



National Alliance on Mental Illness, Stanislaus
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We at
NAMI Stanislaus
hope you have a
safe and happy New
Year.

Mark Your Calendars:

Board Meeting – Wednesday, January 14th 2015 at 3:30 p.m.

Guest Speaker & General Meeting – Wednesday, January 21st (**No Speaker or Meeting in January**)

Oakdale Family-to-Family Classes

Thursdays, March 6th to May 22nd, 2015

6:30 p.m.- 8:30 p.m.

Community United Methodist Church

1480 Poplar Avenue, Oakdale, CA

To register call the Jennifer at 209-606-8459

or the NAMI Office at 209-558-4555.

Modesto Peer-to-Peer Education Course in Modesto

NAMI Stanislaus Peer-to-Peer Classes

Free 10-Week Course

(No attendees added after Week 2)

Saturdays, March 1st to May 3rd, 2015

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

Jana Lynn Plaza Community Room

500 North 9th Street, Modesto

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

Addiction Care

Under the Affordable Care Act (ACA), individuals can no longer be denied health insurance coverage for having a pre-existing condition like addiction. With the advent of this new health care legislation, the California Society of Addiction Medicine (CSAM) saw the opportunity to educate consumers shopping for healthcare plans about where to find the best addiction treatment coverage.

To achieve that end and to coincide with the current Covered California open enrollment period, CSAM has just released a report entitled "Consumer Guide and Scorecard for Health Insurance Coverage in California for Substance Use Disorders and Mental Health." Reviewed by an expert panel of CSAM member physicians, the Guide and Scorecard rates the quality of and access to addiction care available through Covered California. This Guide was widely released on Friday, December 19, 2014. We wanted to provide you with a copy.

You may order additional copies of the guide [HERE http://www.csam-asam.org](http://www.csam-asam.org). If you have any questions, please feel free to contact me.

Olma M. O'Neill,
California Society of Addiction Medicine (CSAM)
415-764-4855

Family Support

Joanne & I want to encourage family members that are new to NAMI to attend the Family Support Groups. This is an opportunity to be with others that are experiencing some of the same situations that you are. By attending these support groups, hopefully you will find that you are not alone during these difficult times. Of course, we also want to encourage everyone that has attended the support groups to continue coming back for support and to be there to help support others as well. In Turlock, we also have brochures available on the various NAMI programs and Mental Illnesses. Many times people will share other available resources as well. We will begin our 2nd & 4th Tuesday support group meetings in January 2015. Any questions call me at 209-656-8856.

Darlene,
Family Support

NAMI Support Groups and Meetings

Oakdale: Family Support Group (1st Wednesday of each month, 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 (2nd Mondays of each month, at 6:30-8:00 p.m.), 500 North 9th Street, Room 8, 209-558-4555

Turlock: Family Support Group (2nd & 4th Tuesdays of each month, 6:30-8:00 p.m.), 1123 Cooper Ave, Turlock Call Darlene 209-656-8855

Modesto: Connection (Peer Support) (1st and 3rd Saturdays of each month, 12:30-2:00 p.m.) 500 North 9th Street, Jana Lynn Community Room, Call 209-558-4555

Modesto: Connection (Peer Support) (2nd and 4th Thursdays of each month, 4:00-5:30 p.m.) 500 North 9th Street, Jana Lynn Community Room, Call 209-558-4555

Oakdale: Why Me Peer Support (Tuesdays 6:30 p.m. – 7:30 p.m.) Family Resource Center on 1405 W. F Street. Birdie Archibald, will lead this group called WHYME. She is an experienced peer counselor and specializes in dual diagnosis. Call 209-558-4555.

Temporarily Canceled

~~Turlock: Connection (Peer Support) (2nd and 4th Tuesdays 6:30 p.m. – 8:00 p.m.) 1123 Cooper Ave, Turlock CA.~~

~~Modesto: Spanish Family Support Group (1st & 3rd Mondays, at 6:30-8:00 p.m.), 500 North 9th Street, Room 8, 209-558-4555~~

For More Information

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

Holiday Potluck



All the great food



Lynn and friends



Judy



Name tag helpers

THANK YOU

Membership

Jerry Jackman
Inga Doyle
Harriet Carter
Marilyn Rix
Heidi Arno
Denise Hunt
Eugene & Mabel Kraft
Darlene Maggi

Diane Chittock
John & Leinani Minior
Shirley Moran
Lori Armagost
Dan & Debbie Callahan
Dennis & Kathleen Givens
Maria Romero

Donations

Denise Hunt (in Memory of Bess & Linda)
Eugene & Mabel Kraft (in memory of Kurtis Kraft)
Lori Armagost
Maria Romero

John & Leinani Minior
Shirley Moran
Dan & Debbie Callahan

IOOV Presenters at Party



SUNDAY: Murphy on C-SPAN for Discussion on Newtown and Mental Illness

This Sunday, on the second anniversary of the tragedy at Newtown, Connecticut, Rep. Tim Murphy will appear live on C-SPAN's Washington Journal to discuss his groundbreaking mental health legislation, the Helping Families in Mental Health Crisis Act ([H.R. 3717](#)). You can watch the interview live at 8:30 AM on December 14th by clicking [here](#).

Rep. Murphy's bipartisan bill, which added its 115th cosponsor this week, has been called the most significant effort to reform the mental health system since the Kennedy administration. The legislation ensures those with the most severe forms of mental illness like schizophrenia get the medical help they need.

His two-year fight to enact meaningful change to help those with serious mental illness was chronicled in a long-form profile published by CNN yesterday. Click here to read, '[I ask the members of Congress to look those Newtown families in the eye](#)' to understand the need for mental health reform from the perspective of families in crisis nationwide.

Under the current system, forty percent of Americans with a serious mental health disorder do not receive treatment. Earlier this week, a [knife-wielding individual](#), who was not in treatment and off of his prescribed medication for bipolar disorder, attacked a worshiper at a Synagogue in New York City before being shot by police.

"Those with a mental illness are no more violent than the general public," Rep. Murphy cautioned, "but, when someone has an untreated mental illness and is suffering from paranoia and delusions, the likelihood of that individual acting on those thoughts and committing a violent act increases considerably." A recent study found that patients receiving antipsychotic medication for their illness were 45% less like to commit a violent crime than those who were not on medication.

The Helping Families in Mental Health Crisis Act would expand the use of a medical intervention known as Assisted Outpatient Treatment (AOT), which has been shown to reduce violence, homelessness, hospitalizations, and incarcerations among those with a mental illness.

This past year, Rep. Murphy successfully enacted a new AOT grant program for communities.

"Instead of continuing to fund the status quo of failed and wasteful government programs, money for prisons to incarcerate the mentally ill, and homeless programs for those with brain disease who live a life of misery on the margins of society under the worst of conditions, there are models of tremendous success across the country we could be investing in like Assisted Outpatient Treatment."

To share your thoughts on the Helping Families in Mental Health Crisis Act, please [go here](#)
<http://timmurphy.congressnewsletter.net>.