

Find Help & Hope.

NAMI San Joaquin County
P.O. Box 448
Stockton, CA 95201
209.468.3755
info@namisanjoaquin.org
namisanjoaquin.org
facebook.com/namiscjcounty

Also in this issue:

This Is Depression...	2
Family-to-Family Graduates	2
Diane Leffler Recovery	3
March General Speaker	3
NAMI Training for Facilitators	3
Family Support Groups	4

NAMI SJC Board Members

Officers:

President: Edna Ealey
V. P.: Michael Fields
Past President: Tasso Kandris
Secretary: Mike Miller
Treasurer: Elizabeth Hess

Board of Directors:

Heather Bradford
Larry Crain
Mary Ellen Cranston-Bennet
Adriana Furuzawa
Kerrie Melton
John Weston

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

Our cause: Better lives for those affected by mental illness. **Become a NAMI Member!**

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 3RD, General Meeting

Speakers: **Jeff Vierra**
Center Coordinator, **DRAIL**
Michelle Rosado

Specialist & Technology Advocate, DRAIL Disability Resource Agency for Independent Living
Since 1987, DRAIL, has provided services to anyone experiencing difficulties in significant life areas due to their disability. DRAIL has successfully assisted many individuals obtain Social Security Benefits, acquire adaptive medical aids, gain necessary accommodations to participate in vocational training and much more.

JUNE 7TH, General Meeting

Speaker: **Dr. Khurram Durrani, MD, DFAPA**
S.J. Co. Behav. Health Services Medical Director
Dr. Khurram Durrani has been with SJBHS for over 15 years. Dr. Durrani is a physician who is Board Certified in: Adult (General) Psychiatry, Child and Adolescent Psychiatry, Addiction and Psychosomatic Medicine. He also has the honor of being a Distinguished Fellow @ American Psychiatric Association.



12th Annual NAMI Walks Northern CA Saturday, May 5th, 2018

William Land Park - Village Green Area
3800 Land Park Dr. - Sacramento, CA

there is still time!!! Walk ins are accepted too! Just show up!

Register Today! namiwalks.org/northerncalifornia

Check-in: 8am **Start Time:** 10am **Distance:** 5k

For Details Contact: info@namisanjoaquin.org

NO SHAME IN HAVING A MENTAL ILLNESS!

Make the voice of Mental Illness heard as loud as other illnesses, such as Diabetes, Heart Disease, Alzheimer's...

Just Do It!!! ...and you will be glad you did!!! See you there!!!



This is Depression...



Alina Alfaro

NAMI San Joaquin County is very grateful for this insightful and touching poem by Alina Alfaro submitted by her mother, Vanessa Alfaro who recently completed the Family-to-Family class in Lodi.

depression is making yourself sad just so you find comfort in the sadness

depression is listening to sad music knowing its going to make break your soul,

depression is going through old

photos knowing you should have deleted them long ago then crying because you want to go back to when things were kind of okay, not okay really but you were able to distract yourself with beautiful things, and now you... you begin to cry because you miss that so much it hurts, it physically hurts,

you feel as if your heart is aching

depression is waking up in the morning and sighing because once again you are still alive,

depression is getting up and debating whether you should literally kill yourself after the day is over,

depression is zoning out slowly seeing your vision fading and feeling tear drops go down your cheek for no single reason,

depression is taking that morning medication and debating whether you should just take the whole bottle

depression is that thing that invites anxiety and it gives you that

nasty feeling in your stomach and you fill up with anxiousness as you see the gates of school,

depression is kicking your ass in class when you start to zone out and feel yourself swaying then becoming nervous everyone might have seen you rocking yourself and looking blank with no expression on your face,

depression is going to lunch and no longer feeling the need to talk, or even breathe,

depression is when you are leaving school and you get that feeling of sadness because you feel so alone so you begin to cry,

depression is hoping no one is home so when you get there you can scream and cry because you feel terrible all the fucking time,

depression is wanting to take a nap that never ends,

depression is waking up and wishing you didn't, depression is taking a shower and putting the water so hot so you can feel anything but this sadness,

depression is slowly sliding down the shower wall with your eyes filled with tears and silent screams leaving your mouth,

depression is taking your night medication and thinking again should I just down this whole bottle,

depression is going outside and seeing the beautiful stars in hope that you will soon become one,

depression is what hits you when you feel yourself about to fall asleep but you just feel so empty

depression is having tears slowly role down your face while thinking of nothing,

depression is literally feeling yourself fading away from everything...

Family-to-Family Spring 2018 Graduates

The Spring Family-to-Family class was lead by Sheila James & Rita Verde-Fellows with Irene Sherman serving as Resource Person. It was held on 6 consecutive Saturdays from 10a-3:30p; March 10th to April 14, 2018.

As usual it was difficult to see this class come to an end for both teachers and participants but we all promised to attend and see each other at local NAMI Support Groups.

All the Family-to-Family graduates were impressed with the education course and left feeling better equipped caregivers as well as to know how to take care of themselves and to recognize that need.



In the photo are **from bottom row left:** Maria Arce, Juanita Castro, Gloria Barbero, Dolores "Dee-Dee" Blackman, Rita Verde-Fellows, Irene Sherman, Patricia Barrett, and Jennifer Espineda (**from top row left**) Vanessa Alfaro, Kaz Saruwatari, Martin Barbero, Sheila James, Catherine Yee, Victor Yee, Gloria Gonzalez, San Luu, and Debbie Millen *Not pictured* Christina Vogt.

Your friends at NAMI SJC Need You!

Please Contact our Volunteer Coordinator, **Drew Strachan**, (209) 366-4923 email: outreach@namisanjoaquin.org

Recovery and Rehabilitation - Diane Leffler

Diane Leffler was the speaker for the Spring Family-to-Family class 10 session on Recovery & Rehabilitation recently held in Lodi. Diane's presentation and her story of how schizoaffective disorder has impacted her life and recovery inspired class members and served as an encouraging message for our loved ones living with a mental illness. Thank you so much Diane for your bravery and willingness to share your story of recovery.



From Left: Rita Verde-Fellows, Irene Sherman, Diane Leffler, and Sheila James

March General Meeting



Michael Fields, Director of the Wellness Center, was the featured Speaker at the March 1, 2018 NAMI SJC General Meeting. Michael spoke on Training Opportunities for San Joaquin County residents who are either individuals with lived experience with mental health challenges; or family members. Michael also serves on the NAMI SJC Board as Vice President. Tasso Kandris NAMI SJC Board member in the photo on the left with Michael Fields.

Support Group & Education Course Facilitators

Family Support Group Facilitator

Your NAMI San Joaquin County (SJC) needs you! We are in need of Family Support Group leaders especially in Tracy and Manteca. NAMI SJC can provide the training you need however we need at least 6 participants to offer the training in our county. The training is completed in two days. All that is required of the leader, "facilitator" is (1) that they are a NAMI member, (2) that they are a family member of someone living with mental illness (3) they have taken the Family-to-Family (F2F) class.

already been diagnosed. ... The 6-session program provides critical strategies for taking care of your child and learning the ropes of recovery.

The requirements for training to be a Basics teacher is that you are a NAMI member in good standing, you are a parent or other direct caregiver of an individual who developed symptoms of mental illness before the age of 13



As a F2F class facilitator Rita Verde-Fellows says *"There is no greater opportunity to help yourself than to help others; I learn so much and get/give so much*

support each time I teach... I just can't believe anyone would pass up the chance to have this enriching & rewarding experience".

Questions? Sign Up for Training? Call 209.468.3755 or email e.ealey@comcast.net

NAMI Basics Educator/Teacher

NAMI SJC also has a great need for NAMI Basics. NAMI Basics is a free, 6-week education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or whom have

Connection Support Groups

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.

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 & 3rd Monday each month
6 - 7:30p.m.

Contact: Kerrie 209-922-7846 or NAMISJC

Tracy

Healthy Connections

35 E. 10th St., Suite. B2 -
Tracy, Ca. 95376

Every 2nd & 4th Friday from 6 to 7:30:

Contact: the NAMI Office:
(209) 468-3755

Lodi

Every Friday 6—7:30pm

Lodi Memorial Hospital (Main Board Room) – 975 S. Fairmont Ave., Lodi

Find us on Facebook www.facebook.com/namiscounty
Welcome to amazon smile

You shop. Amazon gives.

- 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.
- 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.

NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

L o d i

Family Support Group
 4th **Thursday** each month *except holidays**:
 May 24 & June 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

NEW **Connection Support Group**
Every Friday 6—7:30pm
 Lodi Memorial Hospital (Main Board Room) – 975 S. Fairmont Ave., Lodi

Spanish Support Groups

Spanish Family Support Group
 Last Friday each month*: May 25, Jun 29
Contact: Jessica Alvarez (209) 513-2373
 Or Rosalva Ibarra (209) 603-3448
Location: SJC Behavioral Health
 1212 N. California St. Suite C Stockton

Connection Support Group Spanish
Every Friday 5:30—7pm
 SJC Behavioral Health

T r a c y

Family Support Group
Returning Soon!
Location: 35 E. 10th St., Suite B2 Tracy

Connection Support Group
2nd & 4th Friday from 6 to 7:30
 May 11, 25 & June 8, 22 **6:00 PM**
Location: 35 E. 10th St., Suite B2 Tracy

M a n t e c a

Family Support Group
Returning Soon!!!
 call the NAMI office 468-3755

Location:
 Doctors Hospital of Manteca
 1205 E. North St. - Manteca

Connection Support Group
1st & 3rd Monday* each month
6 - 7:30p.m. May 7, 21 & June 4, 18
Contact: Kerrie 209-922-7846 or NAMISJ
Location:
 Doctors Hospital of Manteca
 1205 E. North St. - Manteca *except holidays**

S t o c k t o n

1st Thursday each month
 May 3 & June 7
Family Support Group 5:30 PM
Connection 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

NAMI SJ Board Mtgs.

3rd Thursday bi-monthly
 May 17, June. 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.

3rd Wednesday each month
 May 16 & June 20 **6:00 PM**
 San Joaquin County Behavioral Health
 1212 N. California St. Suite A & B

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

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 \$40 . If you have already paid your dues **THANK YOU!!**



MEMBERSHIP APPLICATION

- New Member
- Renewal
- General Member \$40
- Open Door (Limited Income) \$5
- Family Membership \$60

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.