What We Do

How often have you said, “I wish there was some place I could go to learn about mental illness?” You can start with our NAMI Stanislaus programs. These programs and presentations meet the tremendous need for information and mental health education. In most communities, NAMI is the only place you can learn about mental illness and get the support you need. Our programs and presentations cover mental illnesses, medications, recovery and mental health maintenance and a deep insight into what it is like to have a mental illness or live with someone who does. Take a look at each program description and if you find one that meets your needs, call NAMI Stanislaus to find out where and when the next presentation or meeting date will be.

What is Mental Illness?

Mental illness can affect persons of any age, race, religion or socioeconomic status. The World Health Organization reports that four of the 10 leading causes of disability in the United States and other developed countries are mental disorders. Mental illness is a medical condition that disrupts a person’s thinking, feeling, mood, ability to relate to others and daily functioning, often resulting in a diminished capacity for coping with the ordinary demands of life. The good news about mental illness is that recovery is possible.

Support Groups

NAMI offers support groups for families and individuals with mental health issues (Connection) in several cities in Stanislaus County. Check our website at www.namistanislaus.org or call the office at 209-558-4555 for locations and dates.

Educating Our Community About Mental Illness

FOR MORE INFORMATION CALL:
(209) 558-4555

http://www.namistanislaus.org
email: nami@namistanislaus.org
facebook.com/namistanislaus

500 N. 9th Street, Suite D
Modesto, CA 95350
(209) 558-4555
RECOVERY IS POSSIBLE

Basics
Basics is a new education program for parents and other caregivers of children and adolescents living with mental illnesses. The course consists of six 2 1/2 hour classes, and is taught by trained teachers who are the parent or caregiver of individuals who developed the symptoms of mental illness prior to the age of 18 years.

Ending the Silence
"Ending the Silence," a program to lessen stigma and raise awareness about mental illness among teenagers. The 50-minute program uses a video and personal stories of presenters with lived experience of mental illness, and is typically presented in the freshman/sophomore classes during the mental health portion of the curriculum.

Parents and Teachers
Schools are in a key position to help identify mental health concerns early and to link students and parents with services. Parents and Teachers as Allies is a presentation free to teachers, support staff and parents.

Family-To-Family Classes
These classes are for family members, partners or friends of a person who has a mental illness. It is a free 12-week class offered in both English and Spanish.

Peer-To-Peer Classes
NAMI Stanislaus presents this class to consumers with a team of at least two trained peers who can help consumers deal with their illness and maintain their recovery. It runs for 10 weeks.

Provider Training
This is a 5-week class that NAMI Stanislaus presents to providers to help them collaborate with family members to better serve clients and their loved ones. In addition, the class helps family members understand how the provider works with clients.

In Our Own Voice (IOOV)
The IOOV presentation demonstrates how individuals with severe mental illness experience recovery. Each program presenter has been through training to translate the story of his or her own struggles and successes. It is a powerful anti-stigma tool that can change hearts, minds and attitudes about mental illness. It is a 60-90 minute presentation, which also uses a DVD of other people in recovery.

Crisis Intervention Training (CIT)
CIT is a 40-hour course for law enforcement officers, and is now required training for officers in Stanislaus County. NAMI Stanislaus has provided family panel members for these trainings since 2004. We also provide In Our Own Voice speakers to give officers a prospective of having a mental illness and encounters with law enforcement. Members who make a 911 call are able to request a CIT-trained officer.

NAMI Stanislaus
http://www.namiStanislaus.org
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