

## Find Help & Hope.

### NAMI San Joaquin County

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209.468.3755

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### NAMI SJC 2023 Board Directors

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**Secretary:** Kelsey Dillard

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**ISN'T IT  
INSANE  
HOW SOCIETY  
DIMINISHES PEOPLE WITH  
MENTAL ILLNESS?**

Mental Illness  
is more prevalent than you think.  
Help stop the stigma.



**We could not do it  
without our volunteers!**

**Are you interested in**



**volunteering?**

**Contact us at**  
[info@namisanjoaquin.org](mailto:info@namisanjoaquin.org)

## Upcoming Community Meeting Speaker

### March 2nd: In Our Own Voice (IOOV)

#### Speakers: [Michael Fields](#) and [Troia Cephas](#)

NAMI IOOV presentations change attitudes, assumptions and ideas about people with mental health conditions. These presentations provide a personal perspective of mental health conditions, as leaders with lived experience talk openly about what it's like to have a mental health condition.

#### Bio for Michael Fields:

Michael was diagnosed with clinical depression as an adult after suffering in silence for many years due to stigma. He is also a recovering alcoholic with continuous sobriety beginning Nov. 9, 1992. He is the CEO for Peer Recovery Services (PRS) which operates three peer-run Wellness Centers in Stockton, Manteca and soon, in Lodi. PRS serves mental health consumers with serious mental health conditions seeking support in their recovery, and family members. PRS turns no one away who wants recovery. The Wellness Centers are funded by San Joaquin County Behavioral Health Services. Manteca Wellness Center received start-up funding from the Dignity Health Community Foundation. Michael knows from personal experience that strong recovery is possible and works at eliminating stigma. He was asked by the U.S. Navy Air Systems Command and the Individuals with Disabilities Advisory Team to be a special guest speaker along with Col. Greg Gadson (seen in the movie Battleship), at a nationally televised event for the U.S. Navy. Michael speaks before civic, business, education and other groups in order to raise awareness and reduce the stigma of mental illness. He credits his successes to both clinical and non-clinical peer support services.

#### Bio for Troia Cephas:

Troia Cephas is a testament that substance abuse and mental illness recovery is not a race, but rather a process. A process that requires a community, which she found at The Wellness Center of San Joaquin County and NAMI. These resources have empowered Troia to use tools and to take steps towards her daily growth. As a result, she shares her story and gives others hope. Troia currently works for Peer Recovery Services and is the Lead Peer Recovery Coach of The Wellness Center of San Joaquin County. The Wellness Center is the place where she found the true definition of recovery and what being a peer means.

[Register in advance](#)

## Presidents Message

### January 14th 2023 Annual Strategic Meeting held at the Stockton Wellness Center

Throughout 2022, NAMI San Joaquin County continued to provide signature programs, presentations, and support groups, both online and in person. Also, Peer to Peer, Family to Family, and Provider Education classes provided education to peers, family members, and providers. Volunteers responded to approximately 240 phone calls to community members reaching out for information. Social media on Facebook was enhanced with increased followers and likes as well as 74 posts.

On the horizon in 2023 there will be more learning and growth for all board members. In January, the fourth Friday online Connection Support Group was moved to an in-person fourth Saturday Connection Support Group.

Much gratitude to the past, present, and future volunteers.

In wellness, Mary Fields

## Order Your Copy Here

“You Are Not Alone,” NAMI’s first ever book, is here to offer help. Written by Dr. Ken Duckworth with the expertise of a leading psychiatrist and the empathy of a family member affected by mental illness.

## Thank You For Your Support!



NAMI SJC and its board of directors would like to thank everyone for their support! **With an extra special thanks to One Day Inc. and the C.A. Webster Foundation for their generous donations of \$10,000 each.** Pictured left is Todd Fabian (One Day Inc. Board of Director & Program Director for the Martin Gibson Socialization Center) handing Edna Ealey-Fields (NAMI SJC’s Treasurer & Chapter Administrator) a \$10,000 donation for NAMI SJC.

Thanks to everyone's efforts and commitments, NAMI SJC is able to continue its dedication to helping Families and Individuals struggling with mental illness.

## NAMI WALK 2023



## NAMI SJC Needs You!

NAMI San Joaquin County has many volunteer opportunities available. Volunteering not only supports our local community, but also helps to change lives, including your own.

Volunteering helps you to meet new people and learn new job skills. Studies show that volunteering improves your physical well-being and raises self-confidence too!

Please join us in our efforts to remove the stigma that surrounds mental illness.

Volunteer today, training provided!



## NAMI CA Partners With CHP

**S.A.F.E. Crisis Intervention Team Support Model** NAMI California

- S Support** Using NAMI California’s powerful Connecting Officers through Peer Education (COPE) program to bring peer to peer support to officers to reduce stigma and support officers.
- A Advocacy** Advocating for more supports for officers, their loved ones and those living with mental illness and their families to keep encounters safe and effective.
- F Finding Solutions** Highlighting best practices and elevating innovation through public events and high impact messaging across California.
- E Education** Training for both officers and community based organizations. Funding regional collaboratives to improve coordination.

In partnership with the California Highway Patrol (CHP), NAMI CA will ensure contributions to the Mental Health Crisis Prevention Voluntary Tax Contribution Fund are properly managed using the SAFE California Model. This model will be used as a framework for implementation to provide tools and resources to law enforcement agencies so they can safely interact with and support people during a mental health crisis.

NAMI CA partners with the California Highway Patrol (CHP), the Crisis Intervention Team (CIT) program, and California’s legislative community to decrease the number of violent encounters when officers respond to a person experiencing a mental health crisis. This partnership created the Mental Health Crisis Prevention Voluntary Tax Contribution Fund.

Our work to bridge the gap between mental health and public safety is moving forward thanks to this success. These funds will support mental health crisis intervention strategies.

Contributions will help support and expand the successful mental health crisis intervention strategies. To date, over 10,000 law enforcement personnel have received training on de-escalation skills, scenario-based training for mental health crisis response, and instruction from experienced officers, including input from individuals and families impacted by mental illness. Funding will also be used to expand work to provide internal support groups for officers, leadership training and greater coordination with community organizations. Training and support will be constantly updated to ensure it takes advantage of the latest tools and technologies.

## Upcoming Classes, Trainings & Other Opportunities



NAMI Peer-to-Peer is a free, 8-session course for adults living with mental health challenges. The program provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope.

**Participant Perspective** “This course has literally been a life saver. It has opened my eyes to better understand my illness and methods of recovery I did not know about before taking the class.”

The NAMI Peer-to-Peer education program is:

- Free and confidential
- Held once a week (2 -1/2 hours)
- 8 Consecutive weeks
- Taught by trained Peer Leaders living in recovery themselves
- A great resource for information on mental health and recovery

**Dates: May 1, 2023 - June 26, 2023 (No Class May 29)**

**Time: 6:00pm - 8:00pm**

**Location: The Wellness Center, 1109 N California St., Stockton**

**Register at:**  
<https://p2p05012023.eventbrite.com>



NAMI Family-to-Family is a free, 8-session education program for family & friends of individuals living with a mental illness or emotional disorder. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being.

**Participant Perspective** “This course overall was helpful and informative... It has helped me to understand better and communicate more effectively with my brother.” The NAMI Family-to-Family education program is:

- Free and confidential
- Held once a week (2 -1/2 hours)
- 8 Consecutive weeks
- Taught by trained Family Leaders
- A great resource for family members

**Dates: March 4 - April 29, 2023 (No Class April 8th)**

**Time: 10am - 12:30pm**

**Location: 1212 N California St, Stockton Classroom A**

**Information at:**  
<https://f2f03042023.eventbrite.com>



NAMI Provider Education Course is based on the Family-to-Family Program. It was augmented and edited by Joyce Burland, Ph.D. to establish a 5 consecutive session course for Mental Health providers in collaboration with consumers and family members. This course provides a clinical picture of collaborative secondary intervention strategies which staff can use in practice.

The primary knowledge base of the course is the lived experience of consumer and family members relating to critical clinical aspects of serious brain disorders; the purpose of the course is to help providers “see our lives” from the inside so that effective, equitable and compassionate partnerships can guide the treatment process.

The course is free.

**Dates: June 15 - June 29, 2023 (Thurs and Fri only 5 classes)**

**Time: 9:00am - 11:30am**

**Location: 1212 N California St, Stockton**

**Register at:**  
<https://proved05312023.eventbrite.com>



## Time is Running Out! Applications Accepted Until March 1st



NAMI San Joaquin County in collaboration with Peer Recovery Services, who operates The Wellness Center of SJC and Manteca Wellness Center, is coordinating trainings for peer leaders in the NAMI Signature Programs of **Peer to Peer** and **Connection Recovery Support Groups**. Individuals who have participated in the *Connection support groups* may apply to attend the free online training to become a Facilitator for the support groups. In addition, graduates of the NAMI *Peer to Peer* class may apply to attend the free online training to become a *Peer to Peer* Leader/Teacher. Trainees will also complete, at no cost, an online Crisis Counseling Assistance Training Program. After the training, you will be paired with a mentor partner who will help, if needed, support you as a new Leader and/or Facilitator. Career guidance is also offered for those interested. The application process is lengthy and there is a limited number of spaces for each of the trainings. The state guidelines are very strict, so please let us know of your interest right away, and we will assist you. Please note that applicants must be members in good standing of NAMI SJC. If needed, join or renew with an Open Door (\$5), Individual (\$40) or Household (\$60) membership. NAMI SJC is one of four affiliates state-wide who are offering this opportunity. **For questions and information on how to apply, please contact Crisanne Santini by emailing, [csantini@twcsj.org](mailto:csantini@twcsj.org) or call (209) 451-3977.**

## NAMI National Online Discussion Groups

NAMI's online discussion group is a safe place where you can post comments, find support, share knowledge, ask questions and meet people who've been there.

**Topics of Post Discussions include:** General Discussions, ADHD, Anxiety Disorders, Autism, Bipolar Disorder, Borderline Personality Disorder, College and Young adults, Depression, Dissociative Disorders, Dual Diagnosis, Early Psychosis and Psychosis, Eating Disorders, Obsessive Compulsive Disorder, Faith and Spirituality, Parents and Caregivers, Posttraumatic Stress Disorder, Schizoaffective Disorder, Schizophrenia, Caregivers and Adults with Mental Health Conditions, and Members Only

**FIND OUT MORE**  
CLICK HERE

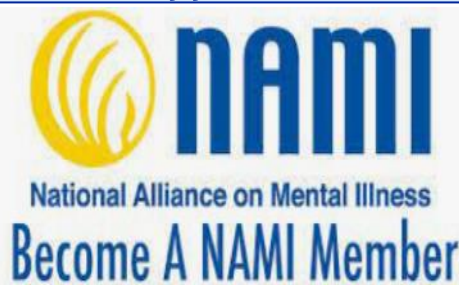
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• AmazonSmile is the same Amazon you know. Same products, same prices, same service.
• Support your charitable organization by starting your shopping at smile.amazon.com.



NAMI SJC Family Support Groups

Do you have a family member who is living with a mental illness or support? NAMI SJC offers Family Support Groups throughout the county.

- \*Lodi: Calvary Lodi Church, 2301 W. Lodi Avenue, 4th Thursday 6:00pm - 7:30pm
\*Manteca/Tracy: Via Zoom (Registration Required), 2nd Tuesday 6:00pm - 7:30pm
\*Stockton: 1414 N California St, Children's Center Dorothy Cabral Room, 1st Tuesday 6:00pm - 7:30pm

All locations are welcome to join the Tuesday Zoom online. Contact NAMI SJC via email - info@namisanjoaquin.org to receive the link to join.

NAMI SJC Connection Support Groups

A Peer-led Support Group for adults living with mental illness. This group can assist with insights by hearing the challenges and successes of other peers. The groups are led by NAMI-Trained Facilitators who have lived experience.

1st & 3rd Tuesday at 6:00pm (via Zoom), 2nd Friday at 6:00pm (via Zoom) & 4th Saturday at the Stockton Wellness Center 1109 N California St, Stockton.

Contact NAMI SJC via email at info@namisanjoaquin.org

NAMI SJC Board Meetings

3rd Thursday/monthly at 6:00 PM Meetings are temporarily being held via Zoom. If interested in attending, please contact NAMI San Joaquin at info@namisanjoaquin.org

Stockton Spanish Support

We apologize for the inconvenience but our Spanish Family Support Groups & Spanish Connection Support Groups are temporarily on hold. We are seeking Spanish speaking volunteer leaders.

SJC BHS Board Meetings

3rd Wednesday of each month at 5:00pm Meetings are being held in-person at Behavioral Health Services, 1212 N California St., Conference rm. B+C Stockton If interested in attending, please contact BHS for information at (209) 468-8700

S.J. Co. Behavioral Health Services Family Advocate: Richard Black 209.401.6087

NAMI SJC Bicycle Program



Do you know of someone working hard on their recovery who needs a bicycle? Let us know. We will provide individuals in need of transportation a brand new bicycle.

S.J. Co. Behavioral Health Services Patient Rights Advocate: 209.468.8676

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 enables our affiliate to provide education, support, advocacy and to grow.



MEMBERSHIP APPLICATION

Membership is for NAMI SJC, NAMI California and NAMI.

- New Member [ ] Renewal
Household Membership .....\$60
Individual Member .....\$40
Open Door (limited Income) .....\$5

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.