Upcoming Classes

Turlock Family-to-Family 12 week class starts Monday, March 6th, 2017
Peer-to-Peer 10 week class starts Saturday March 11th, 2017

If you are interested in registering for any of these classes or have questions, please call Dar (209) 656-8855 (See the online version for more details)

Did You Know?

NAMI Connections is back on CSUS campus!!!! The first meeting will be 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.

Reminders

Oakdale Family Support Group has been cancelled
Turlock Family Support Group has been cancelled

Need to know Information

Office Schedule: Mon-Tue-Thur. 3:30 p.m. - 6 p.m.
NAMI Stanislaus Contact Information:
Office at 500 N. 9th Street, Suite D, Modesto
Web site address: www.namistanislaus.org
(209) 558-4555 office
Email: nami@namistanislaus.org or P.O. Box 4120, Modesto, CA 95352-4120

In Case You Missed it: Movie Night Review

Wednesday, February 15th, was movie night at the Jana Lynn room. NAMI Stanislaus had the pleasure of presenting the movie “Call ME Crazy.” While the title seems harsh, the movie accurately depicts the struggles, and heart break of mental illness. The movie addressed Bipolar Disorder, Schizophrenia Disorder, Post Traumatic Stress Disorder (PTSD), and Depression. It follows 4 families, and their ill loved one as they deal with these disorders. The accuracy of the movie was unbelievably authentic. This is a movie that I will definitely be recommending to others as well as purchasing for my personal movie library. After the movie there was a period of discussion led by Allison Clark, who coordinates these events, as well as our speaker meetings. She is also a NAMI board member, Peer-to-Peer-teacher, and Connection facilitator.

Tammy Reynolds
VP Board of Directors
F2F Teacher
Get Involved: Strategy Meeting

On Feb. 27, our NAMI advocates, Rhonda Allen and Linda Mayo organized a strategy meeting to get other groups and agencies within Stanislaus County involved in advocating for Laura’s Law. The goal is to increase awareness about the need for mandated treatment for our seriously mentally ill population, and to promote action toward the goal of implementation. Law enforcement, health staff, family members, consumers, and local officials were all invited to take a role in how they can get involved. BHRS is currently involved in a three month study about the need for improved treatment for the seriously mentally ill and will report their findings at a community meeting, which we encourage all NAMI members to attend when it is announced.

In the meantime, NAMI members can get involved by writing letters to our Board of Supervisors and editorials in the Modesto Bee.

Rhonda Allen

Thank You, NAMI Stanislaus

Thank you, NAMI Stanislaus, for all you’ve given to me. I joined NAMI around 1990 when my daughter Beth became ill. Through a Family to Family class I learned about mental illnesses. At the meetings I met other people facing the same challenges as I and found comfort in our shared experiences.

I became President of NAMI Stanislaus and became active on the board. After Beth died in 2009, I found that getting more involved with NAMI helped me cope.

I was trained by NAMI in Parents and Teachers as Allies, Ending the Silence and in leading a Family Support Group. Telling my story to students, teachers, highway patrol officers, principals, service and church groups helped me accept the impossible — the death of my child.

Now there’s an energetic board planning programs, the schools are starting to discuss mental health issues in classes and clubs, and new people are being trained to lead NAMI groups. I feel ready to move on. Thank you, NAMI Stanislaus, for the wonderful retirement party in Oakdale. Thank you, all, for helping me move through such a difficult time of my life.

Judy Kropp
Oakdale

Thank You For Your Contribution

Memberships
- Inga Doyle
- Tonya Frost (eMembership)
- Mabel Kraft
- Gary Lohman
- Shirley Moran
- Rev. Sylvia Mueller
- Manjit & Harinder Nagi
- Thomas & Linda Phillips
- Sandra & Darel Rethwisch
- Jerold Rosenthal
- Cyndy Vieira

Donations
- Jamie L. Fabela
- Richard & Melissa Feemster
- Mabel Kraft
- Cyndy Vieira
Executive Director’s Message

Spring brings us a new feeling of hope and renewal. I hope our next year ahead we can reach some of our goals for NAMI Stanislaus--more outreach, more education and helping family members and individuals who experience mental health challenges.

January, February Presentations
We have done 15 IOOV presentations to over 300 audience members in our community, at colleges, drop in centers and schools. A new venue this month has been the Community Impact Central Valley (CIVC), Day Reporting Center Probation Dept., and Turlock Recovery Center. This anti-stigma presentation shows that people CAN recover and must have hope!! Thanks to all our 8 presenters.

New speakers:
Welcome to our chapter. We are so happy Sean Rodgers (Top right), Jan Morita, Daniel Kahn, and Yvette McShan (bottom right) joined our great In our Own Voice team!! Some of them are also Connection leaders (Sean and Jan) and are anxious to get started in our affiliate. Yvette is also on the BHRS Mental health Board and on several committees in that board. Daniel is a new member and contributes a lot with a younger--speaker viewpoint. We are fortunate to have them!

Irish Blessing to you all:
May you always have:
Walls for the winds
A roof for the rain
Tea beside the fire
Laughter to cheer you
Those who love near you

May 6, 2017, William Land Park, Sacramento, 9 a.m.

Nationwide, NAMI WALKS display support for people affected by mental health conditions and it is one way we are changing how Americans view people with a mental illness. It is the largest and most successful mental health awareness and fundraising event! It raises awareness and provides essential education, advocacy and support group programs at no cost for people in our community living with mental illness and their loved ones. Stanislaus NAMI addresses the mental health needs of our community, replaces stigma with understanding and helps thousands of families and individuals each year.

Walk: “We walk to break the Stigma of Mental Illness”

We need walkers to do the following:

1. Collect donations from family members, friends, co-workers and business associates
2. All are encouraged to raise at least $100 and will receive a NAMI WALK event t-shirt. Register to join one of our teams at namiwalks.org/northerncalifornia/walk.

Last year’s teams already registered for 2017 WALK! Log into namiwalks.org/northerncalifornia to join one of these teams.

Padlo’s Pacers, Lynn Padlo’s team (209-404-6015)
Live the Life You Dream, Marnye Henry’s team (209-409-6006)

Call the NAMI office if you are interested in forming a team to help stomp out stigma or join one of the existing teams. Thanks to Marnye Henry and Chris Brady, our coordinators for this event.

Note: If you create a team, there will be a NAMI WALK luncheon on Friday, March 17th in Sacramento to honor you and give out materials for the walk.

Quotes: Mary Giliberti, Chief Executive officer of NAMI National:

Goals for NAMI in 2017-18

1. Champion science-based research to help improve treatment
2. Provide meaningful education and support for all living with mental illness
3. Advocate for better funding for research, protecting access to treatments and making sure mental illness is covered equally to physical illness in most insurance plans
4. Continue to raise public awareness to help reduce stigma, the biggest barrier to seeking help; Each Mind Matters promotes this as everyone deserves to be recognized

These are some good suggestions for you to talk about to others when they ask you about NAMI….
Heart Tic Tac Toe, Play with a friend!

Riddle

What has a head and a tail, but no body?

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

Activity Page

Word Search Directions: Words are hidden Foreword <->, Up & Down↑, And Diagonally↘↖

Word Bank

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Emotional Wellness Word Search from whenwewordsearch.com