

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**



2016

See Page 3

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

MAY 5TH General Meeting

Speaker: Michael Fields The Wellness Center

Mr Fields will discuss the center becoming a 501C3 in 2017 as well as current programs, future plans and the Anti-Stigma Walk which will take place on Friday, May 27th.

JUNE 2ND, General Meeting

Speaker: Representative from the Stockton Police Dept.

The speaker will outline the department's program for dealing with calls involving the mentally ill. *Tentative*

March & April General Meeting



At the March 3rd General Meeting, Sue Gruber, Program Director, of Older Adult Services (OASIS) and Gaining Older Adult Life Skills (GOALS)

was presented a Certificate of Appreciation for her work with seniors and her long time support of NAMI San Joaquin County. Sue shared the types of services provided; Medication evaluation by on-site psychiatrist, Counseling, help arranging MD appointments, groups with Senior Outpatient Services, Case Management Services, Peer Counseling Services, help in applying for financial and health insurance benefits, support in finding job/volunteer work or going to school and help with finding a place to live. Her work at OASIS was designed as a "One Stop Shop" for older adults living with mental illness. Clients can also be linked with Crisis Intervention Services and Crisis services at the main mental health center or mobile crisis. The GOALS Program is an intensive outreach program through MHSA Prop 63 to provide outreach to culturally sensitive groups. A program for OAS clients with diabetes has been very successful. A primary care physician provides collaborative care known as bi-directional care to improve blood sugar levels and overall health. Sue has worked with NAMI San Joaquin for many years and we appreciate her support and her work with older adults living with a mental illness. It was also entertaining as Sue reminisced about past experiences and friendships with NAMI SJC members.



The April 7th General Meeting guest speaker was Cris T. Clay, Community Re-Entry (CRP) Executive Director, University of Pacific (UOP) Psychology Department. NAMI San Joaquin presented Cris with a certificate of appreciation for his long association and support on AMI and NAMI, Cris was also given a framed copy of our AMI (Alliance for the Mentally Ill) Newsletter from February 7th 1985, the first time Cris presented to AMI, 31 years and 2 months ago. Cris recalled the small core of members at that time including Cecil Smith and others and how they advocated even then for better care for their loved ones living with a mental illness. NAMI now is the teacher for others. Programs Cris helped establish and worked with since 1972 are; the UOP Community Re-Entry Program, the Martin Gipson Socialization Center, Rise and Shine Vocational Rehabilitation Program, the Satellite Apartments (managed mostly by residents living with a mental illness), a University based MA training program for GC's, Con Rep, Development of People Who Love and Care and Community Behavioral Intervention Services (CBIS). The primary population of concern is adults diagnosed with Schizophrenia who experience the disabilities accompanying that illness. Cris has worked for many years to development and oversee many programs and will be retiring in September 2016. NAMI SJC wishes him well on his new retirement and extends an invitation to become a much needed NAMI volunteer.

2016 Mental Health Month

May is Mental Health Month! Find your own unique way to support Mental Health Month and bring awareness to your communities about this important topic. Here are some helpful tips and resources:

Advocacy activity tip sheet and May is Mental Health Month resolution:

[NAMI California](#) has provided a handy tip sheet for how to engage in local advocacy activities in support of May is Mental Health Month, and has developed model

resolution language for local public officials to go on the record in support of mental health and a stigma-free community. See Advocacy Activities For Mental Health Month below.

Each Mind Matters May Is Mental Health Month resources and toolkit:

Each Mind Matters has put together a toolkit to help plan May is Mental Health Month events in your community. For details be sure to go to their website: [http://www.eachmindmatters.org/get-](http://www.eachmindmatters.org/get-involved/spread-the-word/may-is-mental-health-matters-month/)

[involved/spread-the-word/may-is-mental-health-matters-month/](http://www.eachmindmatters.org/get-involved/spread-the-word/may-is-mental-health-matters-month/)

NAMI 2016 May Is Mental Health Month webpage: NAMI has launched a webpage (<http://www.nami.org/mhm>) with a place to **pledge your support** to be stigma-free, plus resources and information on how to show your support for May is Mental Health Month.

Whatever you choose to do for Mental Health Month please share your photos, stories and quotes with NAMI California!

Advocacy Activities For Mental Health Month

NAMI California affiliates advocate in local communities all year, but May is an important month to remind local policymakers about issues that matter to us and to ask them to help raise awareness and reduce stigma. Here are some activities you can do and some tools NAMI California has created to help:

1. Pass a resolution with your Board of Supervisors and/or City Council recognizing May as Mental Health Month

- Download this model resolution and take to your Board of Supervisors or City Council and ask that they pass it to proclaim the importance of mental health awareness and stigma reduction and to recognize the month of May.
- Promote the resolution through

media, social media, and community events.

2. Meet with your federal representative about mental health reform

- Share the work of your affiliate with him/her and discuss the importance of mental health reform
- Background information is available from NAMI National: <http://www.nami.org/mentalhealthreform>

Meet with your state legislators about NAMI California's 2016 policy priorities:

- NAMI California's 2016 policy priorities include: peer and family specialist certification, housing, and crisis services
- Contact Marcel Harris at

marcel@namica.org for talking points and assistance with arranging your meeting.

Whichever activity you pick, here are some tips:

- Take pictures! We love to share what you do with the world. Send your pictures to advocacy@namica.org.
- Share materials about your affiliate's programs with your local policymakers.
- Sign up for NAMI California's advocacy network to share your ideas and results with other affiliate leaders. **Email** marcel@namica.org to join the network.
- Advocacy Activities for Mental Health Month



Amount of time young people wait from onset of symptoms before getting help.

Source: JAMA Psychiatry, 2005

Join California's Mental Health Movement. Get involved today at EachMindMatters.org.

NAMIWalk Kick-Off Luncheon

Below are some photos from the Northern California NAMIWalk Kick-off Luncheon on Friday, March 11, 2016, at the Hilton Hotel Arden West in Sacramento.



(L to R) Tasso & Gertie Kandris & San Joaquin County Sheriff Steve Moore



Above a photo of a California Representative for the international pharmaceutical company "Alkermes" specializing in drug development for Central Nervous Systems (CNS) diseases, such as schizophrenia, major depressive disorder and multiple sclerosis. The Representative has a family member who suffers from schizophrenia.

Alkermes, NAMI's National Elite Sponsor, donates \$5,000 to each NAMIWalk nationwide including our Northern California NAMIWalk.

In the photo below Irene Sherman, Jenny Medrano (SJC NAMI Walker), Jessica Reiland from "Jeremy House" in Stockton operated by TelecareCorp, SJC Sheriff Moore, Gertie & Tasso Kandris.



The Northern California NAMIWalk "Walk About Journey to Recovery" will take place on Saturday, May 7, 2016 from 8:00 a.m. to 1:00pm at William Land Park, Sacramento, CA with the following NAMI Affiliates participating: Amador, El Dorado, Humboldt, Placer, Sacramento, San Joaquin, Solano, Stanislaus, Tuolumne & Yolo. Honorary Co-Chairs again this year are Darrell Steinberg, Steinberg Institute, and Jennifer Whitney, LMFT, Licensed Therapist & Media Personality. Media Sponsor is KTXL - FOX 40 News. There is plenty of time to register online (as a Team, as a Walker or as a Walker with an existing Team) at www.namiwalks.org/northerncalifornia. Make sure you specify your affiliation is NAMI San Joaquin County.

It's Not Too Late! Join NAMIWalks 2016

Please mark your calendars for Saturday **May 7th, 2016**. You won't want to miss sharing a wonderful celebration of hope, recovery and stigma reduction at the annual [NAMI Walks](#). A new addition to the walk will be the use of a shuttle service. Parking in the area has been a challenge, but with the new shuttle service you can easily park at the near by junior college and be shuttled back and forth to William Land Park.

This is NAMI San Joaquin County's only fundraiser that supports our outreach efforts and provides for numerous educational programs and support groups. The walk is a great way to help tear down the stigma surrounding mental illness and to bring awareness into

our communities. The **2016 Walk Chairpersons** are **Elizabeth Hess, NAMI Board Treasurer** and **Nancy Edelhoper NAMI SJ member.**

More Info? Contact Liz at emhess@msn.com, 209 763-2584 or Nancy at 209-468-3755. we need you!!

Donate to one of our NAMI San Joaquin county teams by going to: <http://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=525>

Bradford Team, High Steppers, Hope for Tomorrow, Liberated Minds, Niko "conquer" Stigma Team, No Shame, No Stigma, Power & Support Team, San Joaquin County Behavioral Health Serv. (BHS), Telecare Jeremy House, Walking for Mindfulness, Walk this Way

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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• 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.

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• 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**:
 May 26 & June 23 **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 16 & June 20—**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**
 May 5 & June 2
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

Great News!!!!

Marie Flexer has volunteered to take over the Tracy group. Nancy Smith, NAMI state trainer will be working with Marie then Nancy and Bill will help her get started. Questions? Please contact the NAMI SJC office (209)468-3755 or info@namisanjoaquin.org

NAMI SJ Board Mtgs.

May 19 & June 16—**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 18 & June 17—**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

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.