

NEWSLETTER

Did you know?

- 30th Annual Ooodles of Noodles Spaghetti Luncheon is set for May 25, 2012.
- Support Group Info moved to page 3.

NAMI SJC Needs YOU!!!

- Like NAMI Support & Education? Become a NAMI Member today! See page 3.
- We need volunteers, see page 4.

San Joaquin County

Record's Family Day at the Park 2011



Tasso Kandris & Gertie Kandris with Stockton Mayor Ann Johnston

The Record's Literacy and Book Fair - Family Day at the Park was held Saturday, September 24, 2011. held at University Park, home of CSUS Stanislaus, Stockton Center

The troops were rallied as Dr.

Bob who usually coordinates our participation in this event was not able to do so this year. NAMI's booth was staffed by Nancy Smith, Mary Ellen Cranston-Bennett, Gertie and Tasso Kandris, Dora Contreras, Tosh Saruwatari, and

Rosalva Garduno. Resources were provided to hundreds of people as well as activities and balloons for children.

Family Day at the Park is FREE to the public. The Record's signature event, Family Day at the Park provides a full day of fun and educational activities for the entire community. More than 70 businesses and community organizations provided interactive projects.

In the photo above Mayor Johnston stopped by for a visit.

Special thanks to Nancy Smith and Rosalva Garduno for taking over setting up the booth, supplying it with materials and making sure it would be manned throughout the event hours.

12th Annual Veterans' Day Celebration

12th Annual Veterans' Day Celebration presented by SJC BHS. NAMI San Joaquin County has donated \$200 to help with the FREE lunch to Consumers on Wednesday, November 9, 2011 from 10:30 AM-1:00PM in Conference Rooms A, B & C at 1212 North California Street. This is the first year NAMI SJC has participated and we are happy to be part of this celebration.



Family Advocate Hired

A Family Advocate has been hired and has attended the Provider Education Program which started Thursday, October 6. His name is David Haro. NAMI SJC is no longer involved in the contract between SJC BHS and CVLIHC to hire the family advocate. His start date was October 4. and a meet and greet was held October 18th for NAMI Officers, Directors and Members at the NAMI office conference room. He can be reached by leaving a message at the NAMI office number 468-3755.

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National Alliance on Mental Illness

NAMI EDUCATION REPORT

October 2011 has been busy with three education classes in progress and many IOOV presentations. The PROVIDER EDUCATION PROGRAM began Thursday, October 6th with 30 enrolled. The community is well represented with attendees from Delta College, County Probation, Board and Cares, Gospel Center Rescue Mission, Casa Del Sol and Golden Pine Guest Home, La Familia and Bacop, and three new SJC BHS employees. The new five week class is being presented and participants will graduate November 3, 2011.



English FAMILY-TO-FAMILY EDUCATION CLASS

The English FAMILY-TO-FAMILY EDUCATION CLASS is at the halfway mark and will present Class 10 on November 5th. There are 24 enrolled from San Joaquin County and they will graduate on November 19, 2011.



La Clase De Familia-a-Familia

La clase De Familia a Familia continua con 10 participantes. La junta de grupo de apoyo continua el cuarto jueves del mes, en Octubre, el día 28 a las 6:00 de la tarde. En Noviembre se cancelara debido a los dias festivos. Planeamos tener un convivio en Diciembre como el año pasado. Se han hecho varias presentaciones En Nuestra Propia Voz en español en diferentes lugares en nuestra comunidad. Si esta interesado en presenciar una, o si tiene alguna sugerencia de donde ofrecer una, comuniquese con Rosalva al (209)472-0191.

IN OUR OWN VOICE (IOOV)

The IN OUR OWN VOICE (IOOV) presentations have been mainly in Spanish with two English presentations at Delta College. Spanish presentations were at Templo La Hermosa, Comision Honorifica, Cosecha y Restauracion, Kennedy Community Center, Lincoln Head Start, St. Gertrude's Head Start Conterciantes Unido Mtg, Staff High School Spanish Class, La Familia Clinic and at the Spanish Family-to-Family class. Requests for IOOV presentations can be made to Rosalva Garduno and Kathleen Guerrero.

NAMI Family-to-Family Class To Start Late January

The SPRING NAMI Free Family-to-Family Class is scheduled to begin in January 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.

UPCOMING SCHEDULED TRAININGS

NAMI IN OUR OWN VOICE on Saturday, November 12th and Sunday November 13th in Modesto, CA in Stanislaus County by NAMI Stanislaus. NAMI San Joaquin County has one trainee attending, Terri Ordahl.

NAMI CALIFORNIA PEER-TO-PEER and PERSONA a PERSONA trainings will be held on November 3-6, 2011 in Santa Clara, CA. NAMI San Joaquin County has two participants registered,

Mary Bechthold and Jenna Schoeppe, both graduates of our last Peer-to-Peer class. It is planned for Alma Ruiz, Spanish IOOV presenter to attend the Persona a persona training. We have been notified that the Peer-to-Peer Guidebooks for New Mentors and Program Coordinators will be redesigned and new guidebooks are being created for the Connections and IOOV programs.

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

Annual Christmas Party for Consumers

The annual CHRISTMAS PARTY for San Joaquin County consumers will be held this year at the new LODI MOOSE LODGE, on Tuesday, December 13, 2011. Clara Lagorio, Manager, Pine Manor Guest Home, will again coordinate the event. This party has been held at the Lodi Moose Lodge since

1988. In past years volunteers have wrapped between 1,150 to 1,200 pairs of socks, that is 550 to 600 packages. Volunteers are welcome to help wrap these gifts and bring in the spirit of the season. The gift wrapping date will be given at another time, contact the NAMI office, (209) 468-3755 if you are

interested in helping. On Monday, December 12th around 9:30AM tablecloths will be laid and candies put in bags. You are welcome to join other volunteers at the Lodi Moose Lodge.



"We'd love to have volunteers come and help at the party" Contact Irene Sherman at 209-368-1469

NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS

Stockton

Thursday Support Group
Thursday Peer Connections
 Thursdays, Nov. 3 & Dec. 1st
Support Meeting 6:00 PM
Peer Connection/Recovery 6 PM

General Meeting 7:00 PM
 Nov. 3

Speaker: Roland Anderson,
 Substance Abuse Services
 Dec. 1st

Film: To Be Announced & Election of

Saturday Support Group
Saturday Peer Connections
 4th Saturday of each month:
 Saturdays, Nov. 26
No Meetings on Dec. 24 (Christmas)

Support Meeting 10 AM
Peer Connection/Recovery 10 AM
 All above meetings held at:
 SJ Co. Mental Health
 1212 N. California St. Suite A & B
 Stockton, CA

Tracy

Monday Support Group
Monday Connections
 Mondays, Nov. 7 & 21,
 Dec. 5 & 19 at 7:00 PM
Peer Recovery & Wellness
Wednesdays,
 Nov. 2 & Nov. 16,
 Dec 7 & Dec 21 at 10 AM
Location: Healthy Connections
 Resource Center
 35 E. 10th Street, Suite B
 Tracy, CA
Info: Kathleen Gurrero 209-468-3755

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

**BECOME A NAMI
 MEMBER TODAY!**

Lodi

Support Group
4th Thursday each month
No Meetings Nov. & Dec.
 as the meetings would be on holidays
Contact: Irene Sherman
 209-368-1469
 Or Joselyn Spurgeon at 209-369-5936

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.

November 17 & December 15
 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

Please fill out the application form below and send it with your check of \$35. If you have paid your dues for 2011, **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

Consumer's Spotlight—Douglas Fellows Writer/Poet

Doug Fellows submitted one of his poems to the Lodi News Sentinel and it was published in the Lodi Living section of the paper on Saturday October 29th. Doug has written other poems and several short stories and hopes to get those published as well. Here is the article in the paper:

Poet of the Week

Red Roses for Rita in the Rain



Doug Fellows

Updated: 9:37 am, Fri Oct 28, 2011.

By Doug W. Fellows | 0 comments

Rita loved red roses, they matched her beauty well

She asked for a rose for her lapel, instead they gave her a cross to wear.

She bore it gladly for a year but weeping quietly she asked, could I not have a rose for my lapel?

They brought her a chair instead and ordered her to sit.

Thus she sat her life and wept, and wore her cross, but whispered, "now a rose?"

They gave her sand to drink instead.

Then one day she prayed and died and someone stumbled on a rose.

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

NAMI San Joaquin County - P.O. Box 448, Stockton, CA 95201
Phone 209.468.3755 E-Mail: nami@mail.bhscho.net
Visit Us On the Web: namisanjoaquin.org

About the poem

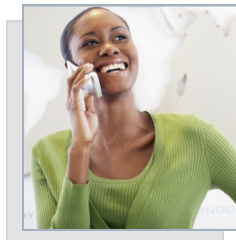
This poem is a tribute to my wife Rita's loving sacrifices for me. At 29, my future was bright. I had an English degree under my belt and was promising writer, and then I became a paranoid schizophrenic. That was 17 years ago. My wife has supported me, and loved me truly and resolutely, through all our lives' many tempests and heavy weathers.

Help Wanted!!!

We need help at the NAMI SJ office! We desperately need the **office phone to be staffed** and callers messages returned.

NAMI SJC needs members to be **Officers and Directors** in 2012.

If you would like to volunteer please contact Nancy Smith for more information 209-982-1750.



Today in America:

One in four adults—about 57.7 million Americans—experience a mental health disorder in a given year.

Despite effective treatments, there **are long delays** between the first onset of symptoms and when people seek and receive treatment.

Fewer than one-third of adults and one-half of children with a diagnosable mental illness receive mental health services in a given year.

In the United States, the **annual economic cost of mental illness** is estimated to be \$79 billion. Approximately \$63 billion reflects the loss of productivity as a result of illnesses.

However, there is hope...

With proper care and treatment, 70 to 90 percent of persons with mental illnesses experience a significant reduction of symptoms and an improved quality of life.

What can you do?

Join NAMI When you give to NAMI you ensure we can continue to make a difference for those living with mental illness.

