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Mark Your Calendar:

Board Meeting – Wednesday, April 13th at 3:00 p.m.

General Meeting – No General Meeting

Upcoming events

April 1 & 2        NAMIWalk yard sale - Modesto
April 19           NAMI Smarts
May 7              Annual NAMIWalk - Sacramento
May 24             Fundraiser at Round Table Pizza
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.

NAMI Smarts for Advocacy

Date:       Tuesday, April 19, 9:30 a.m.-3:00 p.m.
Place:      Health Services Agency, Martin Conference Room,
            830 Scenic Drive, Modesto

NAMI Stanislaus in conjunction with NAMI California will be holding a NAMI Smarts for Advocacy Training and Regional Meeting in Modesto on Tuesday, April 19th. NAMI Smarts for Advocacy is a hands-on advocacy training program that helps people living with mental illness, friends and family transform their passion and lived experience into skillful grassroots advocacy. You MUST register as lunch will be served and seating is limited. Please contact Marcel at (916) 567-0163 or email marcel@namica.org. For information call our office.

New Patterson Support Group

A Patterson group is starting in April, and is scheduled for the 1st and 3rd Thursdays. It is for family members and caregivers. Please contact Dar at (209) 656-8855 if you need information.

Time: 6:30-8:00 p.m.
Apricot Valley School
1320 Henley Park Way, Patterson
See the calendar for additional groups.

Contact Us:
National Alliance on Mental Illness, Stanislaus
P.O. Box 4120, Modesto, CA 95352-4120
Office at 500 N. 9th Street, Suite D, Modesto
Web site address: www.namistanislaus.org
Email: nami@namistanislaus.org
Office Schedule:
Mondays 2:30-5:30 pm.
Tuesdays 2:30-5:30 pm.
Thursdays 2:30-5:30 pm.
A few NAMI members have been looking into Laura’s Law (AB1421).

Each county must approve implementation of the law separately.

It has been implemented in 12 California counties so far, but none in our Central Valley area. The law provides for involuntary outpatient treatment for an individual who has been in and out of jail or been hospitalized due to their severe mental illness and have refused treatment. It allows for families to be involved in their treatment plan and for a team to work with the individual toward stabilization through continued care. It was enacted first in Nevada County, where it has had great success in reducing the cost of county services, such as incarcerations, hospitalizations, and homelessness. This law would serve a small group of people, who may be too sick to engage in treatment on their own, and whose health is deteriorating. It will provide an alternative to the revolving door of hospitalizations and incarcerations often seen in this difficult to treat population who resist treatment.

One family member, Linda Mayo, has a powerful success story involving her daughter who was not accepting treatment in Stanislaus County, but went on a bus to LA County, where Laura’s Law is being used, and was given treatment that has now changed her life, and given her family hope again.

A few NAMI members have addressed the mental health board and met with Madelyn Schlaepher, the behavioral health director, regarding the possibility of implementing Laura’s Law in Stanislaus County. More research is underway regarding how the process would work. Members who have an interest in advocating for this law should contact the NAMI office, or email their stories to share examples of how this law may benefit their family member.

Last Month’s Speakers

Our speakers from the March meeting were from LIFE Path (Lasting Independence & Family Empowerment Path), which is a partnership of Sierra Vista Child & Family Services and Center for Human Services. It serves youth from 14 to 25 years old who are experiencing early signs or are at risk of developing psychosis. Three in every 100 individuals between 12-25 experience psychosis. It is treatable with early detection and intervention. They can be contacted at (209) 312-9580.
Fundraiser on May 24th

Please mark your calendar for this important fundraising event. More information will be available in the May newsletter.

Round Table Pizza

Where: 2441 Claribel Road, Riverbank
When: Tuesday, May 24
Time: 5:00-9:00 p.m.
Conditions: Must bring in flier for ordering

Importance of Support Group Attendance

What would make it a better experience for you? Our family support and Connection groups have been a life saver for many. They not only give support to discouraged and desperate individuals and families, but provide resources that they may not otherwise be able to find.

With continued attendance we form friendships that are unique in that others TRULY understand and share our struggles. I am forever grateful to NAMI for the opportunity to learn and grow until I feel I have enough experience to be an advocate for better treatments and services. Because of my involvement I have been able to find housing, treatment and activities to give my son the best quality of life possible. I continue to attend NAMI support groups and meetings to help others navigate this confusing mental health bureaucracy.

Please take some time and provide us with information about what would make this a more meaningful experience for you? Are snacks and beverages important to you – or consistent facilitation? Please email Joyce Hickman at plis2@att.net or call the NAMI office at (209) 558-4555.
NAMIWalk Kick-off Luncheon

On March 11th several team captains from Stanislaus County attended the luncheon in Sacramento to receive our packets and instructions on how to advertise our walk and solicit donations for our teams. Chris Brady and Marnye Henry (on left) are NAMI Stanislaus walk representations and have been attending monthly organizational meetings. Joyce Plis-Hickman and Lynn Padlo also attended. Donna Wood (on the right) is the Walk Manager for the Northern California NAMIWalk. We hope you will be proactive in helping our affiliate with donations. Here are a few suggestions on how you can help: Donate yourself and forward information to your friends, put an announcement on your Facebook page, let us know of organizations who may be willing to become corporate donors, contribute items to our yard sale (April 1 and 2) and support the event by stopping by the location, let us know of fundraising ideas that you are able to organize, and most important of all – attend the walk on May 7th. Why do we walk? To build awareness and raise funds so we can offer education and support programs to those in need at NO COST.

Thank You’s

Memberships
Marie Andrews
Helen Buchner
Diane Chittock
Rose & Mike Epting
Angie Garza
Denise Hunt
Shantel Johnson
Francisca Kenyon
Darlene Maggi
John & Leinani Minior
Saruon Moun-Eldridge
Tim & Leslie Smart

Donations
Marie Andrews (in memory of Joanna & Beth)
Marie Andrews (in memory of Jeremy Fielder)
Inga Doyle
Denise Hunt
Jamie Fabela
Shantel Johnson
John & Leinani Minior
Saruon Moun-Eldridge

Thank You in Memory of Eugene Kraft
David Bartlett
Chuck & Velma Boring
Tom & Patti Cavanaugh
Tom & Sharlene Dickens
Kristene Domitrovich
Inga Doyle
Don & Judy Kropp
Leslie & Gwenlyn Larsen
Roger & Jackie Larson
Melvin & Pamela Machado
Alberta Martone
Joyce Plis-Hickman
Riddle Ranches, Inc.
Jan Terry
Donna Voegh
Modena Young
This month, NAMI had the pleasure of presenting *Ending the Silence* to high school students in Modesto. This 50-minute interactive education presentation, stresses that early recognition of mental illness is important, that we need to fight the stigma of mental illness and if treatment is received early, recovery is possible. One student in that class wrote on the evaluation… I THINK THAT THE ENDING THE SILENCE PROGRAM IS A GOOD WAY TO HAVE AWARENESS FOR MENTAL DISORDERS. I THINK NAMI IS A GREAT WAY TO HELP END THE STIGMA OF MENTAL ILLNESS AND ENCOURAGE PEOPLE TO SEEK TREATMENT OR HELP FOR THEIR MENTAL ILLNESS WITHOUT BEING AFRAID. Yes! This is what NAMI is about and we are proud that we have this program in the schools this year.

Another event that happened this month was a meeting with an assistant to a legislator. We had 9 people at a focus group discussing their lived experience of having a loved one with mental illness, and one consumer telling her story. This assistant was very compassionate and interested in how we can address some of the problems in our mental health system, but also told of successes that we had. As it states in the Winter ADVOCATE magazine 2016, pp 16-18. WHAT IS THE MOST EFFECTIVE WAY FOR NAMI MEMBERS TO HAVE INPUT ON MENTAL HEALTH POLICY?

- Have in-person meetings.
- Meet with legislative staff during their recess.
- Show you care about transforming mental health.
- Write letters, make phone calls and emails to legislators about your concerns.

If you are interested in being an advocate for mental health, please call our office, and we will invite you to one of these meetings. Also, there will be a NAMI SMARTS FOR ADVOCACY meeting on Tuesday, April 19th at 9:30 a.m.-3 p.m. at the Martin Conference Room on 830 Scenic Drive, Modesto. (See the ad in this newsletter.) You must sign up to come, however, as seating is limited and lunch will be served.

We now have two *Family-to-Family* classes going: Oakdale and Turlock. There will be a new one starting in Modesto on Wednesday nights in April at the Jana Lynn Plaza, Cypress Room, 6:30 p.m. (See the announcement on the calendar; signups are now open.) Call NAMI Office for more information at 558-4555.

We also have three new support group leaders; two in Modesto on the 2nd and 4th Monday nights, 6:30-8 p.m. at the Jana Lyn Plaza, Room 8. Another will be starting on the Westside in Patterson at Apricot Valley School, 1320 Henley Park Way, 1st and 3rd Thursdays, 6:30-9 p.m. This is for family members who have loved ones 18 and older.

Congratulations on NAMI family members for stepping up and helping our families!!

**NAMI WALK:** May 7, 9 a.m. William Land Park, Sacramento. Sign up online at http://www.namiwalks.org/northerncalifornia and look for our local teams to join or donate. Thanks to Chris and Marnye, Walk Chairpersons for NAMI Stanislaus. Teams signed up so far are (there may be more coming soon):

- Joyce’s Jolly Joggers
  - Joyce Hickman
- Padlo’s Pacers
  - Lynn Padlo
- Warriors for Hope
  - Shantel Singh, CSUS
- Live the Life You Dream
  - Marnye Henry/Chris Brady
- Mindful Walkers
  - Jack Jacques
The Shock Doc by Dan Hurley

The following summarizes an article from the Atlantic Magazine, December 2015 issue.


Dr. Lisanby was recently named director of the National Institute of Mental Health’s division of translation research. She was previously chair of the psychiatry and behavioral-sciences department at Duck University School of Medicine.

In the popular imagination ECT is an inhumane and archaic practice. In fact, scientists and doctors have so thoroughly tweaked with, and adjusted the ECT procedure that its old negative reputation and harsh connotations have been virtually overturned. The old reputation of ECT continues to carry a heavy stigma.

ECT is today the most effective medical procedure for severe, treatment-resistant depression and bipolar disorder (and in some cases for schizophrenia).

Typically, today’s ECT patient is given anesthesia and muscle relaxant meds, among other palliative advances. Dr. Lisanby states, “There’s actually no motor convulsions,” but rather something akin to ‘seizure’.

For family members or friends of ECT patients, most are thankful for the benefit it provided our dear ones. From my personal experience with friends in NAMI and in self-help 12-step and Recovery groups I’ve many friends who received ECT and then completely regained and maintained their health.

My mom received ECT and was able to maintain her recovery for a decade while leading a community self-help group. For me, while ‘life with Mom’ wasn’t always easy, we are grateful for many good times with her and to the medical staff who cared for her during her ECT.

– submitted by David Bartlett

You can read the article at http://www.theatlantic.com/magazine/archive/2015/12/the-return-of-electroshock-therapy/413179/ or email plis2@att.net for a copy.
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Stanislaus Affiliate Membership/Donation

NAMI Stanislaus dues are $35.00 per year. $10.00 goes to NAMI California and $10.00 to NAMI National. $15.00 is retained by NAMI Stanislaus to pay for the training of our teachers, programs, purchases of educational material, including the brochures we give for free to the public, office supplies, and postage, as well as publication and mailing of our newsletter. For those unable to pay the $35.00/year dues the Limited Income amount is $3.00. Membership is important so please join at whatever level you can afford. **If you have any questions about your membership please call the NAMI Office at 209-558-4555.**

**Checks are to be made to NAMI Stanislaus.** Please mail to:

NAMI Stanislaus  
P.O. Box 4120  
Modesto, CA 95352-4120

Name__________________________________________  
Address__________________________________________  
Home Telephone____________________________________  
Work Telephone____________________________________  
Email__________________________________________  

$________ other

In Memory of ________________________________________

___$3 Open Door (Limited Income)

___$35 Standard/Family

___No Membership, Donation

___Newsletter Only