

# NEWSLETTER

NAMI San Joaquin County - P.O. Box 448, Stockton, CA 95201 Phone 209.468.3755 E-Mail: nami@mail.bhscbo.net

Visit Us On the Web: [namisanjoaquin.org](http://namisanjoaquin.org)

San Joaquin County

## Outgoing President's Report

2011 was a busy year for NAMI SJC. Thanks to the wonderful teachers of Family-to-Family and the Spanish Familia-a-Familia educational team. Not to forget the new team of teachers of Peer-to-Peer/Persona-a-Persona educational series for consumers.



Jennie Montoya

This year NAMI sent family members and consumers to training growing more teachers relieving the members of family and consumers who have been teaching these classes for a number of years. Also as a result of training Stockton now provides a Connection Support Group,

I can't forget the consumers who present "In Our Own Voice", a personal story of a consumer's

journey through living a life with mental illness. Several NAMI teachers also teach the Provider course and coming soon NAMI Basics.

Tracy has their own support groups as well, with Ms. Kathleen Guerrero the incoming NAMI SJC President who oversees the Tracy NAMI Family Support and the Connections (Consumer) Support Group. Ms. Mary B. (new NAMI Board Member) who also received training for Connections will assist Ms. Guerrero.

The NAMI 2012 Board for the first time in some time will include two sets of husband and wife members, Mr. & Mrs. Smith and Mr. and Mrs. Kandris. This is a wonderful thing!

To all the NAMI SJC Board Members as well as Teachers/Presenters I thank you for all of your hard work, you made my presidency seem easy for this I am grateful! Happy Holidays NAMI Members and Supporters.

Ms. Jennie Montoya  
NAMI President

## Incoming President's Message



Kathleen Guerrero

I hope that everyone enjoyed their holidays with family, friends and loved ones!

Hello , my name is Kathleen, this is my first President's message and I would like to begin by thanking

our members for their confidence in me to serve as President of NAMI San Joaquin County. This is an extraordinary

time for NAMI San Joaquin County, as I am the first consumer President.

NAMI San Joaquin County is paving the way for consumers , and showing us that nothing is impossible. So again thank you for your support.

Our Education Director is planning 2012 classes to help family and friends, our Spanish programs are going strong & our Officers & Board of Di-

rectors will meet monthly to ensure that NAMI San Joaquin stays on course with our mission.

I am looking forward to meeting everyone and facing the challenges of the office. With your help I'm sure we will continue to move forward in San Joaquin County in raising awareness and removing the stigma that surrounds mental illness, providing family support and being a voice for those that don't have a voice.

I am excited about the New Year and am looking forward to working with all of you.

Warmly,

Kathleen Guerrero  
President NAMISJC

**Annual Planning Meeting** is scheduled for Saturday, **January 28, 2012** at SJC BHS, 1212 N. California St., Stockton, at 1 PM with lunch at noon. Everyone is invited to help NAMI SJC plan 2012. Call NAMI SJC office at (209) 468-3755 for more information.

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National Alliance on Mental Illness

## NAMI San Joaquin Education Update



### Spring English Family-to-Family La Clase De Familia-a-Familia — De-Persona-a-Persona

The SPRING NAMI Free Family-to-Family Class is scheduled to begin February 4 at 523 W. Acacia Street, 2nd floor, Stockton (across from Dameron Hospital). Please plan to attend this twelve week education program and bring a friend or relative. The class is taught by trained NAMI family members and is for families, partners and friends of individuals with serious mental illness. Contact Mary Ellen Cranston-Bennett or Irene Sherman to register at the NAMI SJC office 209-468-3755.

De Persona a Persona (Peer to Peer) is been taught at La Familia Clinic by Jesse Ortiz and Christian Ibarra. Jesse, Christian, and Alma Ruiz have been doing a great job presenting In Our Own Voice throughout our community in both English and Spanish.

De Familia a Familia (Family to Family) will begin Thursday, January 19, 2012 at 1212 N. California a at 6:00 pm. For more information on this class and for Spanish support group schedule, call Rosalva at (209) 472-0191.

Jesse Ortiz y Christian Ibarra estan ofreciendo la clase "De Persona a Persona" en la clinica La Familia.

Jesse, Christian y Alma Ruiz han estado haciendo un gran trabajo en presentar "En Nuestra Propia Voz" en ingles y en español.

La clase "De Familia a Familia" comienza el jueves 19 de enero, 2012 en el 1212 N. California a las 6:00 de la tarde. para mas informacion y para informacion sobre grupo de apoyo en español llame a Rosalva al (209) 472-0191.

**"We're hoping to hold a summer 2012 Family-to-Family Course" Stay tuned!**

## Annual Christmas Party for Consumers



Preparations began Thursday with Mental Health employees and NAMI volunteers wrapping gifts for 500 party goers.

Monday Dec. 12th, phase two, was the filling of 500 bags with fruit, candies and coffee makings.

NAMI members volunteering included: Mary Ellen Cranston-

Bennett, Rita Lancaster, Pat McCann, Machel Curlee, Ger-tie Kandris Martha Sanchez and Irene Sherman.

Tuesday Dec. 13th was the big party! Well attended by close to 500 clients. They enjoyed cookies, coffee prior to the main meal served by Mental Health employees and NAMI volun-

teers. The Moose Lodge members prepared a delicious traditional turkey dinner.

Congratulations to Clara Lagorio for a well organized Client Christmas Party.



## Consumer's Spotlight—Kathleen Robles Guerrero



**Kathleen Guerrero**

I have been married for 25 yrs. to Juan Guerrero past board member and now presently volunteers as a family support group facilitator.

I have 4 daughters and 3 grandchildren who are the light of my life.

I enjoy walking (as much as my body allows), sightseeing, socializing, traveling , bungee jumping, although it's been awhile, and spending time with my family.

My husband and I went to a Family-to-Family Class in 2007, and then soon after went to my first NAMI meeting in

Tracy. and haven't looked back since.

Since coming to NAMI meetings and volunteering I haven't suffered a mania or been hospitalized, I think because of the wonderful Peer to Peer Class and Connection Group and peer support that I have received. Participating in my own recovery and being med adherent plays a key role. Its doesn't mean I like having a mental illness, I've just accepted that I have a mental illness, that there are ways to keep my illness manageable and I can live a good life. That's what I am trying to do every day, live the good life.

I have been a Depression & Bipolar Support Group Alliance (DBSA) Facilitator , Peer Support Facilitator, and Connection Group Facilitator since November 2008. I have completed the

mentor Peer to Peer Education Recovery Course, presented "In Our Own Voice" presentations, participated in outreach events, scheduled speakers for the Tracy location and participate in the NAMIWALKS.

I have received the following certificates from NAMI Signature Training Programs

- Peer to Peer Mentor 2/2010
- Connection Recovery Support Facilitator 11/2008
- Provider Education 8/2009
- In Our Own Voice Presenter 8/2010
- Connection Recovery Support Group State Trainer 6/11

I also created and maintain the NAMI San Joaquin & Tracy Affiliate Facebook

**Do you know of a consumer you would like to spotlight? Contact: [thefellows@sbcglobal.net](mailto:thefellows@sbcglobal.net) or call the office at 209-468-3755**

## Award of Merit Presented to Dr. Robert Moore & Nancy Smith



Pictured are John Luna NAMI SJ County Board Member and Nancy Smith at

the November board meeting.

John presented Nancy Smith with the Award of Merit Plaque.

Nancy Smith and Dr. Robert Moore were the recipients of the award of merit plaque.

They were both honored, for all of their efforts and years of hard work in fulfilling the mission of NAMI San Joaquin County by serving as volunteers in various outreach events, and educational

programs. We appreciate and are grateful to them for their years of dedication.

(Unfortunately Dr. Moore was not available for this photo)

## The 3rd Annual Northern California NAMIWalks Walk — Sign Up Now!



NAMIWalks 2012 is in the making. There have been 2 committee meetings and the preparations are shaping up.

NAMI has received its first sponsorship for \$5,000 from PGE. If you are wanting to help out in any capacity, come to

the Jan. 5th. Stockton Support General Meeting for information. There will be prizes, a skit and a short film.

We especially need team captains, others that will be on a team, and volunteers the day of the walk. Hope to see you Jan. 5th, 1212 California St., Stockton.

Information is also available on the Web:

[http://www.namisacramento.org/NAMIWalk/nami\\_walk1.html](http://www.namisacramento.org/NAMIWalk/nami_walk1.html)

# NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS

**Stockton**

Thursday Support Group & Peer Connections 1sr Thurs. each month: Jan. 5 & Feb. 2  
**Support Meeting 6:00 PM**  
 Peer Connection/Recovery 6 PM

**General Meeting 7:00 PM**  
**Jan. 5:** Installation of new Officers & Directors. **NAMIWalks KICK\_OFF**

**Feb. 2:** Presentation by a panel of community providers who help the homeless and less fortunate. If your family member has ever been homeless you will need this valuable information & their contact numbers.

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**Saturday Support Group & Peer Connections 4th Sat. of each month: Jan. 28 & Feb. 25**  
**SUPPORT MEETING 10 AM**  
 Peer Connection/Recovery 10 AM  
 Meetings held at: SJ Co. Mental Health  
 1212 N. California St. Ste A & B  
 Stockton, CA

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**Stockton Support Group Contact:**  
 Mary Ellen Cranston-Bennett  
 209-369-2594

**Tracy**

**Monday Support Group**  
**Monday Connections**  
 Jan. 2, &. 16, Feb. 6 & 20 7:00 PM

**Peer Recovery & Wellness Wednesdays,**  
 Jan. 4, &. 18—Feb. 1 & 15 -10 AM

**Location:** Healthy Connections Resource Center  
 35 E. 10th Street, Suite B  
 Tracy, CA

**Lodi**

**Support Group**  
**4th Thursday each month**  
 January 26 & February 23  
**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  
 Corner of Lodi Ave. & Allen Dr.  
 East of Lower Sacramento Rd.

**NAMI SJ Board Mtgs.**

**January 19 & February 16**  
 Board Meetings are held at 6 PM on the 3rd Thursdays of each month at:

San Joaquin County Mental Health  
 1212 N. California St. Suite A & B  
 Stockton, CA

**SJ Co. Mental Health Family Advocate:**  
 David Haro 209-401-6087



**BECOME A NAMI MEMBER TODAY!**

**A SPECIAL THANK YOU** to our loyal supporters for donations this year. The C.A. Webster Foundation, Dr. Robert Moore, and Ronald and Lorraine Wenzler and everyone who gave more than the NAMI SJC \$35 membership fee. **NAMI SJC appreciates your continued financial support.**

**NAMI SJC Membership Drive Begins**  
 Dues for 2012 are now due and renewal forms and return envelopes are enclosed with this newsletter. Your membership and support are essential to NAMI San Joaquin County and enable our affiliate to provide education, support and 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**

General Member .....\$35  
 Support Member .....\$50 - \$99  
 Century Member ..... \$100 - \$499  
 Patron Member .....\$500 or more  
 Mental Health Client .....\$1

Renewal  New Member

\$\_\_\_\_\_Amount Enclosed

*Your membership in NAMI San Joaquin County is tax deductible to the extent allowed by law and gives you membership in NAMI California and NAMI National organizations. Thank you for your support.!*

NAME: \_\_\_\_\_  
 STREET: \_\_\_\_\_  
 CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_  
 EMAIL: \_\_\_\_\_

**Lived Experience Attribute (please check box)**

Individual  Adult child  
 Spouse  Sibling  
 Parent of adult  Grandparent  
 Parent of minor-aged child  Other relative  
 Professional  Friend

**Race and/or Ethnicity (please share information so we can track how well we include all communities)**

American Indian or Alaska Native  Caucasian (white)  
 Asian American  Hispanic  
 Black or African American  Multiracial  
 Other (please specify): \_\_\_\_\_

**Please mail this form to:** NAMI San Joaquin County  
 P.O. Box 448  
 Stockton, CA 95201