



National Alliance on Mental Illness, Stanislaus
P.O. Box 4120, Modesto, CA 95352-4120
Web site address: www.namistanislaus.org
E-mail address: nami@namistanislaus.org
Phone: (209) 558-4555

Inside This Issue

Mark your Calendar..... 1
NamiWalk..... 2
Oakdale..... 2
Family to Family..... 3
Education Report..... 4
Two Good Reads..... 5
Thank you's.....6
Resources.....6
Calendar..... 7
Membership Form..... 8

Did you know that NAMI Stanislaus has two anti-stigma public speaking campaigns?...

In Our Own Voice speakers tell what it's like living with mental illness.

Ending the Silence speakers talk to high school students encouraging empathy.

Mark Your Calendars:

Board Meeting – Wednesday June 10th at 3:00 p.m.

No general meeting for the month of June.

Enrollment is open for the following Summer Fall Family to Family Classes. Call the office message phone to sign up (209) 558-4555.

Family-to-Family Modesto Early day class
Begins Tuesday 7/14th through 9/29th, 9:00-11:30 a.m.
First United Methodist Church (Library)
Corner of 16th Street & I Street, Modesto

Family-to-Family Modesto Evening Class
Begins Monday 8/24th through 11/9th, 6:00-8:30 p.m.
Jana Lynn Plaza (Cypress Room)
500 North 9th Street, Modesto

Family-to-Family Turlock Class
Begins Monday 8/3rd through 10/26th, 6:30-9:00 p.m.
Cooper House, 1123 Cooper Street, Turlock

Two New Connection Groups

Oakdale: Allison Clark, leader; (Allison's phone is 209-848-2161)
Tuesday evenings 5-6:30 p.m. Every 1st and 3rd Tuesday at the Oakdale Public Library on 151 S. First Steet

Turlock: Nancy Godinho, leader; Sue Hantz, leader every 2nd and 4th
Tuesday evenings at the Good Shepard Lutheran Church, Cooper Hall, 1123 Cooper Street, Turlock 6:30-8 p.m.

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

NAMI Walk – We had a blast!

So far, we do not have the totals for the fundraising for our Stanislaus walk teams, but we do know that all 8 teams did get donations!! NAMI Sacramento congratulated us on that!!

We will have the final results in next month's newsletter. Thanks to all people who donated to our walk teams this year.

Lynn Padlo NAMI Education Director



Oakdale Connections Support Group

NAMI Connection Recovery Support Groups are free, peer-led support groups for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators, Allison and a co-facilitator. NAMI's Support Groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need. This group is newly formed and looking for participants. Please contact Allison to let her know you are interested so you can be added to reminder calls and special announcements.

1st & 3rd Tuesdays, 5:00-6:30 p.m.
Oakdale Library, 151 S. First Street
Allison, 209-848-2161, allisonrosalie@msn.com
or 209-558-4555 (NAMI Office)

FAMILY-TO-FAMILY FREE CLASSES FOR SUMMER AND FALL

This year, I am trying to hold a daytime Family-to-Family class for family members and caregivers. It will begin on Tuesday, July 14th and end on Sept. 29th at the First United Methodist Church, corner of 16th and I Street Modesto in the Church Library. It is not a support group but an education course, 12 weeks, 2½ hours once a week that focuses on schizophrenia, bipolar disorder, clinical depression, panic disorder and obsessive-compulsive disorder (OCD). There is plenty of parking on the street or in the library parking lot. Childcare is not available. Three teachers: Lynn Padlo, Deb Callahan and Gloria Senties.

In Turlock, starting Monday, August 3rd through October 26th, there is a night class at 6:30-9 p.m. at the Cooper House, 1123 Cooper St. Turlock. It is next to the Good Shepherd Lutheran Church and across the street from the Turlock Library. The family class is open to family members and caregivers of mentally ill loved ones. Call Dar at 209-656-8855 or NAMI office 558-4555 to register. Two teachers; Darlene Thomas and Joanne Porto

In Modesto, starting Monday, August 24 through November 9th, 6:00-8:30 p.m., another family class will start which is free, runs for 2½ hours at the Jana Lynn Plaza, 500 North 9th Street. Modesto, in the Cypress Room. Call the NAMI office to sign up for this 12 week class. Two teachers, Sharon Smith and Jack Waldorf

NO NEW CLASS MEMBERS WILL BE ADMITTED AFTER CLASS 3.

Lynn Padlo NAMI Education Director

209-404-6014 for more information

Education Report: June 2015

In Our Own Voice – an anti stigma public speaking campaign is sponsored by BHRS' Prevention and Early Intervention programs 3rd quarter report: So far, we presented 13 IOOV presentations with 154 audience members, July 2014 - Sept. 2014

We did 18 IOOV presentations with 378 audience members, Oct. 2014 – Dec. 2014
And we did 21 IOOV presentations with 248 audience members, Jan. 2015 – Mar. 2015
Total presentations: 52 Total audience members: 780 total; IOOV speakers: 20
We had 13 new IOOV speakers trained in March 2015.

Welcome Five of Our New Speakers

Destini Rubalcaba

She is 19 and a new volunteer who has been active in MJC NAMI on CAMPUS serving as Vice President. She is a tutor at MJC, a volunteer at Josie's place and Modesto Gospel Mission.

Programs Destini is involved in are: IOOV, Ending the Silence and Connection
- Welcome, Destini

Nancy Godinho

She is 56, a nurse, and a volunteer at her church in Turlock. She expressed interest in being trained for leadership in NAMI after taking Peer to Peer and Connection in Turlock.

Programs Nancy is involved in at Stanislaus NAMI: IOOV, Peer to Peer mentor, Connection leader - Welcome, Nancy

Sarieng Rosales

She is 27 and has come a long way in her recovery and now volunteers at SRC. She is also going to MJC and has a degree in Human Services.

Program Sarieng is involved in at Stanislaus NAMI: IOOV - Welcome, Sarieng

Lisa Sanchez

She is 27 and at a young age experienced symptoms of mental illness. She has coped well and is now attending MJC where she serves as president of NAMI on Campus. She is getting her degree in Human Services and Chemical Dependency counseling.

Programs Lisa is involved in at Stanislaus NAMI: IOOV, Ending the Silence and Connection.
- Welcome , Lisa

Ruthanne Hernandez

She is 59 and states in her application for IOOV training that she wants to be a presenter to help people understand that mental illness isn't contagious! She believes in recovery and is enjoying her day to day life.

Program Ruthanne is involved in at Stanislaus NAMI: IOOV - Welcome, Ruthanne

We will welcome more of our new speakers next month.

Joyce Plis recommends Two Good Reads...

The Washington Post

By Doris A. Fuller, April 20 - The author with daughter Natalie in 2004, soon after publication of their book "Promise You Won't Freak Out."

I lost my darling daughter Natalie to mental illness last month. She killed herself a few weeks short of her 29th birthday by stepping in front of a train in Baltimore. Natalie and I wrote a book together when she was 16: "Promise You Won't Freak Out: A Teenager Tells Her Mother the Truth About Boys, Booze, Body Piercing, and Other Touchy Topics (and Mom Responds)." The idea of a teenager telling the truth about her secrets was such a startling concept that we were feature-page headliners in the Baltimore Sun and about two dozen other newspapers, went on TV coast to coast, including on one of the morning shows, and got paid to give speeches.

Read the full article by Washington Post - <http://preview.tinyurl.com/n4uxb46>

Purchase book from Amazon - <http://amzn.com/0425195910>

LA Times

By Melissa Healy - Schizophrenia's secrets begin to unravel (Most Likely Culprit for Schizophrenia Found – New Treatment Options for Mental Disorders on the Horizon)

In schizophrenia, a new study finds that brain abnormalities that underlie distinct symptoms and were long thought to be unrelated are, in fact, linked. The resulting insight could pave the way for better treatments. (Stephen Sedam /Los Angeles Times) Discerning how schizophrenia's complex symptoms relate to brain abnormalities should improve treatment. A disease that combines problems of thinking, memory, movement and motivation has long stumped scientists. Schizophrenia is one of psychiatry's most puzzling afflictions, with a complex of symptoms that goes far beyond its hallmark hallucinations and delusional thinking. But new research has found connections among several of schizophrenia's peculiar collection of symptoms -- including agitation and memory problems -- and linked them to a single genetic variant among the hundreds thought to heighten risk of the disorder. The findings offer new insights into the molecular basis for schizophrenia and could lead to treatments for the disease that are more targeted and more comprehensive.

Read the full article at - <http://tinyurl.com/lvmk8au>

Thank You's

Birdie (Debra) Archibald
Chris Brady
Karen DeVaney
Kathleen Duplan
Jamie Fabela
John & Lynelle Hains
John & Ann Steffen
United Way of Columbia-Willamette
(Lewis Burris)



Stanislaus County Warmline (209) 558-4600

This is a mental health consumer-run program providing non-crisis intervention, offering peer support, referrals, and shared experiences of hope and recovery. The On-Site Peer Support and Warm Line services are offered 24 hours a day, 7 days a week at (209) 558-4600. They are funded by Stanislaus County Behavioral Health. If you feel your situation is urgent you may request to be transferred to an Emergency Response officer.

Another Helpful Resource

Friends Are Good Medicine - A listing of Stanislaus County organizations, services and support. <http://www.friendsaregoodmedicine.com/>



FRIENDS ARE GOOD MEDICINE
PHONE: (209) 602-4311