General Meeting

Our General meeting this month will be an open house, see below for more information.

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.

Reminders

Oakdale Connection Support Group has been cancelled
Patterson Family Support Group has been cancelled
Modesto Connections is now meeting in the Jana Lynn Room at 500 N. 9th St.
as of April because they have outgrown Suite D.

NAMI Stanislaus Open House

Join us in helping to celebrate NATIONAL MENTAL HEALTH MONTH in MAY. On Wednesday May 17, 2017, from 6:00 - 8:00 p.m., at 500 N. 9th Street, Modesto, we plan to transform the Jana Lynn Conference Room into a NAMI classroom with our volunteers available to explain what NAMI has planned for the future. It will be an informative and interactive evening featuring exhibits, handouts, speakers, a video, refreshments and many smiling faces.

Hosted by Allison Clark
April Speaker Meeting Update

Another group of interested personage joined us on Wednesday, April 19, 2017 for an evening of discussion with speaker, Diane Domeier L.M.F.T. Her topic being; "Resilience: How do we increase our ability to bounce back after a setback?"

We learned that a mental breakdown is no different than a physical illness that needs time and care to heal. Take the lesson learned from an adverse event. Good or bad we can learn from the challenge and discover our "strong center" to pull us through. Diane reached out to her audience with a familiar and friendly style of speaking as she made all of us believe that each one of us was unique, that it was up to us to find our purpose and to share that gift. The key ingredients to her talk were to; keep up the hope, mindfulness, self compassion and gratitude. A lively Q&A followed.

Allison R. Clark

MJC Community Outreach Event Recap

Approximately 8 local agencies represented Stanislaus county at the annual Modesto Junior College Mental Health Event on Tuesday, April 11th, 2017.

NAMI was honored by being invited back again this year. Volunteers Allison Clark and Dave Bartlett spoke with and handed out literature to many interested students and staff.

Our goal at NAMI Stanislaus is to reach out to as many people as possible to dispel the stigma of mental illness and explain the free services we offer to those in need. The east campus student center was busy with inquiries, their stories and concerns in an afternoon of caring.

Allison Clark

Thank You For Your Contribution

**Memberships**
- Helen Buchner
- Rick & Melissa Feemster
- Lucienda Chiszar
- Marie Andrews
- Jeri Johnson
- Lori Armagost
- Alyssa Dye
- John & Leinani Minior
- Karen May

**Donations**
- Richard & Melissa Feemster
- Diane Domeier
- Jamie Fabela
- Good Samaritan Thrift Store
- Turlock Exchange Club
- John & Leinani Minior
- Lori Armagost
- Marie Andrews
New Process for Online Donations

When you pay your membership dues online and make a donation at the same time, your donation will not all go to NAMI Stanislaus. If you would like your entire donation to go to NAMI Stanislaus, you will need to do it separately online.

Laura’s Law Update

On Thursday, April 20th at 5:30 pm Stanislaus County Behavioral Health Services conducted the third Community Meeting about Laura’s Law implementation at 800 Scenic Avenue in the Redwood Room. The meeting was well attended, with many NAMI family members present. The consultant hired by the county directed the meeting, sharing an overview of what the law says, who is eligible, and how the court process works. Those in attendance were divided into three groups to discuss pertinent questions concerning the law and how it may affect our county.

Much discussion was given to how this program differs from ACT and how it would be an extension of services already provided by BHRS. Some concerns were raised about the lack of teeth in the law to mandate treatment, and whether we have sufficient psychiatrists in our county to provide services. There was a continued uncertainty about the number of individuals this program might serve due to vague data collection. There were many unanswered questions that the Results Firm is still researching, such as compliance rates from other counties and cost savings estimated for Stanislaus County. The group will be completing their research in May and writing a report that will be presented to the Board of Supervisors for their consideration.

In the meantime, NAMI has planned another community forum on this important topic for April 27 at 5:30 pm. at Franklin and Downs, 1050 McHenry Avenue, Modesto. With each meeting, NAMI members have an opportunity to increase their knowledge about treatment services for the seriously mentally ill. Please try to attend and be informed about what services our county is currently providing and could add if Assisted Outpatient Treatment is adopted here.

New IOOV Speaker 2017: Jan Morita

Jan comes to us from NAMI Merced, where she was very active in NAMI—President, IOOV Coordinator, Mental Health Board, and Speaker for NAMI. She was also involved in their board for many years.

Jan likes to travel and volunteer. She also loves to go to her church Bible Study, she enjoys doing fun things with her grandchildren and children. Jan is a joy to have in our group and her ready smile and positive attitude is much appreciated.
Executive Director May Message

May is Mental Health Month and we need to all spread the message that treatment is possible and not only treatment but support of friends and family. The providers can help do the treatment advocacy but families and friends are an important ingredient, also. This is why the Family to Family, Peer to Peer, Provider and Speaker programs are so important for recovery and self-awareness. Thanks for our many teachers, facilitators, speakers and leaders for the countless hours they spend doing NAMI work. Your membership dues, NAMI WALK donations and other donations help us keep these programs.

Quote: One of our IOOV speakers:

“I enjoyed doing the presentations at the high schools. The students were very receptive, asked a lot of questions too. The teacher was very nice.”

Lynn Padlo,

What is Stigma? Why is it a Problem?

Stigma is when someone, or even you yourself, views a person in a negative way just because they have a mental health condition. Some people describe stigma as a feeling of shame or judgment from someone else. Stigma can even come from an internal place, confusing feeling bad with being bad.

Navigating life with a mental health condition can be tough, and the isolation, blame and secrecy that is often encouraged by stigma can create huge challenges to reaching out, getting needed support and living well. Learning how to avoid and address stigma are important for all of us, especially when you realize stigma’s effects:

⇒ People experiencing mental health conditions often face rejection, bullying and discrimination. This can make their journey to recovery longer and more difficult.
⇒ Mental health conditions are the leading cause of disability across the United States.
⇒ Even though most people can be successfully treated, less than half of the adults in the U.S. who need services and treatment get the help they need.
⇒ The average delay between the onset of symptoms and intervention is 8-10 years.
⇒ Suicide is the second leading cause of death of youth ages 15-24 and the tenth leading cause of death for all Americans.

9 Ways to Fight Mental Health Stigma

1. Talk openly about mental health. “Mental illness touches so many lives and yet it’s STILL a giant secret. Be brave and share your story.” – Lindsey Watkin Lason
2. Educate yourself and others about mental health. “Challenge people respectfully when they are perpetrating stereotypes and misconceptions. Speak up and educate them.” – Yvonne Lucas
3. Be conscious of your language. “Saying someone is "retarded" or using (or even mentioning) the "N" word is politically incorrect, but it’s still fine to throw around words like crazy, psycho, lunatic, etc.” – Michele Croston
4. Encourage equality in how people perceive physical illness and mental illness. “We should explain mental illness as similar to any other illness. When someone acts differently or "strange" during diabetic shock we don’t blame them for moral failings.” – William Newbill
5. Show empathy and compassion for those living with a mental health condition. “Love, we can all use more education, but that will not make people change their opinions. When you love and respect people, love and respect all of them. You have a desire to learn more about who they are and what their life is like.” – Megan Wright Bowman
6. Stop the criminalization of those who live with mental illness. “Professionals and families together need to talk to neighborhood groups, law enforcement, hospitals and legal experts to share experiences and knowledge on interacting with mentally ill.” – Valerie E. Johnson
7. Push back against the way people who live with mental illness are portrayed in the media: “Push back hard against the media and politicians and pundits that simply deflect real social issues such as gun control to the realm of "psychos" causing mass shootings.” – Michele Croston
8. See the person, not the illness: “Talk about your family and friends with mental illnesses any time a conversation invites the opportunity; with an open heart, love, and real information about the real human being that they are; they are not their condition.” – Sheryl Schaffner
9. Advocate for mental health reform. “It’s empowering people whenever and wherever you can. It’s also writing legislators. It’s also talking in front of a board of commissioners to advocate for continued mental health funding… It’s doing the right thing and treating others justly.” – Danielle Hoover

See more at: https://www.nami.org/Blogs/NAMI-Blog/October-2015/9-Ways-to-Fight-Mental-Health-Stigma
What has a neck, what has a neck but no head? but no head?

Subscribe to our online version for STIGAMA FREE
**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

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**Connection Support Groups**

**Connection Support Group Modesto**
Jana Lynn Plaza, 500 N. 9th St. Suite D
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.
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| 14  | 15  | 16  | 17  | 18  | 19  | 20  |
|     |     |     | **Open House**
|     |     |     | 6:30 p.m.
|     |     |     | 500 N. 9th St.
|     |     |     | Modesto, 95350 |
| 21  | 22  | 23  | 24  | 25  | 26  | 27  |
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