



National Alliance on Mental Illness, Stanislaus
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Mark Your Calendars:

Board Meeting – Wednesday November 11th at 3:00 p.m.

General Meeting – No speaker meeting in November

NAMI Holiday Party – Wednesday December 9th at 6:30 p.m. at Jana Lynn Plaza, 500 N. 9th Street, Modesto

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

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.

Education Report

First Quarter report; PEI Programs (July 2015 - September 2015)

In Our Own Voice:

28 presentations to 593 audience members

Ending the Silence presentations

5 presentations to 535 class members

Parents and Teachers as Allies

1 presentation to 28 staff members

18 NAMI Stanislaus Presenters total

Lynn Padlo, Director

Our New Office Assistant



My name is Eileen Brasuell. I was born in Alameda, CA and moved to Modesto when I was eight years old. I am a graduate of Downey High School. I am married and have two adult children. I am on the worship team of my church, involved in women's ministry, and on the church board. I love the outdoors such as canoeing, water skiing; Also, I love to garden. My favorite places to visit are the coast or the mountains. My background in work has been in medical billing, and general office support as well as working in the cafeteria for Downey High School. I am now the part-time office assistant for the NAMI office on 9th Street, Suite D, so come by and say 'hello' between 2:30-5:30 pm. , Mon-Thurs.

A Message from Our Director

We are entering into my favorite season....Fall. With the bright colors, different shades of green, gray and yellow, I love to be in the mountains. After retiring from teaching school, I lived near Pinecrest with my husband and daughter. I got involved with NAMI Tuolumne while living there, and my husband Don and I taught Family to Family class. My daughter, Joanna, was involved in Kings View mental health services up there and made many friends. One of those NAMI friends, Mary Leamy, was very open about Joanna singing her songs for the NAMI meetings. She encouraged her to use her talents and let her play the piano and sing at many meetings. Memories of those months up in the Sierras are still with me. Many of you here in NAMI Stanislaus encourage your friends and loved ones with a mental illness to use their talents, too. Some of you have loved ones who draw or paint; others of you have loved ones who are artists, play guitar, sing and act. This is part of the recovery we want to have all of our NAMI members to have. So, keep on encouraging them.

Yesterday, we had our Fall Board meeting and I am so happy to have so much help this year. We now have a great NAMI board that has lots of ideas, suggestions, and I know this year will be a great one!

Lynn Padlo, NAMI Stanislaus Director lpadlo234@comcast.net

In Our Own Voice new Co-coordinator

When I was asked to be a co-coordinator for NAMI, it was quite a shock and a privilege. I felt so good about myself to be recognized as a responsible and reliable person. I was given this opportunity to do outreach for NAMI at Modesto Junior College and book IOOV venues. It gave me reassurance that I have maintained my mental health and worked so hard to be where I am today. My favorite part of the IOOV presentation is the end when we open up questions to the audience. When we're being asked some of the questions, it's like you get a sense that your job was done correctly, that the message we were trying to get across worked and we have touched somebody's life in that room. The audience can see firsthand what the individual presenters have been through and have overcome. They see that we can overcome the obstacles of having a mental illness diagnosis and are living mentally stable lives. To me, that's the best feedback and it makes it all worth it.



Lisa Sanchez

CIT Training



During the week of September 29th Stanislaus County held its latest Crises Intervention Training (CIT). CIT is a 40-hour course for law enforcement officers, and is now required training in Stanislaus County. NAMI Stanislaus has provided family panel members for these trainings for eight years (since April 2007). It has been a great resource for our family members to be able to request a CIT-trained officer when it becomes necessary to make the dreaded 911 call.

We have received feedback from family members on how effective it was to have an officer who understood how to deal with their loved one. We believe the training has been effective because of the commitment of our Modesto Police Chief, Galen Carroll, and Stanislaus County Sheriff Adam Christianson. One of the officers who attended the training spoke at our National Day of Prayer (Mental Illness Awareness Week) and expressed how important this training is for officers. He was amazed at the resources that are available beyond emergency rooms and jail, and said he has used the training every day.

Book Review by Rhonda Allen

“Behind the Wall: The True Story of Mental Illness as Told By Parents”

Written by sisters Mary and Elin Widdifield

The book, *“Behind the Wall”*, was reviewed in the Fall 2015 NAMI Advocate magazine. The book presents real stories of parents struggling with the difficulties in raising children with mental illness. The authors interviewed parents who shared openly about the ups and downs of their journey. They do not hold back the anguish and pitfalls they experienced, so this is not a fun read, but an emotionally riveting book. The parents share their mistakes and successes, regrets, and moments of pride. There is advice for coping with challenges.

The author unfolds eight bits of advice:

- Be honest with yourself and your child
- Trust your gut
- Don't be ashamed about a mental illness diagnosis
- Be informed
- Allow time and space for grieving
- Find a method for coping that best fits you and your family
- Don't blame yourself or anyone else
- Stay connected

The book concludes with a message of hope from the parents and their belief in the possibility of recovery for their children. They tell how their dreams and expectations have changed, but they are not broken.

Volunteers Needed to Organize Holiday Party

Believe it or not, it's getting time to think about the holidays! Would you like to be on an organizing committee? If so, please contact Chris Brady at 559-318-6086 or the NAMI Office.

National Day of Prayer

Tuesday, October 6th several members attended the National Day of Prayer at Pastor Geary Oreglia's new church in Riverbank. The event is held annually during Mental Illness Awareness Week. Lynn Padlo, NAMI's Executive Director, spoke along with a Sheriff's officer who had just completed Crises Intervention Training. He talked about being amazed at the resources available besides emergency rooms, behavioral hospital and jail. He commented that he and fellow officers are using the training every day. (Pictured below are Lynn Padlo, Deborah Henderson, and Pastor Geary Oreglia.)



Thanks You's

Cathy Adams
David & Diane Bartlett
Ms. Rocio Cortez
Jamie Fabela (monthly donation)
Nancy Godinho
Jorge Hernandez
Mildred Jenkins
Cleda Lane
Carolyn Padlo
Carl & Jackie Rowe
Bill & Meg Wood

Rhonda S. Allen
Ysaura Bernal-Enriquez
Thomas & Joan Donlon
Jerry & JoAnne Freeman
Claudia Gransberry
Diane Higginbotham
Juan & Lynette Jimenez
Davette Martin
Layna Radcliffe
Jack & Patricia Waldorf