

# NEWSLETTER

NAMI San Joaquin County - P.O. Box 448, Stockton, CA 95201 ■ 209.468.3755 ■ [info@namisanjoaquin.org](mailto:info@namisanjoaquin.org) ■ [namisanjoaquin.org](http://namisanjoaquin.org)



San Joaquin County

## 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

### JANUARY 8TH, General Meeting

**Speaker: Virginia A. Wimmer MSsgt(Ret)**  
Deputy Director Veterans Services  
San Joaquin County  
Health Care Services

### FEBRUARY 5TH, General Meeting

The February General Meeting will be the **NAMI-WALKS 2015 "Kick Off"** with a short presentation from NAMIWalks Northern California Walk Manager, Donna Wood as well as hear from the San Joaquin County Walk Chairpersons, Liz Hess and William "Bill" Smith.

## Strategic Planning Meeting — You are invited!

I want to inform everyone of the upcoming Planning meeting for 2015. The meeting will take place on January 17th, 2015, at 10 AM at San Joaquin County Behavioral Health Services located at 1212 California Street Conference Room B. It

is extremely important that everyone attend, **we will set the road map for our affiliate for 2015. We need everyone's input and ideas.** Lunch will be served **you must RSVP by 1/14/2015 to [whsnursery@att.net](mailto:whsnursery@att.net)** William "Bill" Smith, Vice President, NAMI SJC.

## NAMIWalks 2015 — SAVE THIS DATE: May 2, 2015



County's only fundraiser that supports our outreach efforts and provides for numerous

**TEAR DOWN THE STIGMA SURROUNDING MENTAL ILLNESS...**

Please mark your calendars for Saturday **May 2nd, 2015**. You won't want to miss sharing a wonderful celebration of hope, recovery and stigma reduction at the annual **NAMI Walks**. A new addition to the walk will be the use of a shuttle service. Parking in the area has been a challenge, but with the new shuttle service you can easily park at the near by junior college and be shuttled back and forth to William Land Park. This is NAMI San Joaquin

educational programs and support groups. The walk is a great way to help tear down the stigma surrounding mental illness and to bring awareness into our communities. The **2015 Walk Chairpersons are Bill Smith, NAMI SJC V.P. and Liz Hess NAMI Board Treasurer.**

**We are looking for committee members, please call and volunteer to work with fun people eager to promote the NAMI Walk, organize and recruit teams, seek sponsors and have a really fun time in the process.** Contact **Bill at 209 479-4084, [whsnursery@att.net](mailto:whsnursery@att.net) or Liz at [emhess@msn.com](mailto:emhess@msn.com), 209 763-2584 we need you!!**

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## NAMI Family-to-Family Education Program Starts February 7th

A FREE, 12 week course for family & friends of individuals living with a mental illness or emotional disorder. The course begins on Saturday,

**February 7th, 2015**

**Time: 10:00 am to 12:30 pm**

For more information and to register contact:

NAMI San Joaquin County Office at: 209 468-3755 or **Mary Ellen Cranston-Bennett**  
209-369-2594

email:

[cranstonbennett.design@gmail.com](mailto:cranstonbennett.design@gmail.com)

## NAMI Basics Training

*Has your journey with raising a child with a mental illness provided you with some knowledge, strength and hope that you know can help other parents? Do you want to get in-depth training? If so, we need you!*

The NAMI Basics program is looking for parents to train to teach the 6-week course here in San Joaquin County. If your child was diagnosed or had symptoms of a mental illness prior to the age of 13, we encourage you to apply for the Basics Program training (hotel, meals and mileage reimbursement

### The Program is Designed to Provide

Information about brain disorders including: Depression, Bipolar, Schizophrenia, Addictive Disorders, OCD, Panic Disorder, Dual Diagnosis, PTSD, Borderline Personality Disorder. **Also covered are:** Self-Care and coping tips for the entire family. Locating support and services within the community to assist in recovery. Up-to-date information on medications, side effects and strategies for medication adherence. Information on advocacy initiatives designed to improve and expand

services. Evidence based, most effective treatments to promote recovery.

Problem solving, listening & communication strategies. Family members of people with a mental illness often experience considerable worry, stress and the need for information and support as they try to assist their ill relative and adjust to the changes that mental illness brings to the family system. **The Location:** for the program is 530 West Acacia St. Stockton, CA (Across from Dameron Hospital)

provided). You will not only help families who are seeking education and support, but you will be rejuvenated in your own journey with your child. There are two training dates for the coming year and they fill up fast. Please **contact Debbie Alter at: 209 478-7799** for further information and an application. Please join us in helping our fellow parents to know there is hope!

**January 23-25 2015 in Ontario CA**

**May-15-17 2015 in Vacaville CA**

## NAMI CA TRAINING

**Note:** These trainings are for **family members to become teachers** of the education programs listed below. **Support group** trainings are for family members to become **facilitators** of a support group.

- ◆ **Family to Family:** January 16-18, 2015 Encino, California (Cancelled)
- ◆ **Basics:** January 23-25, 2015 Ontario, California
- ◆ **Family Support Group:** February 6-8, 2015 Chico, California
- ◆ **Family Support Group:** March 20-22, 2015 San Diego, California
- ◆ **Family to Family:** March 20-22, 2015 San Diego, California
- ◆ **Family to Family:** April 17- April 19, 2015 Bakersfield, California
- ◆ **Family to Family:** May 15-17, 2015 Vacaville, California
- ◆ **Basics:** May 15-17, 2015 Vacaville, California

### NAMI PEER PROGRAMS TRAININGS:

These trainings are for peer members to become teachers (mentors) of the education programs listed below.

- ◆ **Peer to Peer:** January 23-25, 2015 Fresno, California
- ◆ **Peer to Peer:** February 20-22, 2015 Fairfield, California
- ◆ **Peer to Peer:** April 24-26, 2015 Campbell, California
- ◆ **Peer to Peer:** May 15-17, 2015 San Diego, California
- ◆ **Persona a Persona:** March 37-29, 2015 Ontario, California

For more information contact the NAMI SJC office at 209.468.3755.

## Ending the Silence Presentations



Tasso and Gertie Kandris have been doing a phenomenal job in their Ending the Silence (ETS) presentations. In 2014 they made 7 ETS Presentations to 280 Students plus 17 Staff Members. Tasso served as Tech Support and Gertie as the Narrator, their Young Adult Presenter was Ava Malm. NAMI San Joaquin County is proud to have these two serving on the Board, representing NAMI SJC at various events as well as out in the community providing mental health education through their presentations.

## Fall 2014 Family-to-Family Graduates



From left - Larry & Beverly Crain, Pamela Parvez, Erlinda and Amabella Camins, Alex & Carol Anchondo, Priscilla Timmons, Nancy Smith, Staci Lavergne, Nancy Edelhuber, Bill Smith, Marie Flexer, Liz Hess, Van Ha To-Cowell, Paul Yee. Not pictured Patty Call, Betty Yee & Shannon Hess. The class was lead by Elizabeth Hess, Jaemin Smith, Bill Smith and Nancy Smith as support.

## Members Recognized for Volunteer Service

NAMI SJC Members, **Rita Verde-Fellows** and **Elizabeth Hess** were awarded plaques for service to NAMI SJC. Rita, a long time member, served on the NAMI SJC Board of Directors for three years, has taught numerous Family-to-Family classes and has served as Newsletter editor for many years. She will continue to serve as Newsletter Editor. She also was captain of a NAMI Walk team. She will be missed on the board. Her volunteer service is greatly appreciated by NAMI SJC! Liz Hess is new to NAMI SJC as Treasurer but has been serving as Treasurer and later Secretary since taking

office. She also has been Co-chair for the NAMI Walk for two years serving on the NAMI Walk Committee. Liz also trained to teach the Family-to-Family class and just finished teaching her first class with excellent results. All members of her class except one joined NAMI San Joaquin County. Liz will continue as Treasurer in 2015 and plans to teach another Family-to-Family class in the Fall. NAMI SJC looks forward to another year with Liz taking care of finances. Thank you for your service, you are appreciated!



### Students Are Invited to Submit their Films to Help Others and Win Prizes

Students throughout California are invited to Direct Change by submitting 60-second films in two categories: "Suicide Prevention" and "Ending the Silence about Mental Illness". The winning teams and their associated schools will win prizes, receive mental health or suicide prevention programs for their schools, get to participate in a meeting with state legislators on these topics, and attend the award ceremony at the end of the 2014-15 school year.

Visit the campaign website for contest rules and information: [www.directingchange.org](http://www.directingchange.org).

## Anastassios "Tasso" Kandris Receives Accolades

Tasso Kandris, outgoing NAMI SJC President, was awarded a plaque to thank him for serving as President during 2014. In spite of all his other obligations Tasso was a great President and diplomat during a tension filled year. With the increase in the number of board members it was sometimes difficult to keep the meetings productive but he rose to the occasion and used his gavel with authority. Tasso was always available to talk with anyone, board member, member or those who needed his help. He served on many committees during the year and did

outreach activities as well as supplying technical assistance to Ending The Silence presenter, Gertie Kandris. While President he served on the county Mental Health Board and worked with the Students in Prevention group. Tasso has also joined with Gertie to Captain a NAMI Walk Team for many years. He will continue to serve the NAMI Board of Directors as Immediate Past President and as such will act as historian. NAMI SJC thanks Tasso for his volunteer service and looks forward to his continued leadership in 2015.

## Kathleen Gardner Inducted into NAMI Hall of Fame

Kathleen Gardner, long time In Our Own Voice (IOOV) presenter, is inducted into NAMI Hall of Fame. Kathleen is one of the first three members to train for the IOOV program in 2009 and made the very first presentation at the Wellness Center in 2010. To qualify for this honor she had to make more than sixty (60) presentations. In the

five years she has presented IOOV she has far exceeded this qualification. Kathleen also trained as a Peer-to-Peer Mentor and taught four or more classes. She also trained as a NAMI California Peer-to-Peer Mentor Trainer. After training for the Provider Education Program she has been an important part of the PEP teacher team for several

## 2015 Board Members Voted In

Congratulations to the new NAMI San Joaquin County Board of Directors for the 2015 term.

Voting took place at the December 4th General Meeting. **President**, Jennie Montoya, **Vice President**, William "Bill" H. Smith Sr., **Treasurer**, Elizabeth "Liz" Hess, **Secretary**, James Russow, **Immediate Past President**, Anastassios "Tasso" Kandris.

**Board Directors**, Jennifer Allen, Alissa Douma, James Jones, Van Ha To-Cowell, Mike Miller and Ron Vandermoon, Wishing you all a great NAMI year!

**Did you know that you can attend our Board Meetings? Yes!** We meet on the 3rd Thursday every month. See page 4 for upcoming meetings. **See you then!**

## Connections Support Group

### What is it???

NAMI Connection is a recovery support group program for **adults living with mental illness** that is expanding in communities throughout the country.

These groups provide a place that offers respect, understanding, encouragement, and hope.

NAMI Connection groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Meetings are held at:

**SJC Behavioral Health**

1212 N. California St.

**1st Thursday** each month:

**Connections Support Group—5:30 PM**

## Now Also

### Saturday Connections

- 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

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PEP classes. She participated in many outreach activities and the NAMI Walk. Whenever NAMI SJC needed her she was always available and willing to volunteer her help. Kathleen is an excellent example of a dedicated NAMI volunteer! Congratulations Kathleen and thank you for the many years of service to NAMI San Joaquin.

# NAMI SAN JOAQUIN COUNTY SUPPORT GROUPS & Board Meetings

## L o d i

**Family Support Group**  
 4th **Thursday** each month *except holidays\**:  
 \*NO November Family Support Group  
 January 22 & February 26th—**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

## M a n t e c a

**Family Support Group**  
 3rd **Monday** each month—  
 January 19 & February 16th—**6:30 PM**  
**Connections Support Group—6:30 PM**  
**Contact:** Michelle Moore at:  
[Michelle4MI@yahoo.com](mailto:Michelle4MI@yahoo.com)  
 or Michael Fields (209) 451-3977  
[mafields12@msn.com](mailto:mafields12@msn.com) or  
 call the NAMI office 468-3755 **Location:**  
 Crossroads Grace Community Church  
 1505 Moffat Blvd.—Manteca CA 95336

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

## S p a n i s h S u p p o r t G r o u p

4th **Thursday** each month  
 January 22 & February 26th—**6:00 PM**  
**Contact:** Rosalva Garduno  
 (209) 472-0191  
**Location:** SJC Behavioral Health  
 1212 N. California St. Suite B  
 Stockton

## S t o c k t o n

**Thursday Support Group**  
 1st **Thursday**. each month:  
 January 8th & February 5th  
**Family Support Group—5:30 PM**  
**Connections 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

**Connections Support Group**  
 Every **Saturday** **10:00 AM – 11:30 AM**  
**The Wellness Center**  
 1109 N. California St., Stockton

## T r a c y

**Monday Family Support Group**  
**and Monday Connections**  
**1st Monday** each month:  
 January 5th & February 2nd - **7:00 PM**  
**Location:** Healthy Connections  
 Resource Center  
 35 E. 10th Street, Suite B  
 Tracy, CA  
**Info: contact Bill** at (209) 982-1750 or  
[whsnursery@att.net](mailto:whsnursery@att.net).

## NAMI SJ Board Mtgs.

January 15th & February 19th—**6:00 PM**  
 Meetings held at:  
 SJ Co. Behavioral Health  
 1212 N. California St. Ste A & B  
 Stockton, CA


## SJC Behavioral Health Board Mtgs.

January 21st & February 18th—**6:00 PM**  
 San Joaquin County Behavioral Health  
 1212 N. California St. Suite A & B  
 Stockton, CA

**BECOME A NAMI MEMBER TODAY!**

**NAMI SJC Membership Drive—It's time to RENEW membership for 2015!!!**  
 Use the form below 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 \$35 . If you have already paid your dues **THANK YOU!!**



**MEMBERSHIP APPLICATION**

New Member     Renewal

General Member .....\$35

Open Door (Limited Income) .....\$3

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](http://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.*