

Find Help & Hope.

NAMI San Joaquin County
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namisanjoaquin.org

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Secretary: Jenny Bayardo
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Directors:
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Upcoming Community Meeting Speaker

October 6th: Journey from Homelessness to Homeless Advocate



Speaker: Monique Campero

Journey from Homelessness to Homeless Advocate

Monique Campero serves a client population that is predominantly homeless with mental health conditions. In addition, she advocates for the homeless as a volunteer for the Housing Justice Coalition and as a committee member for the community-based organization, Continuum of Care. Monique will share her own homeless journey and experience as an advocate for the unhoused. **Register in advance:** After registering, you will receive a confirmation email about joining the meeting.

Black Family Day

On Labor Day, NAMI San Joaquin was proud to help sponsor Black Family Day at Weber Point. This event commemorates the efforts of the San Joaquin Delta College Black Student Union, who advocated in 1969 for the right to attend the University of the Pacific. That powerful movement also created the Community Involvement Program which continues to this day. Their victory celebration has broadened and evolved over the years to become today's Black Family Day. NAMI San Joaquin was honored to help our entire community celebrate this triumph of justice, and deeply pleased to support this year's theme of "Black Health & Wellness - Mind. Body. Faith." In so very many ways, we are all stronger together!

NAMIWalks 2022 ~ Final Update!

Thank you to all the participants and donors who continued to fundraise until 7-9-2022. San Joaquin County supporters raised a total of \$16,205. NAMI San Joaquin County received 71% of the funds (\$11,530) to support its programs. Special recognition goes to the top San Joaquin County fundraiser, Edna Ealey, and the top San Joaquin County team, Team Terry. Both placed third among all of Northern California fundraisers & teams. Also, a thanks to our top sponsor, Valley Strong Credit Union as well as our top San Joaquin County Team Member Lan Saruwatari. Thank you to everyone for coming together to support the individuals and families dealing with mental health conditions. **Without all of you, we are not possible!**



Top Sponsor



Team Terry (Top SJC Team)



Top Row: Vanessa Roderick, Miles Saruwatari, Lan Saruwatari.
 Bottom Row: Cindy Morishige, Becky Gould, Kaz Saruwatari, Tosh Saruwatari.

Top SJC Fundraiser



Edna Ealey

Top SJC Team Member



Lan Saruwatari

We could not do it
 without our volunteers!
 Are you interested in



volunteering?

Contact us at
info@namisanjoaquin.org

Thank You to All our Donors!

NAMI San Joaquin County is tremendously grateful to **ALL** those who have donated directly to NAMI SJC this past quarter. Every dollar donated to NAMI SJC makes it possible for us to reach even more people with education, support and advocacy efforts. Our NAMI Signature Programs are a big part of what we do and are made possible by funding from **San Joaquin County Behavioral Health Services (SJC BHS) and all of you!** All NAMI programs, classes, presentations and community events are free of charge to the community!

NAMI SJC Volunteers In The Community

Resident Fair



Volunteers enjoyed joining the residents of Stockton's Diamond Cove II for their National Night Out resident fair in August. Despite the heat, the event was a great demonstration of neighbors being there for neighbors, and NAMI was proud to bring awareness that being

there for each other through mental health challenges is just as strengthening.



Visionary Home Builders of California

Diamond Cove Townhomes II

National Child Abuse Prevention Council



In September, the National Child Abuse Prevention Council held their 6th Annual Get Connected: Suicide Prevention Walk 4 Life at Stockton's Caldwell park. NAMI SJC volunteers signed cards for the round of community agency bingo at the start of the event, then joined the walk to show support for people, friends, and families affected by suicide.

NAMI was proud to be a part of fighting stigma and encouraging people to reach out to each other for support.



Neil Hafley Community Event



Michael Fields, CEO of Peer Recovery Services (PRS), and long-time NAMI San Joaquin County Volunteer, speaking at Neal Hafley Elementary School in Manteca on September 8, 2022. School Principal Lori Guzman-Alvarez invited several panelists, including an Officer from the Manteca Unified Police Dept., a School Psychologist, and Social Worker to address parents on available mental health resources for families. Michael shared extensively on the NAMI Signature Programs that are offered in San Joaquin County as well as services provided by Behavioral Health Services and PRS. PRS now has two peer-run mental health Wellness Centers, in Stockton and Manteca; and very soon opening a Wellness Center in Lodi.



Crossroads Mental Health Conference

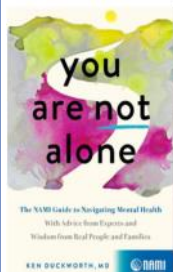


On Saturday, October 1st, Crossroads Grace in Manteca, held a two

day Mental Health Conference in recognition of Suicide Prevention Month. Day one was a youth conference, and day two was an adult conference. On day two, NAMI San Joaquin County was one of three organizations that lead sessions (presentations) which focused on anxiety, depression, and suicide prevention. NAMI San Joaquin County Volunteers Edna Ealey, Michael Fields (CEO of Peer Recovery Services/The Wellness Center), and Troia Cephas (Lead Recovery Coach of Peer Recovery Services/The Wellness Center) lead a powerful In Our Own Voice Presentation which shares their personal journey's with mental health.



You Are Not Alone ~ A National Best Seller



The NAMI Guide to Navigating Mental Health—With Advice from Experts and Wisdom from Real People and Families

Written with authority and compassion, this is the essential resource for individuals and families seeking expert guidance on diagnosis, treatment and recovery, featuring inspiring, true stories from real people in their own words.

“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, this comprehensive guide includes stories from over 130 people who have been there — including people with mental illness and caregivers — and understand how challenging it can be to find the help you need, when you need it. Their stories are what makes this book different from your typical mental health guide. The book covers how to get help, pathways to recovery, the intersection of culture and mental health, and many more important topics to guide any person’s mental health journey. NAMI’s hope is that

this guide can help people find that key help and support sooner and make recovery more

Order Your Copy accessible to those trying to find it. All royalties for the book will go back to NAMI to support our mission to improve the lives of all Americans affected by mental illness.

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: **February 1 - March 22, 2023**

Time: **6:00pm - 8:30pm**

Location: **Online**

Register at:

<https://p2p02012022.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: **New session begins soon**

Time: **TBA**

Location: **TBA**

Information at:

info@namisanjoaquin.org



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: **New session begins Nov 15th**

Time: **1:00 - 3:30pm**

Location: **Online**

Register at:

<https://proved11142022.eventbrite.com>



Still Enrolling! NAMI CA & HCAI Multi-Skills Peer Personnel Training and Placement Grant



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 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

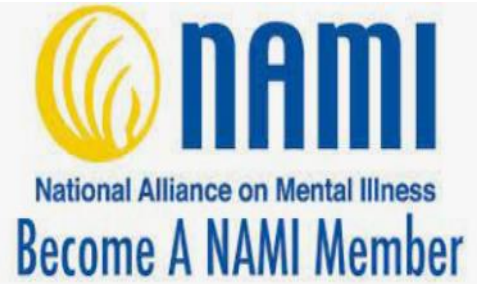
Your donation and membership matters! Click on pictures below to support us.



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 SJC Family Support Groups

Do you have a family member who is living with a mental illness? Are you looking for support and education? NAMI San Joaquin offers Family Support Groups throughout the county.

- *Lodi: Calvary Lodi Church, 2301 W. Lodi Avenue, 4th Thursday 6:00pm - 7:30pm
*Manteca/Tracy: Love INC, 609 W. Center St, 4th Thursday 6:00pm - 7:30pm
*Stockton: Held via Zoom online, 2nd Tuesday 6:00pm - 7:30pm

All locations are welcome to join the Tuesday Zoom online support group. 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; 2nd & 4th Friday at 6:00pm

Meetings are temporarily being held via Zoom. If interested in attending and to receive the link to join the group, please 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 at 5:00 PM

Meetings are temporarily being held hybrid (zoom & in-person). 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.