



National Alliance on Mental Illness, Stanislaus
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Mark Your Calendars:

Board Meeting – Wednesday, February 11th 2015 at 3:30 p.m.

Guest Speaker & General Meeting – Ending the Silence Presentation for the Mental Health Board Impact Committee
Wednesday, February 18th 2015 at 6:30 p.m.

NAMIWalk

Chris Brady presented all of the NAMIWalk info at our Board Meeting. The NAMIWalk will be in Sacramento on March 6th. The kick-off luncheon is February 6th. So teams should be forming right now. Are you going to put your walking shoes on and join a team?

Modesto Peer-to-Peer Education Course in Modesto

Free 10-Week Course
(No attendees added after Week 2)

Saturdays, February 28th to May 3rd, 2015

10:00 a.m. - 12:00 p.m.

Jana Lynn Plaza Community Room
500 North 9th Street, Modesto

Family to Family classes:

Modesto: Tuesdays, February 3 to April 21, 6:30 p.m. Jana Lynn Plaza

Oakdale: Thursdays, March 5 to May 21, 6:30 p.m.

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

Love is in the Air



Peer to Peer Class

NAMI Stanislaus presents this Peer to Peer class to consumers that have symptoms of mental illness with a team of at least two trained peers who can help consumers deal with their illness and maintain their recovery. The Peer to Peer class runs for 10 weeks. Participants come away from the Peer to Peer course with a binder of hand-out materials, as well as many other tangible resources: an advance directive; a “relapse prevention plan” to help identify tell-tale feelings, thoughts, behavior, or events that may warn of impending relapse and to organize for intervention; mindfulness exercises to help focus and calm thinking; and survival skills for working with providers and the general public.

This class is scheduled to begin February 28th. Take these next few weeks to enroll by calling the office at (209) 558-4555.



What an Opportunity

The NAMI National convention will be in *San Francisco* this year. The National convention is only held in California about once every 5+ years so don't miss this opportunity! It's a wonderful way to connect with your local members, and learn about what is happening on the national level. They have great speakers and programs, luncheon and a dinner with keynote speakers.

There are already NAMI Stanislaus members registered. Here is the link: <http://www.nami.org/template.cfm?section=convention> . When we share rooms the cost of the hotel is more affordable.

If you would like more information, please call the office message phone and one of us who have attended previously will give you a call back with information on our experiences and how to register. Office phone: 209-558-4555.

Education Report: February 2015

I attended a gathering at a local church where the theme was Building Mental Health Friendly Communities. It was particularly focused on helping African American, Asian and Hispanic and others. The leaders were very energetic and had a lot of ideas about helping families that experience mental illness. The focus was getting churches on board to *learn about mental illness* so they can help people who come to them. Of course, prayer and faith practices also are all part of healing, and they focused on that, also.

One speaker was a family member who had taken our NAMI Modesto FAMILY TO FAMILY class. She mentioned that NAMI had helped her in that it educated her about her son's illness, gave her resources for herself and her family and made her feel that she was not alone. This is why our NAMI affiliate is so important and why we need to continue the advocacy and education and support we offer. Her son is now living independently, has a job and a relationship.

We continue to schedule speaking presentations for In Our Own Voice, Parents and Teachers as Allies and Ending the Silence. We continue to lead family to family classes and support groups for both families and consumers. Above all, we are available to talk to any person who needs support. Our office phone is answered every day, either by voice mail or in the office. We have very knowledgeable people who answer the phone and it is so valuable.

Education Coordinator Lynn Padlo

Walk Away the Blues

The NAMI WALK is May 2nd Please form a team, get in the spirit, and *Walk Away the Blues* with us on *that* Saturday in Sacramento at William Land Park. Since we began walking, four years ago, we have raised monies to help with our programs and resources .More information will be forthcoming to you.

We only had five teams last year, and would like to increase that this year!! Call the NAMI office message phone, (209) 558-4555, to talk to Lynn or Chris about the WALK.

Facts About Our Affiliate

Family to Family teachers:

We have 14 active teachers; 3 classes a year in Spring, Summer and Fall. Also there is one in Turlock and one in Oakdale too, so that makes 5 classes a year

Basics teacher:

4 trained teachers who plan to host a 6-week Basics class in July so watch for announcements

Provider Team members:

We have 10 active members who teach two 5-week classes a year

Ending the Silence:

We have 12 active speakers who present this anti-stigma program to schools

In Our Own Voice:

This speaker program has been going for 6 years in this county. We have 17 active speakers and have spoken to over 3000 audience members.

Parents and Teachers as Allies:

This education program for teachers and parents is very valuable; we have 10 active speakers

Family Support groups:

We have at least 4 groups going; 1 in Modesto, 2 in Turlock and 1 in Oakdale. We have 10 active leaders

Connections:

Is a peer support group for consumers. We have 4 Modesto groups a month. Currently, we have 5 leaders but plan to train more this year

Peer to Peer:

Is a 10-week course on mindfulness and relapse prevention for consumers. We schedule at least 2 classes a year and right now we have 6 active teachers

Education Coordinator Lynn Padlo

THANK YOU

Membership

Tom & Joan Donlon
Diane S. Higginbotham
Amar K. Singh Kumar
Gerardo & Yolanda Madrigal
Manjit & Harinder Nagi
Elisabeth M. Sesser
Jack & Patricia Waldorf
Bill & Meg Wood

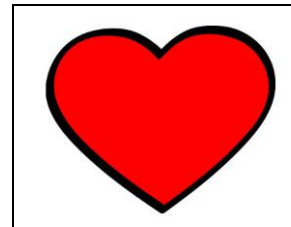
Donations

Dr. Tran
Sandra & Perry Harrington
Carolyn Padlo
Glenda Robles
Manjit & Harinder Nagi
Jack & Patricia Waldorf
Bill & Meg Wood

February is Love Month

Since February is the month of “LOVE” I saw a poem in a book called *Do What You Love*, by *Susan Polis Schutz*.

Do what you love
control your own life
Have imaginative, realistic dreams
Work hard
Make mistakes but learn from them
Believe in yourself but know your limitations
Ignore people who tell you that you can't
Plow through obstacles and failures
Try to turn your dreams into reality



Please check the calendar attached which gives you information on all of our education and support programs. Maybe you will find something you love.

“You can't know what you haven't been told” (Family to Family class)

Did You Know?

NAMI Stanislaus offers 6 peer support groups spread across 3 cities. This past year we hosted three Connection trainings. These trainings gave our facilitators the skills necessary to run our Connection groups in a welcoming and structured way.

To get a full schedule of our support groups you can visit our website www.namistanislaus.org or call our office message phone (209) 558-4555. So again, thank you for your support.

About Us...

Operating since 2002 as a charitable non-profit organization NAMI Stanislaus promotes the general welfare of persons with mental disorders. NAMI Stanislaus helps people with mental illness, their families and the community by providing emotional support, education and advocacy for those suffering from mental illness; to reduce stigma and to improve services by partnering with mental health agencies and family members.

NAMI Stanislaus is a local nonprofit organization serving the Stanislaus County areas. We are officially affiliated with NAMI California and NAMI National. NAMI Stanislaus' teachers, facilitators and mentors receive special training by our state and national affiliates. They are trained to implement our signature programs and provide services in a format that is both structured and welcoming. We have successfully implemented our signature programs throughout the Stanislaus County communities including high schools, colleges, churches, and clinics. Our target populations are adults with mental illnesses or adults with early symptoms of mental illnesses. NAMI has awareness and anti-stigma programs for the general public. We also provide support and services to family members that have a loved one with mental illnesses. In fact, NAMI Stanislaus was founded by concerned family members and primary caregivers of persons with mental illnesses.

These programs and presentations target 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. A person can get a deep insight into what it is like to have a mental illness or live with someone who does.