic shared memories of his relationship with NAMI SJC and everyone thanked him for his support with a standing ovation. Vic shared he has been a NAMI member though NAMI CA for many years. His support of NAMI SJC will be fondly remembered. He bid NAMI SJC farewell after introducing SJCBS&SA's new Director, James Garrett.



NAMI San Joaquin County members met newly appointed SJCBS&SA Director, James Garrett, at the February 4th General meeting. Jim has been with SJCBS&SA for many years, most recently in the Crisis Unit, and shared his first encounter with NAMI SJC members when the affiliate was first established in the 1980's. His history before coming to behavioral health was colorful, interesting and surprising. Attendees enjoyed his adventures and getting to know him more personally. Jim assured NAMI SJC members that he plans to continue his predecessors good work and improve behavioral health as needed. Jim shared he plans to continue working with NAMI SJC volunteers and appreciates the service provided to behavioral health. A warm WELCOME to James Garrett and best wishes for many years of service to SJCBS&SA.

NAMI California Annual Conference



NAMI California Annual Conference
 August 26 & 27, 2016
 Burlingame, CA

Register now for the 2016 **NAMI California Annual Conference** for early bird pricing! This year's conference theme is "Back to the Future: Building on the Past for a Better Tomorrow," featuring a variety of tracks to choose from, inspirational speakers and educational workshops. The conference will be held August 26 and 27 at the San Francisco Airport Marriott Waterfront in Burlingame. Come learn about the latest news, research and breakthroughs in mental health!

www.namica.org Scholarship Application (deadline: 5/6/16)

Training Opportunities

Below is the schedule for NAMI California Education and Support Group Programs.

Applications are now being received for the following Family Program Education **Trainings**:

March 4-6: Family-to-Family -
Ventura, CA

April 1-3: Basics and Family-to-Family -
Ontario, CA

Applications are now being accepted for the following **Peer Program Trainings***:

March 4-6: Peer-to-Peer -
Ventura, CA

No IOOV trainings are scheduled by NAMI California at this time

*Important Note: There will be additional trainings offered for all the programs above. These workshops will be hosted by affiliates and sponsored by NAMI California in the form of small grants. Interested affiliates should contact lynn@namica.org for details on how to apply for a grant. Trainings will be announced in your region as they become available.

NAMI Family-to-Family trainings is a 12 week course, an educational class for family members who have a loved one with a mental illness.

NAMI Basics is a free 6-week course for parents and other caregivers of children

and adolescents living with mental illness.

NAMI Peer-to-Peer is a 10-session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery. Taught by a trained team of people who've been there, the program includes presentations, discussion and interactive exercises. Everything is confidential, and NAMI never recommends a specific medical therapy or treatment approach.

The education trainings are for members desiring to become teachers or mentors of an education program. Upon graduation, the affiliate makes arrangements with the graduate to teach the class.

Qualifications for training: Interested parties should be NAMI members in good standing and ideally have graduated from the same education program they intend to teach. A participant also needs to be **recommended by their local NAMI chapter**. Additional qualifications will apply. Please let NAMI San Joaquin know of your interest in training by email to info@namisanjoaquin.org or by phone at 209-468-3755 so we can determine your eligibility. Prospective teachers/facilitators should return their applications in a timely manner as these workshops fill quickly.

California Lobby Day

On February 19, 2016 NAMI California arranged for NAMI Legislative Advocates from various California Counties to visit with State Legislators during "NAMI California Lobby Day at the State Capitol". Gertie & Tasso were representing NAMI San Joaquin County along with Rhonda, Lynn & Linda from NAMI Stanislaus and Marcel Harris from NAMI California. All of us were part of the same Group visiting the same Lawmakers: Assembly Member Jim Cooper (District 9), Senator Anthony Canella's Legislative Aide (District 12), Assembly Member Kristen Olsen's Communications Director Allison Wescott (District 12), Senator Cathleen Galgiani's Staff Bob Alvarez (District 5) and Assembly Member Gray's Legislative Director Adam Capper (District 1).

We thanked the Legislators and/or their Representatives for making time to see us and for passing **SB11, SB29 and SB 614** during the previous Legislative Session. We then advocated for:

SB 614 (Leno) Peer Certification: this Bill would create a state program to certify peer specialists as part of the mental health delivery system allowing California to join 36 other states currently employing such programs and vastly expanding opportunities for peers and family members to be a part of the mental health care delivery system;

Continued on page 3 "California Lobby Day"

NAMI SJC to Hosted Family-to-Family Teacher Training

NAMI San Joaquin County hosted the NAMI California Family-to-Family Teacher training on January 29th-31st, 2016 held at Delta College. Sixteen newly trained F2F teachers graduated and returned to their NAMI affiliate to teach the free 12 week, evidenced based F2F class. NAMI CA teacher trainers were Nicole Williams, NAMI Sacramento and Nancy Smith, NAMI San Joaquin County. NAMI SJC Vice President, William Smith, Sr. played host, reserving the Mustang Room at Delta, bringing in snacks and meals and providing all class materials. This F2F teacher training was made possible by a grant from NAMI California to NAM SJC. Thanks for the opportunity to support this NAMI signature program.



California Lobby Day (Cont'd from page 2)

it would also provide matching Federal funding. This Bill was unanimously approved last year by the Legislature but is currently back on the Assembly floor for small amendments to gain the Governor's support for signature. We asked all Legislators to ask the Governor to sign this Bill into law.

Criminal Justice System: We provided information on the overrepresentation of individuals living with mental illnesses in the criminal justice system which cannot provide appropriate treatment and supports. California has made some progress in recent years training law enforcement and implementing jail diversion programs which have to rely on community partnerships and networks of mental health treatment programs. We should expand on the success of proven models, encourage continued partnerships and the training of additional first responders, including EMT's and dispatchers, as well as supportive housing. At the same time we must assure that the mentally ill, especially those with co-occurring disorders of mental illness and substance abuse, receive appropriate mental health and substance abuse treatment services as well as appropriate supportive

housing so that they will not fill our jails and prisons. We must provide adequate care for both segments separately: those not incarcerated and another segment for those re-integrating from incarceration into society.

Crisis Services: We mentioned the serious shortages of Psychiatrists, Psychiatric Nurses & Technicians and Psychiatric Beds, especially acute in San Joaquin County as our Behavioral Health Services are competing with the large Mental Health Prison Facility built about six years ago in French Camp which gives the Receiver "carte blanche" as to Psychiatric Provider salaries that our County cannot compete with. We asked for special dispensation for our County so that we can better compete and serve those who are not yet a part of the prison system as well. We encouraged better partnerships between hospitals, health systems, counties, law enforcement, families and individuals as well as incentives for students to enter the field of psychiatry and mental health services. We recommended that all Emergency departments should be staffed with mental health professionals and should provide mental health training to staff, including emergency physicians.



The photo above was taken in front of the Governor Brown's Office. (Left to right: Rhonda, Lynn & Linda from NAMI Stanislaus and Gertie, Marcel Harris from NAMI California and Tasso).

Tracy Family Support Group CANCELLED

The Tracy Family Support Group held on the first Monday of each month will NO LONGER meet starting MARCH 2016. Attendance has continued to be low and new management at the site requires the room key to be picked up each week the day of the meeting before five p.m. and

returned after the meeting. This means two trips to Tracy before each meeting. Bill and Nancy Smith have facilitated the meeting for two years and have had no volunteers willing to continue the group. If anyone is interested in volunteering training is available. Please contact the NAMI SJC office.

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



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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**.

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www.facebook.com/namisjcounty



NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

L o d i

Family Support Group
 4th **Thursday** each month *except holidays**:
 March 24 & April 28 **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 21 & April 18—**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
 Contact Rosalva for dates **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

1st **Thursday** each month **Support Group**
 March 3 & April 7
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

ATTENTION! ATTENTION!!!



The Tracy Family Support Group held on the first Monday of each month will **NO LONGER** meet starting **MARCH 2016**. If anyone is interested in volunteering training is available. Please contact the NAMI SJC office (209)468-3755 or info@namisanjoaquin.org

NAMI SJ Board Mtgs.
 March 17 & April 21—**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 16 & April 20—**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!!**



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.