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

November 3rd, General Meeting

Speaker: Richard Black: Richard is the Family Advocate for Behavioral Health Services. Richard helps family members (and sometimes consumers of mental health services as well) navigate the mental health system in San Joaquin County to find the particular resources and services needed, including providing information about Mental Health Courts. See more details namisanjoaquin.org > Events tab > General Meeting Speakers

December 1st, General Meeting

The General Meeting will include NAMI San Joaquin County’s Election of Officers and Directors. The evening will include a Christmas potluck and an entertaining movie (title to be announced). You are invited to bring your favorite dish.

Thank You SUMMIT FUNDING!!!

On 9/28/16 Elizabeth “Liz” Hess made a presentation to Summit Funding on Deer Park Drive in a Stockton where they donated $900.00 to NAMI SJC. They also became a member and would like to get the newsletter and any other mailings so they can keep in touch with the things NAMI San Joaquin is involved in as well as upcoming events. They were extremely supportive and Liz says “probably my favorite presentation”. They are hoping to be involved in the next Walk.

Recovery Happens 2016

The NAMI SJC Booth in French Camp on sunny Saturday 9/24/16 during the "Recovery Happens" Event. From left to right: MaryEllen Cranston-Bennett, Gertie Kandris, Dina Lay with TEIR (Telecare Early Intervention & Recovery Program), Moses Zapien, Chair of the S.J.C. Board of Supervisors (Main Speaker at the Event) and MaryEllen’s son Theo Bennett. A successful event with many consumers in recovery and their families in attendance. Children loved the Bouncy House also the Petting Zoo, the Dance Competition was enjoyed by all. Listening to music while dining on burgers, hot dogs, watermelon and other goodies provided free of charge thanks to very generous donations from community members and community businesses. The raffle included a big flat screen TV as well as other items & a huge amount of gift baskets, including one from Liz Hess for NAMI SJC.
NAMI Basics, the signature course for parents/caregivers of children experiencing mental health/behavioral challenges, recently completed the fall 2016 course. Participants were provided with a wealth of resources, tools and understanding to help in managing challenging behaviors and finding some balance in life. Many shared of learning new ways to communicate more effectively with their children and the systems (school, mental health providers, etc.) they deal with. The class was an amazing mix of parents and caregivers who all contributed during the course and provided support to each other. We acknowledge the strength and commitment of each participant and wish them well in their journey. Remember, it’s a marathon, not a sprint!

Acknowledgements

Thank you to Humphreys College for the generous donation of a conference room to host our 6-week program and to Nancy Smith and NAMI volunteers for material preparation. We appreciate you all!

Program Teachers:
Debbie Alter and Roxann Woodward

San Joaquin General Hospital (SJGH) hosted their annual health fair on Saturday, October 22nd from 10:00 a.m. to 3:00 p.m. Free health screenings were provided which included hearing & vision tests, diabetes risk assessment, flu shots, same day access to primary care services. Nutrition information, Affordable Care Act info, Zumba Demonstration, Mariachi band, Raffle prizes and a Kids Fun Zone. NAMI San Joaquin’s booth was staffed by volunteers Jackie Scott, Deborah Soares, Tawnya Alibani, Nancy Edelhuber and Bill Smith who brought the volunteers lunch. Volunteers are so appreciated and valued they are the face of NAMI San Joaquin in the NAMI booth serenaded by Mariachi band pictured on right.

Thanks to all the NAMI San Joaquin County volunteers that made Family Day in the Park more enjoyable for all the kiddos. Dora, Jackie, Liz, Drew, Deena, Edna, Michael, Wendy and our very own personal volunteer Marilyn.

In the photo above, left to right are NAMI SJC Volunteer Wendy Knowles, Board President - Edna Ealey, Board Vice-President - Michael Fields, and Center is Syla Ka (Membership Development Rep for Health Plan of San Joaquin).
NAMI San Joaquin “Out & About”

Above from left to right, Drew Strachan, NAMI Volunteer Outreach Coordinator, Edna Ealey, NAMI Board President, and Deena Strachan, TWC Peer Recovery Coach enjoying themselves at The Wellness Center’s 8th Anniversary Celebration.

In the photo on the right, Michael Fields speaking at the California Memorial Project 14th Annual Remembrance Day. He was speaking on behalf of NAMI and TWC to those who came for the ceremony.

Ceremonies were held across the state, including this one which was held at the Stockton Rural Cemetery. The purpose of the ceremonies are to restore the dignity and honor to individuals who died at State Hospitals and were are buried without recognition. Also present at the event to represent NAMI SJC were Edna Ealey and NAMI Outreach Coordinator Drew Strachan.

NAMI Family-to-Family Education Program Starts

A FREE, 12 week course for family & friends of individuals living with a mental illness or emotional disorder. The course begins on Saturday, Jan. 21, 2017 10:00 am to 12:30 pm

Registration Required - Contact: NAMI SJC Office at: 209 468-3755 or Mary Ellen Cranston-Bennett 209-369-2594 email: cranston-

bennett.design@gmail.com

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. The program provides 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.
Please fill out the application form below and send it with your check of $35. If you have already paid your dues **THANK YOU!!**