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

JULY 6TH, General Meeting

Movie: A Beautiful Mind
Due to the long holiday week, the presentation will be the movie "A Beautiful Mind" starring Russell Crowe in an astonishing performance of a brilliant mathematician and economist John Nash, on the brink of international acclaim when he becomes entangled in a mysterious conspiracy. Now only his devoted wife can help him in this powerful story of courage, passion and triumph. (John Nash's battle with schizophrenia)

AUGUST 3RD, General Meeting

Speaker: Barbara A. Johnson, LMFT, Psy.D
Dr. Johnson, is a licensed marriage family therapist and clinical psychologist with a depth of experience providing behavioral health treatment and assessments whether residing in the community, inpatient placement, or within a correctional facility.

In her presentation, Dr. Johnson will share insights from many years working in the Public Mental Health System; inform us about the programs and services offered by Valley Mountain Regional Center; and the prevalence of mental health challenges in those who also have developmental disabilities.

PURE FORM TRAINING Hosts Tim Ergonis Memorial Walk/Run

On Saturday, May, 20th, Pure Form Training (PFT) gym hosted a Memorial Walk/Run in memory of Tim Ergonis, a PFT member who passed away in early March. Tim had always been an artist, and was working vigorously toward a Master's degree in Art Education. His family is thankful for the countless art pieces hung with pride throughout their homes, a constant reminder of his talent and love for art. Tim was not only an incredible artist, but a loving son and brother to 4 siblings, and devoted uncle to 10 blessed nieces and nephews. This 5K was a time for the PFT family, the Lodi community, and Tim's family and friends, to come together in health, in honor and remembrance of Tim. In addition to the 5K, the PFT trainers lead a 45-minute workout (similar to the gym's routine Saturday morning workouts) following the walk/run.

As large supporters of the community, the owners of PFT, Joel Flynn and Carl Hultgren, enjoy working with various organizations to bring awareness to special causes near and dear to them. For Tim's Memorial 5K & Workout, the National Alliance on Mental Illness - San Joaquin County Chapter (NAMI SJC), benefited from this awareness, receiving a total donation of $10,421.

As someone who suffered from the effects of mental illness himself, Tim's family was happy to see that Continued on page 2 “Pure Form”
6th Annual Wellness Center Walk

On Saturday June 15, 2017 the Wellness Center held its 6th Annual Walk.

John McBride pictured below is one of two recipients of a bicycle provided by NAMI SJC. The bicycles improve the independence of mental health consumers, allowing them a means of transportation to important things such as doctor appointments and job searching. Also pictured (left to right) NAMI Board Members Larry Crain, Michael Fields, and Edna Ealey; Drew Strachan – Volunteer Outreach Coordinator; also pictured to the far right is the founder of the walk, Deena Strachan – The Wellness Center Peer Recovery Coach.

Pure Form Cont’d from page 1

this event not only raised money to continue the vital research necessary to finding cures, but also to get people talking about mental illness, and how important it is to erase the stigma surrounding it so that those affected will feel more comfortable seeking help.

Those who participated in the event made a $30 donation to NAMI SJC, and received their "Blue Monday" t-shirts to wear at the event, and also to the gym every following Monday, in memory of Tim and his favorite color blue. The 5K was a family-friendly event and began promptly at 7am, at PFT, located at 700 E. Pine St. in Lodi, with the adult workout immediately to follow.

June General Meeting Speaker

The presenter for the June general meeting was Ms. Suzanne Schultz, Family Justice Center Director and Family Crime Coordinator, San Joaquin County District Attorney's Office. The presentation was on "Human Trafficking" a very compelling and graphic presentation which ties together with the many arrests that have taken place in recent days in Stockton and throughout the SJC. It was evident that Ms. Schultz was passionate about the work she does and is engaged in the community.

Center of picture is NAMI SJC Board President Edna Ealey, VP Michael Fields, and Volunteer Outreach Coordinator Drew Strachan receiving the donation check, in the amount of $10,421, from PFT Owner Joel Flynn and numerous members of the PFT Lodi Gym.

NAMI California Annual Conference

August 25-26, 2017 Newport Beach, CA

Have you registered for the 2017 NAMI California Annual Conference? The conference will take place August 25 & 26, 2017 at the Newport Beach Marriott Hotel & Spa in Newport Beach, California.

The following link will provide you with more information regarding Conference.

http://namica.org/

Just click on the Conference link at the top of the page.
July Is National Minority Mental Health Awareness

Bebe Moore Campbell a brave and passionate person who inspired the start of this special month. Elizabeth Bebe Moore Campbell was born on February 18, 1950 in Philadelphia. At a young age she discovered a tremendous love for reading and writing. She graduated from the University of Pittsburgh and began to teach at elementary schools in the 1970s.

Early in her writing career, Bebe Moore began to send out short stories and poetry to magazines but received rejection letter after rejection letter. However, she did not give up and took various workshops to strengthen her skills. She began to "establish herself as a writer who specialized in social issues, appearing in the Washington Post, the New York Times, Essence, Ebony and Enterprise." Ms. Campbell's perceptive writing led to a career as a regular commentator for National Public Radio's "Morning Edition" and frequent guest appearances on ABC's "Nightline," CNN programs and other radio and television talk shows.

Ms. Campbell started to write about mental illness after learning that a family member was struggling with a mental illness. By seeing the struggles her African community experienced and the stigma associated with getting treatment, she started to write regarding mental illness. In 2003, she released "Sometimes My Mommy Gets Angry," a children's book about a little girl coping with her mother living with mental illness, and a 2005 novel, "72 Hour Hold," about a mother struggling to help her 18-year-old daughter who suffers from a bipolar disorder. Through the use of her writing, Ms. Campbell began advocating and worked hard to eliminate the stigma of mental illness and further educate communities about mental illness.

As a National spokesperson, Ms. Campbell exclaimed: "Once my loved one accepted the diagnosis, healing began for the entire family, but it took too long. It took years. Can't we, as a nation, begin to speed up that process? We need a national campaign to destigmatize mental illness, especially one targeted toward African Americans. The message must go on billboards and in radio and TV public service announcements. It must be preached from pulpits and discussed in community forums. It's not shameful to have a mental illness. Get treatment. Recovery is possible."

In order to further her mission, she became one of the founding members of the National Alliance on Mental Illness, Urban Los Angeles chapter. Through her work with NAMI Urban Los Angeles, Ms. Campbell sought to educate communities of color to support mental wellness, through effective and timely treatment options, access to quality mental health services, and community outreach. Today, her work continues to inspire people all over the nation and empower communities.

In May 2008, the US House of Representatives proclaimed July as Bebe Moore Campbell National Minority Mental Health Awareness Month. The resolution, sponsored by Rep. Albert Wynn (D-MD) and co-sponsored by large bipartisan group, was passed in recognition that:

- Improved access to mental health treatment and services and public awareness of mental illness are of paramount importance
- An appropriate month should be recognized as Bebe Moore Campbell National Minority Mental Health Awareness Month to enhance public awareness of mental illness and mental illness among minorities.

What is it??

NAMI Connection is a recovery support group program for adults living with mental illness.

These groups provide a place that offers respect, understanding, encouragement, and hope in a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Meetings are held in Stockton and Manteca at:

**Stockton**

SJC Behavioral Health 1212 N. California 1st Thursday each month at 5:30 PM

**Wellness Center Group 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

**Manteca**

Doctors Hospital of Manteca 1205 E. North St. - Manteca 1st Monday each month 6 - 7:30p.m.

Contact: Kerrie 209-922-7846 or NAMISJC
Please fill out the application form below and send it with your check of $35. If you have already paid your dues, THANK YOU!!

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 families.

Make checks payable to: NAMI San Joaquin County or join online at www.namisanjoaquin.org

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.