

**NAMI STANISLAUS NEWSLETTER March 2016**

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**Contact Us:**

National Alliance on Mental Illness, Stanislaus  
P.O. Box 4120, Modesto, CA 95352-4120  
Office at 500 N. 9<sup>TH</sup> Street, Suite D, Modesto  
Web site address: [www.namistanislaus.org](http://www.namistanislaus.org)  
Email: [nami@namistanislaus.org](mailto:nami@namistanislaus.org)  
Office Schedule:  
Mondays 2:30-5:30 pm.  
Tuesdays 2:30-5:30 p.m.  
Thursdays 2:30-5:30 p.m.

**Mark Your Calendar:**

**Board Meeting** – Wednesday March 9<sup>th</sup> at 3:00 p.m.

**General Meeting** – Life Path Program, Sierra Vista, Wednesday, March 16<sup>th</sup> at 6:30 p.m.

**Upcoming events**

April 1 & 2	NAMIWalk yard sale - Modesto
March 8	Meeting w/Frank Damrell
April 19	NAMI Smarts
May 7	Annual NAMIWalk - Sacramento
July 6-9	NAMI National Convention in Denver
August 26-27	NAMI California Conf. in Burlingame

**Turlock Family to Family** classes: see following article.

Please check our [calendar](#) or call the office at (209) 558-4555.

**Meeting with Frank Damrell**

Date: Tuesday, March 8, 2:30 p.m.  
Place: Jana Lynn Community Room, 500 North 9<sup>th</sup> St, Modesto

Mr. Damrell is the District Representative for Senator Cathleen Galgiani, and recently attended our board meeting. Their office receives calls from concerned families of people with mental illness and some who are incarcerated. They want to know more about mental illness and issues in our local region. Since there was more to cover than would fit into the meeting we have scheduled another on March 8<sup>th</sup>. If you are interested in giving feedback, suggestions, or possible solutions, please plan to attend this meeting.

**Turlock Family-to-Family Class**

There are still openings in the Turlock class. The NAMI Family-to-Family Education course is a free 12-week (2½ hours/week) program that focuses on schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder and obsessive-compulsive disorder (OCD). It is for Family members and caregivers only.

Mondays beginning March 7<sup>th</sup> thru May 23<sup>rd</sup>, 2016, 6:30-9:00 p.m.  
The Cooper House, 1123 Cooper St. (next to the Good Shepherd Lutheran Church & across the street from the Turlock Library)

## Lobby Day in Sacramento, by Rhonda Allen



Linda Mayo, Rhonda Allen, Lynn Padlo, and Joyce Plis-Hickman from NAMI Stanislaus, and Gertie Kandris, NAMI San Joaquin.

Four members of NAMI Stanislaus visited the State Capitol in Sacramento on Friday, February 19<sup>th</sup> to speak with our legislators about issues related to mental health services. Lobby Day was a joint effort by several NAMI affiliates and organized by NAMI California. Lynn Padlo, Joyce Plis-Hickman, Rhonda Allen, and Linda Mayo represented our Stanislaus affiliate. During this busy day they met with five different legislators or their staff member: Assemblyman Jim Cooper, Senator Cathleen Galgiani, Assemblyman Adam Gray, Assemblyman Kristin Olsen, and Senator Anthony Cannella. Some of the various topics they addressed involved, supporting

1. SB614, a bill to create a state program to certify peer specialists, as part of the mental health delivery system.
2. Crisis services, by increasing mobile crisis teams and crisis stabilization units, as well as providing mental health

- training to EMTs and other emergency staff.
3. Criminal justice programs that encourage partnerships with behavioral health services, developing jail diversion programs, mental health courts, and other supportive services.
4. Need for more psychiatrists and psychiatric beds, as well as lack of children's mental health crisis services.
5. Lack of treatment for individuals with co-occurring illnesses.
6. HIPAA laws and Laura's Law implementation.
7. Federal bill by Tim Murphy, SR2646, "Helping Families in Mental Health Crisis Act".
8. Mental illness statistics in our state, and lack of parity.
9. Importance of education for early prevention and intervention, i.e. teacher training/credentialing to include mental health course.
10. Concern for mentally ill homeless and lack of housing.

As you can see by this list of topics, it was a busy day! They had too many issues to discuss in the time given, but letters and written concerns were left for each legislator to review.

Our legislators and/or their aides were receptive overall, taking notes, and listening to the concerns of our NAMI members. Some NAMI members had time to share part of their stories involving access to mental health services for their loved ones. This made another impact as they heard first-hand accounts and experiences related to how mental health services could be improved. It was a good reminder of how important it is for our members to write letters and get involved in advocacy for mental health. Valuable input can be given that expresses to lawmakers the need for these services!



## Speaker Meeting

Date & Time: Wednesday, March 16<sup>th</sup> at 6:30 p.m.

Place: Jana Lynn Community Room, 500 North 9<sup>th</sup> Street, Modesto

## LIFE Path (LASTING INDEPENDENCE & FAMILY EMPOWERMENT) Path

LIFE Path is a partnership of Sierra Vista Child & Family Services and Center for Human Services whose mission is to empower and create hope for culturally diverse transitional age youth and adults experiencing early symptoms of psychosis to continue on their life path through effective treatment, support, and connection.

## Family Support Group Changes

Two newly trained support group facilitators, Chris Brady and Jack Jacques, will facilitate meetings the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of each month, beginning in **April**. This is an additional day and adds to the 2<sup>nd</sup> Mondays that have been facilitated by Zumara Dawn. She is presently teaching the 12-week Family-to-Family class in Oakdale.

We greatly appreciate Zumara and her dedication to educating and supporting NAMI families.

## Fundraiser Yard Sale – Friday, April 1<sup>st</sup> & Saturday, April 2<sup>nd</sup>



**Just in time for Spring house cleaning!  
Please donate your discards to our  
NAMIWalk teams for their 2016 fund  
drive. For more information contact the  
NAMI office at (209) 558-4555.**

## Condolences to Families of Eugene Kraft and Linda Hornsby-Black

In February we lost two long-time members of our NAMI family. Gene passed away Feb. 13<sup>th</sup> at the age of 90. He and Mabel have been members and supporters for many years. Mabel and Gene were the “glue” of our organization through many transitions.

Our sympathy to Linda’s husband, John Black, and her family. She passed away February 15<sup>th</sup>. Her smiles and friendship will be greatly missed by all who know her.

## Family-to-Family Testimonial

My step-son was ruining my life. He had hated me since he was a child and when he was a grown man at 35. His newest antic had cost him his freedom, when he was arrested for Attempted Murder, after he and a neighbor decided to threaten each other and which escalated in the son pulling up a driveway post and the neighbor pulling a knife (Does this kind of drama sound familiar?). We've been through bomb squads, multiple suicide attempts, countless episodes of threatening behavior and destruction of property, alternating with short periods of a sweet young man. They tell me he has schizophrenia affective disorder, but I'm sure he really just wants to drive myself and my husband apart.

All of the above is pre-NAMI. Truthfully, I was VERY defensive at my first meeting, a bimonthly Tuesday evening support group. The facilitator saw through my poor behavior (God bless her!). I practically asked my husband for a divorce and publicly told him I couldn't tolerate any more of the disrespect and chaos. The facilitator told us about the 12 week family class on mental illness. I was in so much pain, I willingly went. It did not take long at all for the course material to work its magic. I saw my son, finally. So much was

explained, I might have been ashamed of my poor behavior, but I was so grateful to learn there was a reason for my son's behavior, and I finally understood that he was suffering. At that point, my relationship with both son and husband changed for the better. I could look past all of the behavior to see the sweet boy I had previously caught only glimpses of. Ironically, and completely because I learned through a tip during this class about a clinic that has been very experienced dealing with mentally ill patients and their meds. My son found a single med that turned all of our lives around.

So, should you consider going to the 12-week class? I don't know. I only know that it made all the difference in the world. Is everything perfect with my life now? Hardly. The difference is that now I can see the person behind the behavior, and I can decide for myself what is 'bad behavior', and what is the disease. We now have a more harmonious relationship.

Anonymous

We are offering a class in Turlock, starting March 7<sup>th</sup> at 6:30 p.m. To register or if you have any questions, please call Dar at (209) 656-8855. The class is filling up fast.

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## Thank You's

### Memberships

Cathy Adams  
Heidi Arno  
David Cameron  
Michael Gilmore  
Tarynn Goiburn  
Jerald Rosenthal  
Kristina Hacker  
Jack & Teresa Jacques  
Linda Mayo  
John O'Brien

Clifford Parker  
Tom & Linda Phillips  
Jerold Rosenthal  
Lisa Sanchez  
Dennis & Ruth Sevilla

### Donations

Campbell & Hawkins Families (in Memory of  
Paul Alberti, Jr)  
Jamie Fabela

## Message from our Executive Director and Education Coordination, Lynn Padlo

With this lovely, Spring-like weather, it is refreshing and gives us an uplifting spirit. The trees are even blooming and some of the flowers, too. We are thankful, however, that the rain will be coming back as our valley certainly needs it!

Our NAMI leaders, speakers and presenters have had a very busy month. We have had many presentations in the schools, colleges, community groups and we were able to take part again in the Modesto High **Day of Respect**. I was impressed, again, by our young, teen guides at this event who were gracious, respectful and interested in what we were presenting. Thanks to the staff at the Modesto High School for continuing to honor people with disabilities. Another highlight, was our **Parents and Teachers** panel presenting our program at Ceres Schools District. Many staff members asked questions about mental health and our experiences with our own life. One of our student presenters, Julie Bernardo, was well-received and inspirational in telling her story to the staff and they said they would be more aware of helping their students because of her story.

Many of our programs are being enhanced because we have had people trained for the programs. Two new people were trained in January to be **Family-to-Family teachers**, and four more have been trained to be **Family Support Group facilitators**. Two more people were trained to be **In Our Own Voice** speakers. We now have three more **Ending the Silence** speakers trained as well. So this is the result of our many volunteer Family teachers and Peer teachers. Connection group leaders, also, give me

names of possible presenters and I appreciate it so much. These leaders are very dependable, loyal and dedicated to the attendees. Our Stanislaus affiliate is stronger, now, because of all the leaders in these groups.

Upcoming events: March we are hosting a speaker from Sierra Vista Child and Family Services, LIFE Path program, March 16<sup>th</sup>, at 6:30 p.m. (see the announcement in our newsletter). Also in March we are collecting items for our annual fundraiser, a yard sale on April 1<sup>st</sup> and 2<sup>nd</sup>. The funds from this will be used for our NAMIWALK. Another fundraiser is being planned at a local restaurant, so look for the date and announcement in next month's newsletter.

Stanislaus Affiliate is also hosting an event in April, called NAMI Smarts. This is a workshop on learning to be advocates for mental health, and will be held at the Martin Conf. Room at 830 Scenic on April 19<sup>th</sup>. Look for more in April's newsletter. This is a NAMI CALIFORNIA event. NAMI Smarts for Advocacy gives you step-by-step tools and the hands-on practice you need to feel clear, confident and ready to make a difference. It is about using your voice to influence policy makers and make a difference.

NAMI WALK CAPTAINS: Now is the time to sign up again for the annual walk in Sacramento, May 7<sup>th</sup>. Go to [www.namiwalks.org/northerncalifornia](http://www.namiwalks.org/northerncalifornia) to register your team again! You are so important to our local affiliate and help us support many of our programs and projects. I look forward to seeing some of you at all of these NAMI events coming up.

## NAMI Stanislaus Support Groups Meetings

Oakdale: Family Support Group (1<sup>st</sup> **Wednesday**, at 5:30-7:00 p.m.), Family Support Network, 1405 West F St (enter on Oak), Call Judy 209-480-0387

Modesto: Family Support Group (2<sup>nd</sup> **Mondays**, at 6:30-8:00 p.m.), 500 North 9<sup>th</sup> Street, Suite D, 209-558-4555 (beginning in April 2016 groups will be 2<sup>nd</sup> & 4<sup>th</sup> **Mondays**) Call 209-656-8855 or the office at 209-558-4555

Turlock: Family Support Group (2<sup>nd</sup> & 4<sup>th</sup> **Tuesdays**, 6:30-8:00 p.m.), 1123 Cooper St next to the Good Shepherd Lutheran Church (Minaret/Cooper) Call Dar at 209-656-8855

Modesto: Connections (Peer Support) (2<sup>nd</sup> & 4<sup>th</sup> **Thursdays**, 4:00-5:30 p.m. and 1<sup>st</sup> & 3<sup>rd</sup> **Saturdays**, 12:30-2:00 p.m.) 500 North 9<sup>th</sup> Street, Jana Lynn Community Room, Call Nicki at 209-558-4555

Oakdale: Connections (Peer Support) (1<sup>st</sup> and 3<sup>rd</sup> Tuesdays 5:00 p.m. – 6:30 p.m.), Oakdale public library on 151 S. First St., Call Allison at 209-848-2161

Turlock: Connections (Peer Support) (2<sup>nd</sup> and 4<sup>th</sup> **Tuesdays** 6:30 p.m. – 8:00 p.m.) at the Good Shepard Lutheran Church, Cooper Hall, 1123 Cooper Street, Turlock, 6:30-8:00 p.m. Call Nancy or Sue at 209-209-656-8855 or the office at 209-558-4555

Turlock: Stanislaus State University Connections (Peer Support) (Every **Tuesday** 6:30 p.m. – 8:00 p.m.) Lakeside Conference Room, CSUS Stanislaus One University Circle, Call 209-409-6006 or email [MHNOC@outlook.com](mailto:MHNOC@outlook.com)

### For More Information

For information on **Spanish Support Groups** call us.

For information on any of these support groups, call the office message phone (209) 558-4555 or send an email to [nami@namistanislaus.org](mailto:nami@namistanislaus.org).