Mark Your Calendar

**General Meeting**
Please join us April 19th, 2017 for our General Meeting at 6:30 p.m. in the Jana Lynn room located 500 N. 9th St. Our special guest speaker is Diane Domeier, L.M.F.T. (Licensed Marriage & Family Therapist) The topic will be, “Resilience: How do we increase our ability to bounce back after a setback?”

**Did You Know?**

*NAMI Connections is back on CSUS campus!!!!*

The first meeting was held Tuesday, March 14th at 5:30 p.m.
The meetings will be held on the 2nd and 4th Tuesday of the month in the CSUS Library, room 175.

**April 20th Community Meeting on Laura’s Law.** See calendar for details.

**Reminders**

*Oakdale Connection Support Group* has been cancelled
*Patterson Family Support Group* has been cancelled
*Modesto Connections* will be meeting in the Jana Lynn Room at 500 N. 9th St. beginning this month. They have outgrown Suite D.

**How You Can Be Stigmafree**

Everyone knows a little about mental health issues but knowing the facts about mental illness can help you educate others and reject stigmatizing stereotypes. Understanding mental health isn’t only about being able to identify symptoms and having a name for these conditions but dispelling many false ideas about mental health conditions as well.

1 in 5 Americans live with a mental health condition and each of them has their own story, path and journey that says more about them than their diagnosis. Whether you live with mental illness or are a friend, family member, caregiver or medical professional getting to know a person and treating them with kindness and empathy means far more than just knowing what they are going through.

Our mental health care systems have been in crisis for far too long and often keep treatment and recovery out of the hands of many who need it. We can take action now as we push for better legislation and policies to improve lives for everyone. By lending your support you can show that this cause is important to you and desperately needed for millions of Americans.
General Meeting Update

2017 is already showing signs of the excellent educational outreach we share with our NAMI members and to the public. The third Wednesday of the month is our ‘General Meeting’, or you might know it as our ‘Speaker Meeting’. We take this opportunity to bring to you current topics related to mental health issues.

In January Sergeant David Chamberlain from the Modesto Police Department was our guest speaker. He told us more about the Crisis Intervention Team program and explained the latest legal tactics used in officer-assisted handling of a person that is living with a mental illness.

During the past few weeks Rhonda Allen and Linda Mayo have continued their outreach into the community to raise awareness about the need for Stanislaus County to implement Laura’s Law, or Assisted Outpatient Treatment to help the untreated seriously mentally ill in our county receive help.

An effort has been made to present educational information about AOT to each city council in our county to gather their support, as well as speaking at various agency meetings. Sharing the importance of attending the scheduled Community Meetings on March 28 & 29th to hear information about the impact of this program was a priority, since this may be the only opportunity for community members to give their input and share concerns.

They discovered that many people were unaware of the county study being done, and that a consultant was researching the pros and cons of implementation. Reaching all the towns in our county is quite an ambitious task, but they all need to hear the facts to be informed.

Family member, Jo Labert, also participated in speaking to city councils to help educate our communities. The presentations were listened to with great interest by the city leaders, who also seek answers about how to solve this growing problem.

After the three month study, a report of findings will be presented to the Board of Supervisors, who will then decide what action to take.

There is still time to have your voice heard, by writing letters or speaking at mental health boards or board of supervisors’ meetings. The study may end in May.

Rhonda Allen

Assisted Outpatient Treatment (Laura’s Law) Update

On February 15th we offered a movie night, complete with popcorn, to view “Call Me Crazy”, a movie in 5 parts with 5 persons with different diagnoses sharing how their lives are limited by their disability, how their families and loved ones are affected and eventually they would seek help. It is a very concise film that I recommend highly for its ability to draw you into the dialog and view ourselves honestly.

March 15th we introduced Cheryl Gerhart, a volunteer speaker representing the Alzheimer/Dementia Support Center of Modesto. Her topic; “Alzheimer/Dementia ...” was well received by our guests. She outlined the latest medical causes about receiving a proper diagnosis, the types of Dementia and its eventual symptomology. As evidenced by the extended Q & A, this was a “hot topic” for our times. Cheryl had several handouts for us to take home and encouraged us to continue reading for further information.

Our speaker in April will be Diane Domeier, L.M.F.T. (Licensed Marriage & Family Therapist) and we hope that you will join us.

In May, NAMI is not only the month for our annual NAMI WALK in Sacramento, but this will be our first OPEN HOUSE. Watch our newsletter for more information about this event on May 17th.

Thank You For Your Contribution

Memberships
- Helen Buchner
- Helene Caudill
- Diane F. Chittock
- Rodger & Pamela Cole
- Keith Jakobs
- Yolanda & Gerardo Madrigal
- Darlene Maggi
- Yvette McShan
- Jan Morita
- Dennis & Ruth Sevilla
- Tim Smart & Leslie Wilkinson
- Nancy Tidmarsh

Donations
- Helene Caudill
- Rodger & Pamela Cole
- Richard & Melissa Feemster

Together we support our Community.
This weekend we had our NAMIWalks Kickoff Luncheon. The Keynote Speaker Mrs. LeeAnn Jeffries, author of The Bipolar Experience, shared her story of battling and conquering her mental illness.

Mrs. Jeffries spoke again on Saturday at the College Avenue United Church of Christ. She reached out to the audience and answered honestly to intense questions. LeeAnn touched a lot of people struggling to find answers to help loved ones and themselves. One gentle man said, “She is a beacon of hope.” Although LeeAnn lives in North Carolina, she just might make the trip back to support us in our annual NAMIWalks. NAMIWalk’s have has hosted over 1,000 participants from Sacramento and the surrounding communities.

What is NAMIWalks?
NAMIWalks—Changing Minds...One Step at a Time — is a nationwide event held in 83 communities around the country. It is the largest anti-stigma effort in Northern California and America. It raises public awareness about mental illness and allows individuals with mental illness and their families and friends, as well as the larger community, to gather for this special day.

Why Do We Walk?
The goal of the WALK is to raise both money and awareness of the need of our community to support a world-class treatment and recovery system for people with mental illness.

While NAMI Sacramento is the host affiliate for the Northern California NAMIWalk, the proceeds from the Walk will benefit the following local NAMI Affiliates: Amador, El Dorado, Placer, Sacramento, San Joaquin, Solano, Stanislaus, Tuolumne, and Yolo.

The funds that are raised through this WALK are used to support various NAMI programs that are offered at no cost in our community, including: Basics, Family-to-Family Training, Family Support Groups, Peer-to-Peer Training, Crisis Intervention Training, Community Outreach and Education, Connection Support Groups and Provider Training.

Create a WALK Team
The success of the Northern California NAMIWalk comes through the establishment of Walk Teams. The formation of each team helps to spread awareness about the work that NAMI does for mental health in our community.

Please join us May 6th, 2017 for our annual NAMIWalks.
The current team captains are:
Team Captain: Marnye Henry        Team Name: Live the Life You Dream
Team Captain: Lynn Padlo             Team Name: Padlo’s Pacers

To register or donate please click the link http://www.namiwalks.org/northerncalifornia

Special Thanks to the following people for helping with the events: Lynn Padlo, Chris Brady, Joyce Hickman, Rhonda Allen, Donna Wood, and College Avenue Congregational United Church of Christ.

For more information contact Marnye Henry and Chris Brady: Mhenry2@csustan.edu
Executive Director’s Message

March has been busy!! We are enjoying this lovely weather and also enjoying helping many people in our community learn about mental health, recovery, anti-stigma, and preparing for the future.

WALKING FOR MENTAL HEALTH!

SATURDAY, May 6, 2017 William Land Park, Sacramento

Reminder to sign up to walk with one of our teams; www.namiwalks.org/northerncalifornia

Stanislaus Walk teams are:
“Live the Life you Dream”, Marnye Henry, Captain (209-409-6006);
“Padlo’s Pacers,” Lynn Padlo, Captain (209-404-6015)

- We walk because 1-5 Americans experience a mental illness each year
- We walk to end the stigma and discrimination that prevent people from seeking help and treatment
- We walk because we know that with treatment and support people can recover and live full lives
- We walk to build awareness and raise funds to offer education and support programs to those in need AT NO COST!

NAMI Walk Executive Director Update

We had a NAMI WALK luncheon in Sacramento on, March 17th and I won one of the awards for being a top walker and fundraiser.

All of the proceeds I made went to our Stanislaus affiliate, and I want to thank ALL OF MY DONATORS, WALKERS AND SPONSORS LAST YEAR!!! I HOPE TO REPEAT IT AGAIN THIS YEAR.

Also, thanks to Marnye Henry and Chris Brady for heading up our Stanislaus WALK teams committee. They travel to Sacramento once a month to help organize it.

Marnye was instrumental also, in getting a key note speaker, LeeAnn Jeffries, come to speak at the luncheon and again in Modesto on March 18th. She has written a book about the Bipolar Experience and is donating part of the proceeds of the book sales to our Stanislaus Affiliate!

Thanks,
Lynn Padlo, Executive Director

NAMI’s goal is to help people recover!

Treatment Works!
Is our motto!

Speaker Update:

Our speakers have gone out to these organizations and schools to do help stop the stigma that plagues mental illness.

- Modesto High School
- Enoch High School
- Modesto Junior College
- California State University Stanislaus

Outreach Update:

We have helped spread the word of recovery to Spanish parents at John Muir Elementary, El Vista Elementary and Shackelford Elementary, to give parents hope and education about mental health.

New Presentation:

One of our new presentations was to a group headed up by the Modesto Police Dept. called, “Wake Up”, which is a prevention class for young people who have had some at-risk behaviors and it is meant to prevent them from getting into more trouble. Parents also attended this and we had a total of 30 people there.

Many other new venues will be coming up in April also, and we hope to reach out to churches, Boy and Girl Scout groups, and West Modesto King Kennedy Center Healthy Birth Outcome groups.

Parent Feedback:

One parent wrote to us after hearing one of our inspirational speakers: “It was really nice that they shared their story and gave us some examples. I did learn some things. Thanks for sharing.”
What do you call unhappy cranberries?

Subscribe to our online version for the answer to this month's riddle.

**Attributes Everyone should Strive For**

Word Search from [whenwewordsearch.com](http://whenwewordsearch.com)

**Word Search Directions:** Words are hidden Foreword & backward↔, Up & Down↕, And Diagonally↖↘

**Word Bank**

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### Family Support Groups

**Family Support Group in Modesto**
- Jana Lynn Plaza 6:30-8 p.m.
- **2nd Mondays & 4th Mondays**
  - 500 N. 9th St. Modesto
  - Call Dar (209) 656-8855

**Family Support Group in Modesto**
- First United Methodist Church
  - 850 16th St. (across from the Stanislaus County Library)
  - 10:30 a.m. – Noon
- **Meets the last Tuesday of each month**
  - (Please ring buzzer at the door)
  - Call Lynn (209) 404-6015

### Connection Support Groups

**Connection Support Group Modesto**
- Jana Lynn Plaza, 500 N. 9th St. In the Jana Lynn Room. 6:30-8 p.m.
- **2nd and 4th Mondays**
  - Call (209) 558-4555 or Dar (209) 656-8855

**Connection Support Group Turlock**
- CSUS Connection Support Group
  - One University Circle
  - Room 175 in the Library
- **2nd & 4th Tuesday of each month**
  - 5:30 – 7:00 p.m.
  - Call Marnye (209) 409-6006

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**Board Meeting**
- 6:30p.
- 500 N. 9th St.
- Modesto, 95350

**General Meeting**
- 6:30 p.m.
- 500 N. 9th St.
- Modesto, 95350

**Laura’s Law Community Meeting**
- 800 Scenic Dr
- 5:30-8pm in the Redwood Room.