



NAMI

National Alliance on Mental Illness

Stanislaus

AUGUST 2017

SPECIAL POINTS OF INTEREST:

- NAMI Education Classes begin in September
- Turlock CSUS Support Group resumes August 8th.
- Suggestion Box
- Learn More

IN THIS ISSUE

July Speaker Meeting Update	2
Family to Family Education Class	3
Thank you for your contribution	3
Peer to Peer Education Class	4
Preventative Early Intervention update	5
IOOV Graduates	
Calendar	6
Learn More	7

Mark Your Calendar

Reminders:

August 2nd — NAMI Board Meeting, Suite A 6:30pm, please join us.
 September 11th—Modesto Family to Family Class begins
 September 12th—Turlock Peer to Peer Class begins
 August 16th—Monthly Meeting/Movie Night
 September 18h—Turlock Family to Family Class begins
 Office hours: Lisa Monday-Friday 8am-11am
 UPDATED: Eileen Monday, Wednesday and Thursday 3:30-6pm
 We are accepting applications for officer positions on our Board of Directors

Suggestion Box

We have a Suggestion Box at each Board Meetings, monthly/speaker meetings and in the NAMI office.

We are looking for suggestions on how we can better meet the needs of people.

Please write your suggestions down and drop them in the Suggestion Box or at the NAMI office.

The NAMI office is open Monday-Friday 8-11am and Monday, Wednesday and Thursday, 3:30-6pm.

We are hoping that you will take a few minutes and let us know how we can better serve you.

NAMI MOVIE NIGHT

August 16, 2017
 6:30PM—8:00PM
 500 N. 9th St., Modesto 95350
 (between Tully & Caldwell)

“Side by Side”, Brian Wetzel was a professional stand-up comedian whose career & personal life were absorbed in his struggle with clinical depression and subsequent addiction. Bringing his sense of humor & experience together, Brian takes his audience on a unique journey of laughter, painful truth, and finally hope. By walking side by side with the affliction, he finds a way to keep surviving, keep learning, and keep living.

Quote: Everyone really got a lot out of the show...I believe those who have not been clinically depressed got empathy, those who treat the depressed got understanding and ideas about treatment and those who suffer from it got validation and a feeling that they are understood and not alone. Brian has played venues throughout the U.S. as diverse as Stanford University and Napa State Mental Hospital.

Please join us for this insightful and humorous movie. We will be serving popcorn and other refreshments

Do You Want to be Heard by the Board of NAMI Stanislaus?

If you have an item that you would like brought to the boards attention, you will need to email an Agenda Request Form 5 business days before the meeting. Please email Dar at dar3rocks@sbcglobal.net to receive the Agenda Request Form.

Speaker Meeting Update

We had an intimate crowd of 14 for a powerful message on July 19th at our "NAMI Speaker Meeting".

Dr. Barbara Johnson, Clinical Psychologist from Valley Mountain Regional Center (VMRC), kept the room attuned to her every word as she began her talk explaining what VMRC does for Stanislaus County and how VMRC and NAMI Stanislaus can better serve our community in a future partnership.

The principal topic for the evening, "Autism in the Mental Health Spectrum", or Autism Spectrum Disorder (ASD), explained the many myths related to getting mental health services for the approximately 13,000 consumers in a five County area. Dr. Johnson described the eligible criteria/conditions and what areas

of handicap are directed to this populace. She also described how individual educational programs will be needed to service them.

Currently research for this population has not been counted, leaving agencies like VMRC unable to provide the Self-Direction and services needed to include them in their current programming. Looking to the near future, Dr. Johnson hopes to have a clearer picture with testing and criteria aimed at this group to assist our local services in better understanding techniques to help identify these consumers at a younger age.

Dr. Johnson was extremely knowledgeable in her lecture and offered us the most current subject matter and was gracious to stay over for some Q&A.

Allison Clark

Thank you for your contribution

Memberships

- Susan & Paul Golden
- Amanda Garcia
- Allison Clark
- Judy Bologna
- Karen Turner
- Monica Silva

Together we
support our
Community.

Donations

- Rick & Melissa Feemster
- Judy Bologna

What is the NAMI Family-to-Family Education Program?

NAMI Family-to-Family is a free, 12-session education program for family, partners, friends and significant others of adults living with mental illness.

The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being.

REGISTRATION IS REQUIRED, PLEASE CALL DAR (209) 656-8855

These are evening sessions for 2 1/2 hours each, taught by NAMI trained teachers

NAMI FAMILY TO FAMILY EDUCATION CLASS CURRICULUM

Class 1: Introduction: Special features of the course; learning about the normative stages of emotional reactions to the trauma of mental illness; our belief system and principles; your goals for your family member with mental illness; understanding illness symptoms as a “double-edged sword.”

Class 2: Schizophrenia, Major Depression, Mania, Schizoaffective Disorder: Diagnostic criteria; characteristic features of psychotic illnesses; questions and answers about getting through the critical periods in mental illness; keeping a Crisis File.

Class 3: Mood Disorders, Borderline Personality Disorder, Anxiety Disorders, Dual Diagnosis: Types and subtypes of Depression and Bipolar Disorder; diagnostic criteria for Borderline Personality, Panic Disorder and Obsessive-Compulsive Disorder; Post-traumatic Stress Disorder; Co-occurring brain and addictive disorders; telling our stories.

Class 4: Basics About the Brain: Functions of key brain areas; research on functional and structural brain abnormalities in the major mental illnesses; genetic revolution in biological psychiatry; genetic transmission of major mental illnesses; infectious and neurodevelopmental “second hits” which may cause mental illness; the biology of recovery; consumer stages of recovery from brain disorders.

Class 5: Problem Solving Skills Workshop: How to define a problem; sharing our problem statements; solving the problem; setting limits.

Class 6: Medication Review: How medications work; basic psychopharmacology of the mood disorders; anxiety disorders and schizophrenia; medication side effects; key treatment issues; stages of adherence to medications; early warning signs of relapse.

Class 7: Inside Mental Illness: Understanding the subjective experience of coping with a brain disorder; problems in maintaining self-esteem and positive identity; gaining empathy for the psychological struggle to protect ones integrity in mental illness.

Class 8: Communication Skills Workshop: How illness interferes with the capacity to communicate; learning to be clear; how to respond when the topic is loaded; talking to the person behind the symptoms of mental illness.

Class 9: Self-care: Learning about family burden; sharing in relative groups; handling negative feelings of anger, entrapment, guilt and grief; how to balance our lives.

Class 10: The Vision and Potential of Recovery: Learning about key principles of rehabilitation and model programs of community support; a first-person account of recovery from a consumer guest speaker.

Class 11: Advocacy: Challenging the power of stigma in our lives; learning how to change the system; meet and hear from people advocating for change.

Class 12: Review, Sharing and Evaluation: Certification ceremony; Party!

What is the NAMI Peer-to-Peer Education

NAMI Peer-to-Peer is a free, 10-session course for adults living with mental health challenges. NAMI Peer-to-Peer provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope. The NAMI Peer-to-Peer education program is:

Free and confidential

Held (once) a week from 6:30-9PM

Taught by trained Peer Mentors living in recovery themselves

A great resource for information on mental health and recovery

REGISTRATION IS REQUIRED, PLEASE CALL DAR (209) 656-8855

PEER TO PEER CURRICULUM

Week One

Welcome
Introductions
Course orientation
Questions and answers

Week Two

Icebreaker, group
ground rules
Course values
Mental illnesses as
traumatic experiences
Stigma, culture
Mindfulness

Week Three

No-blame disorders
Brain biology and research
Challenges & bene-
fits of medications
Relapse prevention
Creative visualization
Mindfulness

Week Four

Storytelling – sharing
personal experiences
Mindfulness

Week Five

Information and discussion
about:
Schizophrenia
Depression
Bipolar Disorder
Schizoaffective Disorder
Borderline Personality
Disorder
Relapse prevention continued

Week Six

Generalized anxiety,
Obsessive compulsive,
post-traumatic stress
& dual diagnosis
Substance abuse and
addiction

Week Seven

Understanding
emotions
Complete relapse
prevention
Focusing on
experiences of joy
Spirituality
Physical health &
mental health

Week Eight

Suicide & prevention
Coming out of isolation
Mental illness &
disclosure
Take-home tool for
difficult choices
Surviving a hospital
stay
Advance Directive for
decision making
Mindfulness

Week Nine

Guest speaker
Hot buttons and
triggers
Working with
providers
Advance Directive con-
tinued
Incarceration
survival &
preparedness
Mindfulness

Week Ten

Empowerment
Advocacy
Mindfulness
Evaluation
Celebration

“This course has literally been a life saver. It has opened my eyes to better understanding my illness and methods of recovery I did not know about before taking NAMI Peer-to-Peer.”

“Since taking the course I have gained employment and committed to my recovery.”

PREVENTATIVE EARLY INTERVENTION PROGRAMS UPDATE 2017

I have been fortunate to have worked with so many individuals in this affiliate and have helped get several trained to be speakers, about 30 in all. So this year, we trained 3 new ones and inherited 2 experienced ones from other affiliates. Sean Rodgers and Jan Morita came to us from other affiliates and have experience with NAMI programs. Yvette McShan, Marnye Henry and Amanda Garcia were recently trained and are a big asset to our group.



OUR NEWEST IOOV GRADUATES
Marnye Henry & Amanda Garcia

In Our Own Voice (a speaker program where two individuals tell their journey of recovery)

Total presentations this year	84
Total audience members:	2,117
Total speakers participating	12

Challenges: We are needing to get more Spanish speakers trained as well as other ethnic groups. We want to spread our programs to the underserved communities in our county and also reach other schools and colleges. We have been fortunate to have partnered with CSUS Turlock, MJC, and some charter schools. SCOE also has partnered with us, too. Other venues were medical colleges such as San Joaquin Valley College and Gurnick Academy. We had four presentations to Law Enforcement this year, giving the perspective of family members and individuals who experience mental illness. We spoke to the probationers at the Day Reporting Center, and also to the parents of children/youth at risk in a Modesto Police Dept. program called **Wake Up**. This is a prevention program for these youth.



Thank you
Lynn Padlo, Program
Coordinator PEI programs

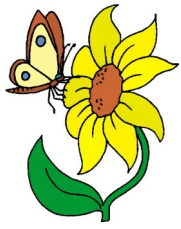
Ending the Silence (a new prevention program we presented to the schools and some parents also)

Total presentations	19
Total audience members	628
Total speakers	4

Parents and Teachers as Allies was presented to two school groups; Ceres School District and SCOE employees. We also adapted this to the Sutter nurses training program as well.

Total presentations	4
Total audience members	230
Total speakers	3

With the new year coming, we hope to continue our hard work of education and advocacy to help eliminate the stigma of mental health in our county.



August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Board Meeting 6:30pm. 500 N. 9th St. Modesto, Suite A	3	4	5
6	7	8 Turlock Connection Support Group 6:30pm CSUS Connection 5:30pm	9	10	11	12
13	14 Modesto Family & Con- nection Support Groups 6:30pm	15	16 Monthly Meeting Movie Night 6:30pm, 500 N. 9th St. Modesto	17	18	19
20	21	22 Turlock Connection Support Group 6:30pm CSUS Connection Group 5:30pm	23	24	25	26
27	28 Modesto Family & Con- nection Support Groups 6:30pm	29	30	31		

POSTPONED UNTIL SEPTEMBER

Modesto Day Family Support Group
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

Family Support Group in Modesto
Jana Lynn Plaza 6:30-8 p.m.
2nd Mondays & 4th Mondays
500 N. 9th St. Modesto

Turlock Connection Support Group
2nd & 4th Tuesdays from 6:30-8pm.
Cooper House, 1123 Cooper Ave., next
to the Good Shepherd Lutheran Church
on Minaret & Cooper Ave.
across from the Turlock Library
Call Dar (209) 656-8855

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

RESUMES AUGUST 8TH
Turlock Connection Support
Group
CSUS Connection Support Group
One University Circle
Room 175 in the Library
2nd & 4th Tuesday of each
month

LEARN MORE

We all experience emotional ups and downs from time to time caused by events in our lives. Mental health conditions go beyond these emotional reactions and become something longer lasting. They are medical conditions that cause changes in how we think and feel and in our mood. They are not the result of personal weakness, lack of character or poor upbringing.

With proper treatment, people can realize their full potential, cope with the stresses of life, work productively and meaningfully contribute to the world. Without mental health we cannot be fully healthy.

Yet, understanding mental health isn't only about being able to identify symptoms and having a name for these conditions. There is a complicated system involving local communities, the federal government, research institutions, private companies and other pieces that are all trying to fit together.

Each piece contributes to our understanding of mental health—if one is missing, the picture isn't complete.

MENTAL HEALTH CONDITIONS

A mental illness is a condition that affects a person's thinking, feeling or mood. Such conditions may affect someone's ability to relate to others and function each day. Each person will have different experiences, even people with the same diagnosis.

Recovery, including meaningful roles in social life, school and work, is possible, especially when you start treatment early and play a strong role in your own recovery process.

A mental health condition isn't the result of one event. Research suggests multiple, linking causes. Genetics, environment and lifestyle influence whether someone develops a mental health condition. A stressful job or home life makes some people more susceptible, as do traumatic life events like being the victim of a crime. Biochemical processes and circuits and basic brain structure may play a role, too.

Recovery and Wellness

One in 5 adults experiences a mental health condition every year. One in 17 lives with a serious mental illness such as schizophrenia or bipolar disorder. In addition to a person's directly experiencing a mental illness, family, friends and communities are also affected.

Half of mental health conditions begin by age 14, and 75% of mental health conditions develop by age 24. The normal personality and behavior changes of adolescence may mimic or mask symptoms of a mental health condition. Early engagement and support are crucial to improving outcomes and increasing the promise of recovery.

NAMI Stanislaus Household Membership dues are \$60, Individual dues are \$40. The monies that Nami Stanislaus Affiliate receives from each category is to pay for the training of our teachers, programs, purchases of educational material, including the brochures we give for free to the public, office supplies, and postage, as well as publication and mailing of our newsletter. We offer our Open Door dues of \$5 if you have limited income. Membership is important, so please join at whatever level you can afford. **If you have any questions about your membership, please call the NAMI Office at (209) 558-4555.**

Checks are to be made to NAMI Stanislaus. Please mail to:

NAMI Stanislaus
P.O. Box 4120
Modesto, CA 95352-4120

Name _____
Address _____

Home Telephone _____
Work Telephone _____
Email _____
In Memory of _____

____ \$5 Open Door (Limited Income)
____ \$40 Individual
____ \$60 Household
____ No membership, Donation
____ \$_____ Other
____ Newsletter only