

NAMI STANISLAUS NEWSLETTER Sept 2015



National Alliance on Mental Illness, Stanislaus
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September begins on the same day of the week as December every year, because there are 91 days separating September and December, which is a multiple of seven (the number of days in the week). No other month ends on the same day of the week as September in any year.

Mark Your Calendars:

NAMI Potluck at Downey Park, Wednesday, September 9th at 6:00 p.m.

NO Board Meeting – Second Wednesday of Month
No General Meeting – Third Wednesday of Month

Fall Peer-to-Peer Class – Enrollment is open for the Fall Peer-to-Peer class beginning Friday, September 18th 3:00 PM to 5:00 PM. This is a 10-week course. Call the office message phone to sign up (209) 558-4555.

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

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 individuals with mental illness.

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!

NAMI Annual Picnic

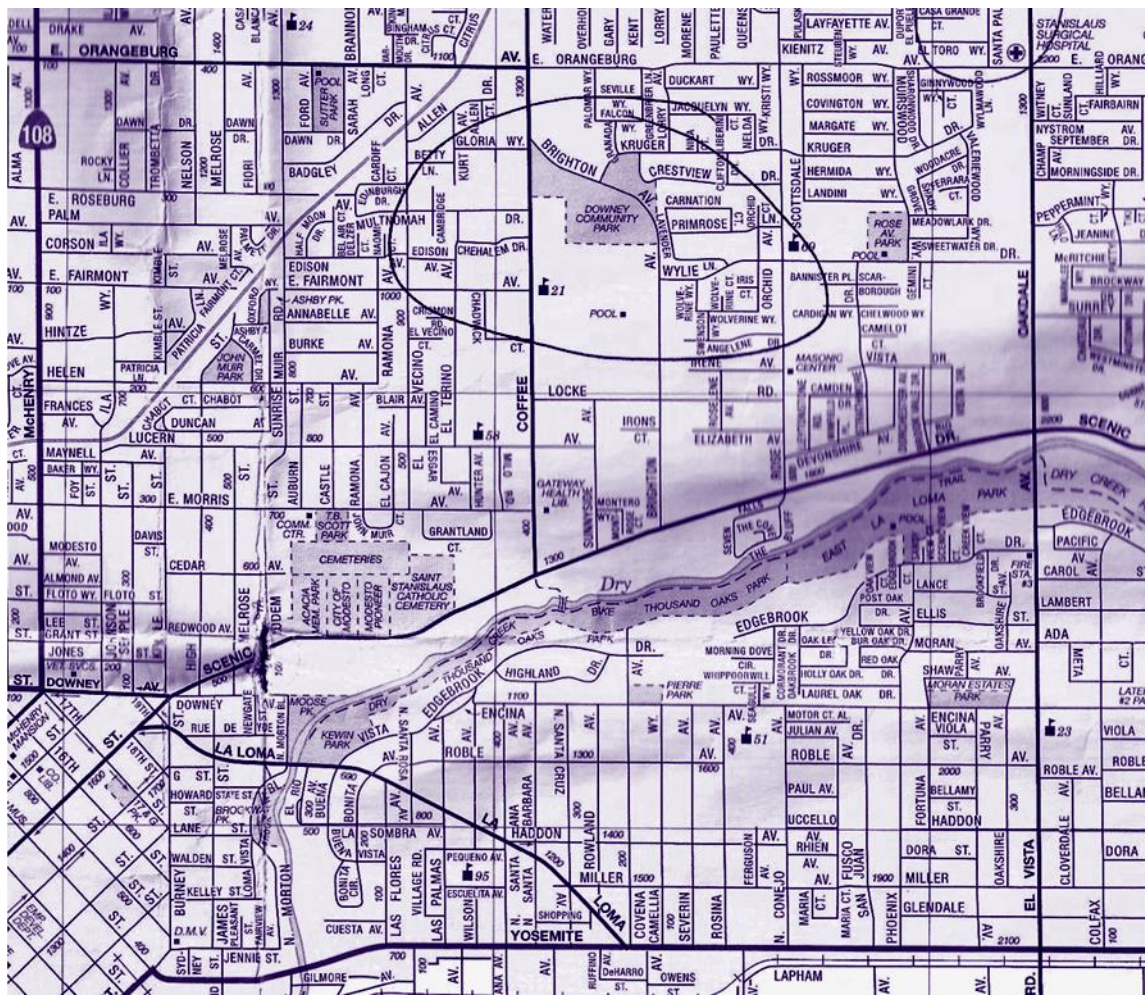
We hope you will plan to attend the Annual NAMI Stanislaus Potluck. It's a great way to meet your new officers and network with other members. If you have taken Family-to-Family or Peer-to-Peer classes, call your classmates and plan a reunion at the potluck. It's also a great family event where it is comfortable to bring your children and grandchildren. We look forward to seeing you there!

Wednesday, September 9th at 6:00 pm

Downey Park, 500 block of Brighton, Modesto (off Coffee and Scenic)

Hamburgers, Hot dogs, Buns & Condiments and tableware provided.

Please bring a dish/dessert to share. Call (209) 558-4555 if you have questions.



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 **Monday**, 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 Darlene 209-656-8855

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 (Nicki)

Turlock: Connections (Peer Support) (2nd and 4th **Tuesdays** 6:30 p.m. – 8:00 p.m.) 1123 Cooper Street next to the Good Shepherd Lutheran Church, (Minaret/Cooper) Turlock CA, Call 209-558-4555

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.) at the Oakdale Public Library on 151 S. First Street. Call Allison at 209-848-2161

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

Thank You's

Memberships

Julie Bernardo
Beverley Lee
Glenda Olsen
David Renteria
Sharon Smith
Annette Steele
Anna Maria Vieira

Donations

Jamie Fabela (monthly donation)
Virlee Christiansen
Jacqueline Rowe
Online Memberships
Natalie Avila
Melinda Barcellos
Darlene Thomas

September Education Report

Lynn Padlo, Director

Since school is starting, we are scheduling a lot of presentations there. We have partnered with Modesto City Schools in getting presentations of our PTAA and ETS programs there. Also, our In Our Own Voice speakers are being scheduled for the end of summer and fall MJC classes. My new assistant, Lisa Sanchez, will be helping me with those.

Also, we are happy to announce that Nicki Allen will be our new **Peer to Peer** coordinator this year. She has scheduled a class starting **Sept. 18th at 3 p.m. in the Jana Lynn Room**. Adrienne McCloud will be her co-teacher. The class runs for 10 weeks and is taught by two trained teachers who have an illness but are in recovery. So, call the office to sign up soon as this class fills up. One must have a mental illness to sign up as people share, learn, and support one another in this recovery process. It will run from 3-5 p.m. for 10 weeks ending Nov. 20th. This class is recommended for all peers who wish to be trained for our other signature programs as you learn about NAMI and also a lot about mental illness and recovery.

Wanted: 30 yrs and under candidates to be trained for Ending the Silence

Please call the office or Lynn to get an interview to see if you want to be part of this new program. It requires you state your illness, your treatment regime, your support system, and your successes. It also gives you an opportunity to share with young people in high school about this recovery. A small stipend is given for each presentation. A candidate has to be available to speak in the mornings at various schools in the county.

Lynn's phone: 209-404-6015; Office phone: 209-558-4555

Other items from the National Conference in August:

A Dallas policeman taught a workshop on how to call 911. Here is a summary of his tips. If your loved one is a danger to themselves or others, please dial 911, and request a CIT-trained (Crises Intervention Training) officer.



Here are some guidelines:

Your name
Address law enforcement should come to
List any weapons that are present
Name and age of your loved one
Height and Weight
Clothing description
Diagnosis
Drug use (current or past)
Medications (on or off)
Prior violent behavior
Past psychosis
Details about past delusions or hallucinations
Triggers
Things that have helped in the past
Keep in Mind: You are asking an unknown professional to come to your home to help you resolve a crisis. They will have NO information about the situation/individual unless you inform them.

New Office Personal Service Contractor

Eileen Brasuell is our new NAMI office assistant. She comes to us from many backgrounds in working in the schools, other agencies and has volunteered for BHRS family advocate office. Her hours will be 2:30-5:30 p.m. on Mon-Thurs. She answers the phone and also takes any information that is important for NAMI to help families and individuals with an illness.



Welcome. Eileen!

(Submitted by Lynn Padlo)

Report by NAMIWalk Chairperson, Lynn Padlo

Results of our May NAMIWalk 2015 fundraising

Padlos Pacers (\$7,085.00) Capt. Lynn Padlo; Top fundraiser Sharon Smith

Mindful Walkers (\$2,243.50) Capt. Jack Jacques; Top fundraiser Teresa Jacques

Joyce's Jolly Joggers (\$1,460.00) Capt. Joyce Plis; Top fundraisers Joyce Plis and Judy Kropp

Live the Life You Dream (\$1,410) Capts. Chris Brady and Marnye Henry; Top fundraisers Chris Brady and Marnye Henry

Steps Toward Ending Stigma (\$675) Capt. Julie Bernardo; Top fundraiser Julie Bernardo

Super Stigma Stompers (\$605.00) Capt. Nicki Allen; Top fundraiser Nicki Allen

Nami on Campus (\$555) Capt. Lisa Sanchez; Top fundraiser Lisa Sanchez

Embrace M.I. Recovery (\$55) Capt. Mary Louise Fitzgerald and Christina Kenney; Top fundraiser Mary Louise Fitzgerald

TOTAL AMOUNT EARNED \$14,088.50

Congratulations to all of our NAMI Stanislaus teams and the communities, families and friends who supported them!

Next year: Chris Brady and Marnye Henry, co- chairs of the 2016 Walk in May

New NAMI Stanislaus Officers

On August 11th all our new officers met at the Board meeting for the first time. Our website will be updated soon to introduce the new officers.



Heather Walton (front) President; Anita Say, Member at Large; Lynn Padlo, Executive Director; Joyce Plis-Hickman, Resource Officer; Elizabeth Allen, Treasurer; Rhonda Allen, Secretary; Jack Jacques, Officer; Chris Brady, Officer.