



National Alliance on Mental Illness, Stanislaus
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NAMI Stanislaus promotes mental health services in the Stanislaus County areas. Operating since 2002 as a non-profit organization NAMI Stanislaus helps people with mental illness, their families and the community by providing emotional support, education and advocacy.

Mark Your Calendars:

NAMI Holiday Party – this Wednesday December 9th at 6:30 p.m. You’re welcome to join us at our annual holiday potluck. See information below. All are welcome.

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

General Meeting – Wednesday January 20th at 2016 at 6:30 PM with Guest Speaker

Come join us on January 20th, 6:30 p.m., at Jana Lynn Plaza, 500 N. 9th Street, Modesto for our monthly meeting. After refreshments we'll hear from author Dr. Golden on living with bipolar disorder.

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

Join Us at Jana Lynn Plaza for our **Annual Holiday Potluck**

Annual Holiday Potluck

Wednesday, December 9th at 6:30 p.m.
500 North 9th Street, Modesto, CA
Jana Lynn Community Room (building on right)

NAMI will provide the ham, tableware, napkins, cups, etc. **Please bring a salad, side dish, beverage or dessert.** Donations of small items for the Wellness Drop-in Center (such as hats, scarves, playing cards, unused toiletries, books, etc.) would be greatly appreciated.

Come and enjoy a wonderful meal and great company!!

Holiday message from our Director

With the holidays coming up, let us remember to give thanks for our many blessings...

NAMI Stanislaus has been very busy this year with our outreach and programs. We have increased our membership, trained more speakers and leaders and have helped form another **NAMI on CAMPUS** at CSUS. Our main goal is to educate and support families who experience mental illness and individuals who have a mental illness. Because of the dedication of our many members, we are successful. We partner, too, with BHRS, and have reached thousands of family members, students and professionals in classes such as Family-to-Family, Peer-to-Peer, In Our Own Voice, Provider Training, Ending the Silence, and Parents and Teachers as Allies. One big accomplishment was doing more outreach to Oakdale and Turlock, and now we have one consumer-led support group (Connection) in each of those cities.

Another big accomplishment this year has been our successful general meeting programs. Some of the topics have been Suicide Prevention; Housing and support services; Introduction to *Ending the Silence* and conservatorship. We also just finished our 16th NAMI Provider class and had 23 class members attend from BHRS and Ceres School District. One other big accomplishment was our NAMI WALK participation where we raised funds to use for our many programs. We had 8 teams this year!

One thing of which I am especially proud is that three of our NAMI leaders and presenters are now working full time in the field. That is something so special, and we applaud them for their tenacity and passion. Four of them will graduate from MJC this year, too.

The quote from Family class “You **can’t know what you haven’t been told**” is appropriate as many family members and peers learn that mental illness is treatable, a brain disease and people can enjoy success in life in spite of that. That is our mission in Stanislaus County, and I believe we have done a good job in that respect. **HAVE A WONDERFUL HOLIDAY.**

Lynn Padlo, Director



NEW CLUB AT CALIFORNIA STATE UNIVERSITY, STANISLAUS



NAMI On Campus is now an officially recognized club at CSUS. This is a student led club that is open to all CSUS students. They promote mental health awareness, services, and advocacy in their college community.

Place: CSUS Campus, One University Circle, Turlock, CA 95382

Contact Info: NAMI Stanislaus office (209) 558-4555 or MHNOC@outlook.com

Book Review on 'An Insider's View of Bipolar Disease'

written by Paul Golden, M.D. (the bipolar physician).

Dr. Paul Golden is a nephrologist (kidney treatment) in Modesto who lives with bipolar disease. His short book (92 pages) asks and answers 20 questions about the history and treatments of several mental illnesses, focusing mainly on bipolar disease. He covers medicines, career challenges, symptoms, suicide risks, and even electro-convulsive therapy. It's a well-researched book that is an excellent introduction to mental health challenges. The cost is \$15.00 and will soon be available for NAMI members to check out of the NAMI Stanislaus library (open Monday, Tuesday & Thursday from 1:30-5:30 at the Jana Lynn Plaza, 500 N. 9th Street, Modesto). Please call 558-4555 to make sure someone will be there to help you.

We are fortunate to have Dr. Golden scheduled to speak on living with bipolar disease at our next general NAMI Stanislaus meeting January 20, 2016, 6:30 PM, Jana Lynn Plaza. He will have copies of the book available to buy at the meeting.

By Judy Kropp

“Stress, Depression, and the Holidays: Tips for Coping” by the Mayo Clinic staff -

Summary by Rhonda Allen

Since holiday stress is a common problem in many homes, this is a practical resource that can help you enjoy the holiday season despite the demands it brings. The holidays do not have to take an emotional toll on you if you follow some strategies to prevent it.

Recognize holiday triggers – Learn to recognize common holiday triggers, so you can disarm them before they lead to a meltdown:

- **Relationships.** Relationships can cause turmoil, conflict or stress at any time, but tensions are often heightened during the holidays. Family misunderstandings and conflicts can intensify — especially if you're thrust together for several days. On the other hand, facing the holidays without a loved one can be tough and leave you feeling lonely and sad.
- **Finances.** With the added expenses of gifts, travel, food and entertainment, the holidays can put a strain on your budget — and your peace of mind. Not to mention that overspending now can mean financial worries for months to come.
- **Physical demands.** Even die-hard holiday enthusiasts may find that the extra shopping and socializing can leave them wiped out. Being exhausted increases your stress, creating a vicious cycle. Exercise and sleep — good antidotes for stress and fatigue — may take a back seat to chores and errands. To top it off, burning the wick at both ends makes you more susceptible to colds and other unwelcome guests.

Here are some of the suggestions to reduce stress by the clinic staff:

1. Acknowledge your feelings
2. Reach out
3. Be realistic
4. Set aside differences
5. Stick to a budget
6. Plan ahead
7. Learn to say “no”
8. Don't abandon healthy habits
9. Take a breather
10. Seek professional help if needed

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. A little planning and some positive thinking, you can find peace and joy during the holidays. **TAKE CONTROL!**

Desperate Mother's Plea for Change

In response to my desperate pleas for help to save my young adult daughter's life, I received a letter from our State Senator, Miss Cathleen Galgiani, and have been corresponding with her representative, Mr. Frank Damrell. Together we are working on proposing a bill similar to Casey's Law (which is currently only available in 2 other states) but implementing mental health aspects for dually diagnosed individuals as well. My 20 year old, dually diagnosed, homeless daughter who experiences daily psychosis (which I'm hopeful does not become permanent) usually doesn't go to jail because they say her behavior is caused by mental illness, the mental hospitals won't keep her because they say it's drug induced, and drug treatment programs won't accept her because she is unwilling. I was also informed by the mental hospital that in order for an intervention or meeting of any kind to be done, the patient must request it. So...my chronic drug abusing mentally ill adult child who believes everything is fine, is the one who needs to initiate a meeting.

Mental health facilities and drug treatment programs must work together since mental illness is often affiliated with and a contributing factor to the disease of addiction or vice versa. Addiction is a disease and should be treated accordingly. The majority of our homeless populations are suffering from mental illness and drug or alcohol addiction and we need to get to root of the problem. Casey's Law has already been proven to successfully save lives in Kentucky and Ohio and we desperately need this valuable tool available in California. Please sign, then share my petition on change.org and like my facebook page for updates, both entitled "Bring Casey's Law to California". I'm hopeful that Miss Galgiani, along with others who are in power will adopt and change laws so that the importance of this law can be fully realized. This law is desperately needed in our state, a law that can ultimately save countless lives.

Read more at caseyslaw.org and feel free to email me with any questions or concerns you may have at tinalynnochoa@gmail.com. I thank you all in advance and sincerely appreciate your support.

Written by - Tina Ochoa

*Bring Casey's Law to California

NOTE: NAMI Stanislaus officers have not had an opportunity to review this legislation, so this is not an endorsement.)

Thanks You's

Memberships

Lelia Barzan
Judy Bologna
Helene Caudill
Darlene Crawford
Darrell & Carolyn Hayes
Gil Hyder
Gerardo & Yolanda Madrigal
Rev. Sylvia Mueller
Joanne Porto
Lorraine Pulido
Sandra Rethwisch
Tammy Reynolds
Ronald & Patricia Stone
Ritta Sudnikoff
Paula Williams
Stephen & Martha Yauch

Donations

Judy Bologna
Lucinda Chiszar
Jamie Fabela (Monthly Donation)
Lynn Padlo (in Memory of Joanna Padlo)
Joyce Plis-Hickman (in Memory of Joanna Padlo)
Manjit & Harinder Nagi
Amadita Rodriguez
Ronald & Patricia Stone
Stephen & Martha Yauch

Thanks so much for your memberships and donations! You have made a big contribution to our education and support programs.



Yard Sale in March

Please save items you no longer need for our Annual NAMIWalk Fundraiser in March. Date to be announced.