

NAMI STANISLAUS NEWSLETTER September 2016

Inside This Issue

Mark your Calendar	1
End of Summer Bash	1
Book Reviews	2
Comments from F2F Graduate	3
Thank You's	3
Classes Beginning in September	4
Join NAMI Stanislaus!	5
Merced NAMI Presentation	5
Director's Report	6
Calendar	7
Membership/Donation Form	8

Mark Your Calendar:

Board Meeting – Board Meeting, Wednesday, September 14th, 4:30 p.m. at 500 North 9th Street, Suite D

General Meeting – There will be a potluck in place of our speaker or movie meeting.

Upcoming events

September 14 Annual Potluck at Beyer Park (**Note location and time change**)

Please check the calendar on our new website, or call the office. at (209) 558-4555. The web address is www.namistanislaus.org

Change of Address



If you move, please let us know your new information. Newsletters that are returned by the post office cost us 49 cents for each returned mail. Each month it costs an additional \$2 to \$3 for returned postage.

NAMI's End of Summer Bash

Saturday, September 17th 4:00-7:00 p.m.
Beyer Park in the covered picnic area.

NAMI will furnish the hamburgers, hotdogs, trimmings, drinks, water & tableware.



Please bring a side dish of your choice to share with other. (NOTE: there is no electricity for hot dishes.) We will be playing games and have raffles.

This is an opportunity to spend some fun time with your family, friends, fellow classmates from the Family to Family & Peer to Peer classes & others from NAMI support groups.

We hope you will mark your calendars & celebrate with us.

Please RSVP so we will make sure that we have plenty of hamburgers, hotdogs, etc. Please call Dar at 656-8855.

Contact Us:

National Alliance on Mental Illness, Stanislaus
P.O. Box 4120, Modesto, CA 95352-4120
Office at 500 N. 9TH Street, Suite D, Modesto
Web site address: www.namistanislaus.org
Email: nami@namistanislaus.org

Office Schedule:

Mon-Tue-Thur. 3:30-6:00

Two Book Reviews This Month

Bipolar Disorder: a Guide for Patients and Families, by Francis Mark Mondimore, M.D. Third Edition.

For those of us who have been dealing with Bipolar Disorder, this book will be a familiar resource. This new edition, copyright 2014, is a welcome update and will likely give you new information and insight into this mental illness. If Bipolar Disorder is a recent diagnosis in your family, I can think of no better way to become familiar with the disease than with this book. It is clearly written with lots of conversations with patients that will help you recognize symptoms and learn of effective treatments.

Dr. Mondimore has divided his book into four parts: Symptoms, Syndromes, and Diagnosis; Treatment; Variations, Causes and Connections; and Getting Better and Staying Well. He gives the history of identifying Bipolar Disorder as a mood disorder, and makes clear distinctions between Bipolar I and Bipolar II, among other abnormal mood conditions. The treatment

section discusses the typical mood stabilizing drugs, antidepressants, antipsychotics, other medications and non-drug therapies, and emerging technologies and treatments.

We all know that Bipolar Disorder is not a one-size-fits-all condition (what mental illness is?). You may find his section on variations, causes and connections especially enlightening about the biochemical forces that create the illness. The final chapter on getting better and staying well stresses the role of the family as a recovery support system and how to create an emergency plan (who to call, insurance issues, safety and hospitalization) for any debilitating episodes.

If you or a loved one has been suffering from unsuccessfully treated depression, this book may give you information to seek another medical diagnosis that could help you find the treatment you need.

--Anita Young

The Boy Who Couldn't Stop Washing: The Experience and Treatment of Obsessive-Compulsive Disorder by Judith L. Rapoport, MD (1989)

Odd title for a book. It captured my interest to read it, never realizing how its content would change my life forever. Page after page I realized these are the "secret" things I do: petty obsessive thoughts, pointless rituals...cleaning, hoarding, counting, avoiding, checking, endless mental music, uncontrolled need to hand wash, fear of germs...never-ending dread. This was the first time I realized I had a mental disorder that needed to be addressed. This book contributes to the understanding of an intriguing and irrational illness. For millions of

people worldwide OCD is an emotionally crippling disease. Sometimes called "the secret disorder", because many of these sufferers can go a lifetime hiding their symptoms, never letting on that their habits and thoughts get in the way of their work, social or private life. This easy to peruse book is a must read for anyone that thinks a loved one or themselves may have OCD. It also provides guidelines for a diagnosis.

Submitted by Allison R. Clark, Connection Facilitator, Oakdale

Comments from Family-to-Family Graduate

My father has suffered from mental illness since I can remember. He has not been diagnosed with a specific illness because he is in denial. Three years ago a psychologist told me that he had what appeared to be Seasonal Bipolar Disorder. The last 3 years have been very challenging for my family. Accepting my dad's reality and all the challenges that come with it has been a very tough task for all of us. I finished taking NAMI's Family-to-Family class a few weeks ago. This class was an incredible source for me, not only because of all the informative resources that this class has to offer, but also because meeting the family of other people with mental illness helped me in so many ways. Sharing our stories, our suffering, and other information helped me learn to understand my father, myself, and others from a different perspective. Being able to share my story with the class helped me release so many grudges that I was holding to, all these due to my father's illness. One of my favorite topics from this class was learning about the importance of a

good communication with our mentally ill relatives, because this topic helped me understand how I can talk to my dad in order to avoid any confrontations with him, especially during his episodes. This class was great because it could answer most of the questions that I had about mental illness. The teachers had great knowledge about the topics that they covered and the students provided great information from their experiences in a wide variety of topics. NAMI taught me how to approach many of the different situations that Mental illnesses might challenge us with. Thanks to NAMI I have learned to understand my father's illness better, by providing me with great information, and by teaching me to put myself in his shoes. I completely recommend the Family-to-Family class to anyone that has a family member suffering from mental illness, this class has done so much for me and I believe that it can do as much and maybe even more for anybody that decides to enroll in it.

Thank You's

Frances Adkins (in Memory of Deborah Kelly)
Kristi Ah You
Lelia J. Barzan
Sharyn Brown
Chris Brady
Linda Byrne (in Memory of Annan P. Byrne)
Allison Clark
Diana A. Demetrulias
Karen DeVaney
Lee Elmquist (Memory of Kristi Elmquist)
Jamie L. Fabela
Richard & Melissa Feemster
Elizabeth & Sarai Garrison
Susan & Michael Golden
Lynelle & John Hains
Sue Hantz

Carol Jo Hargreaves & Larry Schneider
Libby Higgs (in Memory of Deborah Kelly)
Betty Kenney (in Memory of Deborah Kelly)
Janice Louis
Jacquelyn Magee (e-Membership)
Karen Manning
Wanda Moran-Woods
Betty M. Muncy
Glenda Olsen
Patrick O'Sullivan (in Memory of Deborah Kelly)
Elisabeth M. Sesser
Anil & Saroj Sheth
Marc Stocks (e-Membership)
Darlene Thomas
David & Jan Whitling
Anita Young

Your Support is Appreciated!

Modesto and Turlock Family-to-Family Classes

Both family classes begin on Monday, September 12th through November 28th for 12 weeks at 6:30 p.m. These classes have been a lifesaver for many families. If you would like to review the course materials, please call Darlene for a copy of the flyer.

The Modesto class will be held at 500 North 9th Street in the Cypress Room, and the Turlock class will be at the Cooper House, 1123 Cooper Street next to the Good Shepherd Lutheran Church, and across from the Turlock Library.

Turlock Peer-to-Peer Class

The 10-week Peer-to-Peer class begins Tuesday, September 13th at the Cooper House, 1123 Cooper Street.

If you or someone you know is interested in these upcoming classes, please contact Darlene Thomas at (209) 656-8855 or email dar3rocks@sbcglobal.net.

Peer-to-Peer Graduate

Before learning about NAMI and their services, I felt lost and alone within the sights of my mental illness. I then discovered a Peer-to-Peer group offered by NAMI and began attending at the beginning of this year.

I attended the ten-week course and found comfort that I wasn't alone with my own mental illness. Each session provided me with strength and comfort within myself that allowed me to overcome the feelings I had been experiencing. It taught me about what mental illness is and provided positive coping skills.

Since the completion of this group, I have been given an opportunity to speak publicly about NAMI and their services within our community. I have been able to share my own story, which has provided me healing as well as a feeling of reward.

I have also begun working and maintaining a stable lifestyle since then. I would highly recommend this Peer to Peer course to anyone feeling alone, lost or just looking for answers. It has definitely provided me these results.

By Amanda Corbin

Join NAMI Stanislaus!

Are you in crisis mode and feeling like there is no end to the dark times? Do you find yourself looking for an unbiased and understanding friend to talk to about the hardships of a mental illness? Have you emerged from the fire and chaos of an episode and now are seeking answers or at least a little more knowledge about the infinite complexities of the human mind? Do you simply want to share your story? If any of these apply to you, rest assured that NAMI has what you need and you have what NAMI needs!

Why NAMI may be exactly what you are seeking: NAMI offers support groups, family-to-family classes, lectures and events for people who are either coping with a mental illness themselves, or who have a loved one who is coping with a mental illness. Whether in the midst of a crisis or at a very good place in your life, support groups give people the opportunity to simply speak about the otherwise seemingly unspeakable (mental illness, that is). The family-to-family class gives caregivers and loved ones of people with a mental illness an in depth course on the key skills and information surrounding

mental illness. The connections made with other families in this 12-week course are invaluable and very rewarding. With membership one can take part in the monthly board meetings to become more involved in NAMI. And finally, on most third Wednesday of the month there is either a lecture/talk or a movie showing which will give you yet another perspective on one of the many areas of mental illness.

Why you are exactly who NAMI is seeking: All of your unique experiences, the good, the bad and the ugly, are just what NAMI needs to continue to thrive and be around for all of us in Stanislaus County. Your presence alone may be that beacon of hope that leads someone else to a better place in their life. The key to NAMI's success lies in the people that make it up. Join NAMI Stanislaus today and discover and become a part of this treasure trove of resources, knowledge, acceptance and friendships!

All NAMI classes, support groups, and presentations are free!

by Taylor Corgiat

NAMI Merced Presentation

On September 9th NAMI Merced is presenting "Off the Deep End." This event will include their award-winning film, *Lost and Found*, a movie about six Merced County residents who are affected by mental illness. The highlight of the event will be none other than keynote speaker, Ken Baldwin. He is famously known for surviving his jump off the Golden Gate Bridge. He will be sharing his life prior to, during, and since his suicide attempt. Mr. Baldwin tells a deeply compelling, moving, and ultimately uplifting story. He spoke at CSU Stanislaus recently, and he had people laughing and crying at the

same time. What started as an audience of 30 soon turned into an audience of 150+. You should not miss this event! There will also be artwork on display by two local artists who live with mental illness.

The presentation is Friday, September 9th at 7:00 PM at the Christian Life Center, 650 E. Olive Avenue, Merced. If you have questions, please contact Curtis Mook at sitruckoom@gmail.com. For a copy of their flyer contact Joyce at plis2@att.net or call (209) 380-2951.

Director's Message

With all our wonderful bounty of fruit and vegetables in this valley, we are so blessed. Being outside in pools, parks and concerts, is wonderful too! Gathering with friends and relatives near and far, too, is a summer activity.

Our NAMI affiliate has been doing some great things this past month, even though things are a bit slower with school out. I want to thank my co-coordinators, Lisa Sanchez, Rhonda Allen, and Victoria Withrow for helping me this year with **In Our Own Voice** presentations. I will give the annual report on that program as well as **Ending the Silence** in the September newsletter.

Some highlights: Presenting to CHP officers in April, June and July and CIT officers in Stanislaus County in June again. We are very fortunate to have a mental health department that values the family and consumer experience with mental illness and we enjoy getting feedback, questions and evaluations from these officers.

Also, another different presentation was to a charter school in Modesto, an Assyrian Wellness Collaborative in June, and to a BHRS Promotores group in Spanish. One highlight was presenting to the Modesto Gospel Mission, women and men, and our speakers were well-received. We look forward to partnering with these groups as well as with Catholic Charities again this next month.

We were very fortunate to have NAMI mentioned in an article in the Contentment magazine, summer edition, and Lisa Sanchez was featured in it with her story of recovery. The title of the article was *Ending the Silence* and Lisa's story is very inspirational because she is open and honest about her illness and her recovery.

We elected a new board in July, also, and you will be hearing from them in the future.

Thanks to all of you for participating in selecting them. Volunteers are also increasing, thanks to the efforts of our new President, Darlene Thomas. She has been steadfast in following up on them and directing them to different activities at which they can volunteer. Tammy Reynolds, also has helped her as well as Shelley Stevens, our new board members.

In this newsletter you will see several new classes starting; please jot these down on your calendar and refer any person who might benefit from Family-to-Family or Peer-to-Peer. Our Modesto Connection class relocated to the NAMI office area, the 2nd and 4th Mondays at 6:30 p.m. and it is going strong, thanks, to the volunteers who lead it. The Modesto family support group meets the same night and time, and again thanks to the volunteers who lead it. The Turlock and Oakdale support groups still meet monthly, too.

Thanks for our outgoing mental health director, Madelyn Schlaepfer, who is retiring this year. Her compassion, experience and commitment have helped many families in our county and she has listened to our stories and ideas all during her term. By the way, she is receiving an award from NAMI CA this August as outstanding mental health director!!! We wish her well in her retirement!!

Enjoy the rest of the summer!

Lynn Padlo,
Director

