

Find Help & Hope.

NAMI San Joaquin County
P.O. Box 448
Stockton, CA 95201
209.468.3755

info@namisanjoaquin.org
namisanjoaquin.org
facebook.com/namiscounty

Also in this issue:

NAMI Basics Graduates	2
SJ General Hospital Health Fair	2
Family Day	3
September /October Speakers	3
NAMI SJ "Out & About"	3
NAMI Family-to-Family Class	3
Family Support Groups	4

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

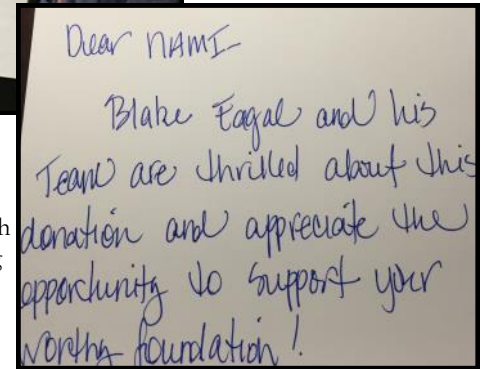
The General Meeting will include NAMI San Joaquin County's **Election of Officers and Directors**. The evening will include a Christmas potluck and an entertaining movie (title to be announced). You are invited to bring your favorite dish.



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.



NAMI SJC Board Members

Officers:
President: Edna Ealey
V. P.: Michael Fields
Past President: Tasso Kandris
Secretary: Larry Crain
Treasurer: Elizabeth Hess

Board of Directors:
Heather Bradford
Adriana Furuzawa
Jim Jones
Mike Miller
Aaron Mulcalhy
Jeannette Stebbins

We are **strongest** when we are **united** for the same cause.

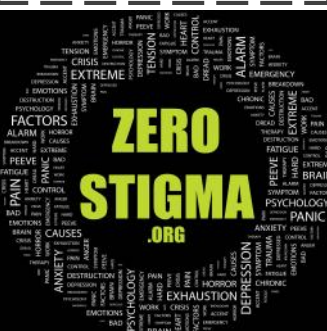
Our cause: Better lives for those affected by mental illness.

Join NAMI

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, water melon 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.



Recovery Happens Cont'd from Pg. 1

In addition to the consumers and family members who stopped at our Booth, we also made sure that the other non-profits with their exhibits learned what NAMI SJC has to offer.

S.J.G.H. Health Fair



NAMI booth volunteers pictured above.

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

Family Day At The Park

The Stockton Record Literacy & Book Fair - Family Day at the Park on Sept 17th which was Family Day's 19th year was filled with interactive games at each booth, live music, face painting, clowns, super heroes and something for every member of the family.



Fall 2016 NAMI Basics Class Grads

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!

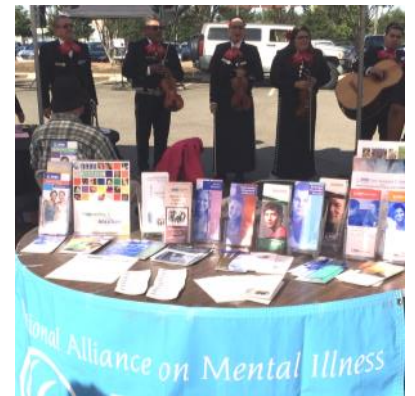
Program Teachers:

Debbie Alter and Roxann Woodward

SJGH Health Fair Cont'd

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).

Sept. General Meeting



NAMI Board V.P. Michael Fields with Kathleen Wilson-Parish, MA, LMFT Chief Mental Health Clinician, SJCBSH

(BACOP) Black Awareness Community Outreach/Multicultural Program and La Familia.

Ms. Wilson-Parish's presentation included information and a question and answer period about the services and resources available, including criteria for accessing services for both BACOP and La Familia.

Oct. General Meeting



NAMI Board President Edna Ealey with Raksmeey Castleman Program Administrator for S.J. Crisis Residential Services, Telecare Early Intervention (TEIRS) and

Recovery Services and Adjunct Health/Kinesiology Professor at S.J. Delta College. Ms. Castleman's presentation included services available through TIERS and S.J. Crisis Residential Services followed by a question and answer period.

Connection 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:

Connection Support Group—5:30 PM

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 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@nami-sjca.org

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

Now Also Saturday Connection

- 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

Find us on **Facebook**

www.facebook.com/namisjcounty

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.

NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

L o d i

Family Support Group
 4th **Thursday** each month *except holidays**:
November 17* & December 22 **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—
 November 21 & December 19—**6:30 PM**

Connection Group 6:30

Contact: Michelle Moore at:
Michelle4MI@yahoo.com
 or call the NAMI office 468-3755

Location:
 Crossroads Grace Community Church
 1505 Moffat Blvd.

S.J. Co. Behavioral Health
Family Advocate:
 Richard Black 209-401-6087

Spanish Support Group

Contact **Rosalva** for dates **6:00 PM**
 Contact: Rosalva Ibarra
 (209) 603-3448

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**
 November 3 & December 1
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

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

T r a c y

Family Support Group
 1st **Monday** each month—
 November 7 & December 5—**6:30 PM**
Location: 35 E. 10th St., Tracy, CA.

NAMI SJ Board Mtgs.

3rd Thursday each month
 November 17 & December 15—**6:00 PM**
 Meetings held at:
 SJ Co. Behavioral Health
 1212 N. California St. Ste A & B
 Stockton, CA

SJC Behavioral Health Board Mtgs.

3rd Wednesday each month
 November 16 & December 14—**6:00 PM**
 San Joaquin County Behavioral Health
 1212 N. California St. Suite A & B
 Stockton, CA

It's pronounced...
 [MEN-tl IL-nis]
 not
 [KREY-zee]

Fight Stigma





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.