



National Alliance on Mental Illness, Stanislaus
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Mark Your Calendars:

Board Meeting – Wednesday October 14th at 10:30 a.m. (Different location. Call for information – 558-4555)

General Meeting – Wednesday October 21st at 6:30 p.m. Guest Speaker

Come join us on Oct. 21st, 6:30 p.m., at Jana Lynn Plaza, 500 N. 9th Street, Modesto for our monthly meeting. After refreshments we'll hear from Pam Esparza, Chief of Consumer and Family Affairs and Alma Torres, Manager of Housing for Stanislaus County. They'll tell us about low income housing available in the county, different agencies involved and how to apply.

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.

Family Class Member

I'm so thankful for the teachers at NAMI's Family to Family for their encouragement and information in the support class to help me better understand and recognize characteristics and behaviors of my family member that struggles with mental health issues. It's so good to understand more about the importance of medication, foods, exercise, socialization, and proper rest. One of the best things I gained was to look within myself and know and understand how I can change to help my family member through reflective communication. I've learned to listen more.

Thank you. Millie

Guest Speaker

October 21st, Wed., 6:30 PM will be our next NAMI general meeting. We encourage members to attend these educational meetings to learn about different aspects of the mental health system in our County. In October we will hear from Pam Esparza, Chief of Consumer and Family Affairs - BHRS (Behavioral Health and Recovery Services) and from Alma Torres, Manager of Stanislaus County Housing. They will tell us about Stanislaus County Housing Authority, Project Sentinel, HUD homes, and MHSA CalHFA (Mental Health Services Act), which is housing for people with mental health issues. The speakers hope to educate family members so they can be advocates for more housing to be built in our County. They will help us understand what people each program targets and how to manage the system.

Refreshments will be served at 6:15 PM at the Jana Lynn Room, Jana Lynn Plaza, 500 N. 9th Street, Modesto (it's north of Tully), and the speakers will begin at 6:30 PM. The meeting ends by 8:00 PM.

Call Judy for any questions: 209-480-0387.



National Day of Prayer
Tuesday, October 6, 2015, 7:00 p.m.
New Life Church
6443 Estelle Avenue (Near Galaxy Theaters)
Riverbank, CA

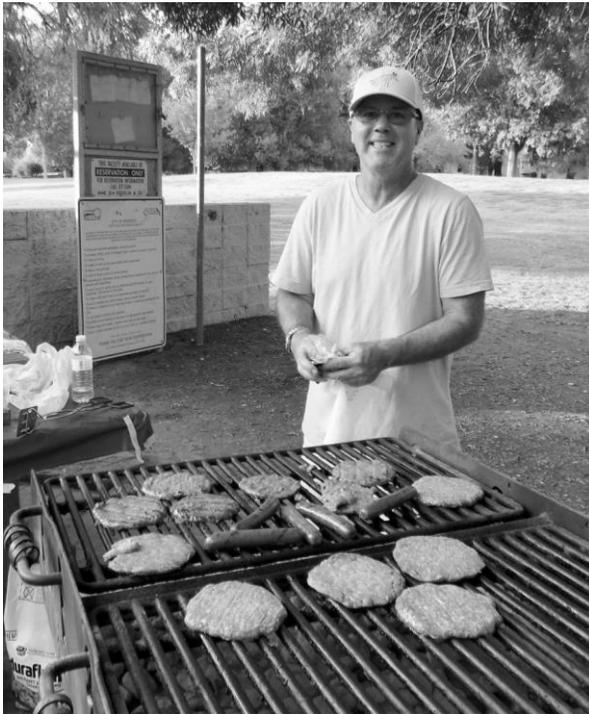
Pastor Geary Oreglia invites everyone to a NIGHT of PRAYER, Sharing, Music, Support, and Helpful Information & Encouragement! National Day of Prayer is part of the National Mental Illness Awareness Week (October 4-10, 2015). Pastor Oreglia is a Past President of NAMI Stanislaus, and long-time Family-to-Family teacher and Provider Education team member.

For more information about this event or Pastor Oreglia's Behavioral Health Ministries, call (209) 247-7242.

NAMI Potluck at Downey Park

We had a nice potluck this year despite the very hot evening with about 40 people in attendance. The food was GREAT – thanks to Chris Brady’s great barbequing skills – and we had lots of good food and desserts.

Thanks to all who came for making this a pleasurable evening.



Helping Families in Mental Health Crisis Act, H.R. 2646

Congressman Murphy has authored legislation to provide treatment before tragedy and crisis intervention training to help law enforcement best respond to crises. His bipartisan legislation currently boasts 118 members of Congress, and endorsements from national organizations including the National Alliance on Mental Illness (NAMI), Treatment Advocacy Center, American Academy of Child and Adolescent Psychiatry, American Psychological Association and American Psychiatric Association. More information on the bill can be found at <http://murphy.house.gov/helpingfamiliesinmentalhealthcrisisact114>.

A number of NAMI Stanislaus members have signed up to receive email message update. Please consider being added to the list – top right at the above website under “Sign Up For E-Newsletters”.

Membership Dues Explained

If you are currently a NAMI Stanislaus member and receive a renewal notice from NAMI California or NAMI National it can be confusing. NAMI National recently started using the NAMI 360 database for memberships, in addition to recording information for all classes and support groups. When your membership is due to expire you will probably receive a notice from them. It is your choice whether you want to mail it to them or to NAMI Stanislaus on the form that accompanies the monthly newsletter. Another option is to use the NAMI 360 database to renew your membership online. That way you can use a credit or debit card and not have to mail your dues. You can log onto their website at www.nami.org. If you have already registered just log in and there will be information on renewals. If not, you can register to have access to that website. They have stopped collecting information on relationships and nationalities.

About donations: You can make donations online at the same time as joining or renewing. When you do they will split that amount into thirds – 1/3rd to NAMI National, 1/3rd to NAMI California, and 1/3rd to NAMI Stanislaus. If you want your donation to remain locally it would have to be made separately. If you still find membership dues confusing, please call the office – 558-4555.

Thanks You's

Memberships

Elizabeth Allen
Virlee Christiansen
Jamie Fabela
Sharon Froba
Joyce Plis-Hickman
Dr. Kimberly & Aram Kennard
Carol Kienitz
Leo & Marie Salcedo
Sharon Smith

Donations

Jamie Fabela (monthly donation)
Sharon Froba

Book Review by Rhonda Allen

Title: **Break Through**; Author: Linda Denke; Copyright: 2015

Amazon Link: <http://amzn.com/B00ZLVWZ88>

I would recommend the book, **Break Through** to any family struggling with a family member's mental illness. The author, Linda Denke, uses a framework for how to approach mental illness in a step by step manner called the "*Found Approach*". Her book encourages family members to fully engage in the process of recovery and to develop strategies to assist their loved one.

She addresses how to navigate through the health care system and how to dialogue with health care professionals, as well as some of the obstacles that you can expect. She emphasizes the value of NAMI's family-to-family classes for assistance and also peer-to-peer classes for support.

Her book is easy to read and has a reference section of websites and tools that can be accessed for help. Denke shares current statistics and evidence from research to support her strategies.

As a nurse and family member she has first-hand experience about how to be a caregiver of a loved one. This book promotes NAMI as a valuable resource!

Presentations & Workshops

NAMI Stanislaus aims to reduce stigma and to improve services by partnering with mental health agencies, persons with a mental illness and family members. Right now we have two anti-stigma campaigns In Our Own Voice (for everyone) and Ending the Silence (for young persons). We also conduct anti-stigma workshops for providers and professionals.

Working with the members in NAMI's In Our Own Voice, Ending the Silence and Provider Programs, I get so much reward. One reason is they appreciate the opportunity to share their lives and tell their stories. To schedule a presentation, call me Lynn Padlo Director at (209) 404-6015. This is what one speaker had to say:

"I had never done public speaking before and I was very tentative when I started Ending the Silence." Now, I feel very comfortable sharing my life with others to help erase the stigma. Mental illness is treatable and people can have a fulfilling life. I am working full-time now and have a support system." D.B. (Ending the Silence speaker)

NAMI Support Groups and Meetings

(For more complete information call NAMI at 209-558-4555.)

Family Member Support

Oakdale: Family Support Group (1st **Wednesday**, 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**, at 6:30-8:00 p.m.), 500 North 9th Street, Suite D, 209-558-4555

Turlock: Family Support Group (2nd & 4th **Tuesdays**, 6:30-8:00 p.m.), 1123 Cooper St next to the Good Shepherd Lutheran Church (Minaret/Cooper) Call 209-558-4555

Peer Group Support

Modesto: Connections (Peer Support) (2nd and 4th **Thursdays**, 4:00-5:30 p.m. and 1st and 3rd **Saturdays**, 12:30 p.m. -2:00 p.m.) 500 North 9th Street, Jana Lynn Community Room, Call 209-558-4555

Turlock: Connections (Peer Support) (2nd and 4th **Tuesdays** 6:30 p.m. – 8:00 p.m.) 1123 Cooper St next to the Good Shepherd Lutheran Church, (Minaret/Cooper) Turlock CA.

CSU Stanislaus: Connections (Peer Support) Every **Tuesday**, 2:00 p.m. - 3:30 p.m., Lakeside Conference Room, One University Circle Turlock CA 95382
Call 209-409-6006 or email MHNOC@outlook.com

Oakdale: Connections (Peer Support) (1st and 3rd **Tuesday** 5:00 p.m. - 6:30 p.m.) Allison, leader (Allison's phone is 209-848-2161) at the Oakdale public library on 151 S. First St.

For More Information

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