Mark Your Calendar

Reminders:
September 6th — 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
September 20th — CANCELLED
September 18th — Turlock Family to Family Class begins
We are accepting applications for officer and director positions on our Board of Directors

October Yearly Potluck/BBQ — TBA

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SPECIAL POINTS OF INTEREST:
• Taking Care of Yourself
• Laura’s Law Pilot program a “YES”
• FREE Modesto Nuts tickets for September 7th
• Suggestion Box at each meeting & in the office

Taking Care of Yourself
To be able to care for the people you love, you must first take care of yourself. It’s like the advice we’re given on airplanes: put on your own oxygen mask before trying to help someone else with theirs. Taking care of yourself is a valid goal on its own, and it helps you support the people you love.
Caregivers who pay attention to their own physical and emotional health are better able to handle the challenges of supporting someone with mental illness. They adapt to changes, build strong relationships and recover from setbacks. The ups and downs in your family member’s illness can have a huge impact on you. Improving your relationship with yourself by maintaining your physical and mental health makes you more resilient, helping you weather hard times and enjoy good ones. Here are some suggestions for personalizing your self-care strategy.

Understand How Stress Affects You
Stress affects your entire body, physically as well as mentally. Some common physical signs of stress include:
• Headaches
• Low energy
• Upset stomach, including diarrhea, constipation and nausea
• Aches, pains, and tense muscles
• Insomnia

Begin by identifying how stress feels to you. Then identify what events or situations cause you to feel that way. You may feel stressed by grocery shopping with your spouse when they’re symptomatic, or going to school events with other parents who don’t know your child’s medical history. Once you know which situations cause you stress, you’ll be prepared to avoid it and to cope with it when it happens.

NAMI National

FREE MODESTO NUTS TICKETS
Call Lisa at (209) 656-8855
Monday-Friday 8-11am
& reserve your tickets
Limit of 2 tickets per person.
On Tuesday, August 15th the Stanislaus County Board of Supervisors voted to move forward with a Laura’s Law pilot program. After much discussion and many speeches by a variety of community members, the board said “YES” to giving AOT a try in Stanislaus County, directing the mental health director to develop a plan for implementation and evaluation of the program, including costs and staffing needs. A recommendation was given for community members, consumers, and advocates to be part of a collaborative group who would work on the implementation plan together. The NAMI Stanislaus team stated their desire to be involved in this process. Other recommendations included hiring a family advocate for each FSP team, developing a family hotline for families to refer individuals in need of services, and working with NAMI Stanislaus to develop community educational forums to help community members understand the resources available to them when they have a family member with mental illness who needs help.

Great focus was given to using NAMI Stanislaus as a resource for collaboration and addressing the needs of the mentally ill. Supervisor Kristin Olsen was outspoken in her support of AOT and her desire to see the implementation move forward as quickly as possible.

Rick DeGette, the mental health director complimented NAMI members for their dedication and energy in working to promote improved access for the severely mentally ill. Linda Mayo, Rhonda Allen, and Jo Lambert were the lead advocates for Laura’s Law, who researched, interviewed, contacted experts, and organized presentations to educate the board on the effectiveness of AOT programs. It was a difficult task to convince the supervisors to give it a try, but their hard work paid off. Though there is much planning yet to be done, they are hopeful. AOT will be up and running this next year. Some appreciation goes out to others who shared in the advocacy work by speaking up and writing letters: Paul Golden, Keith Jakobs, Frank Damrell, Dave Froba, Richard Anderson, and others.

By Rhonda Allen
As part of the effort of NAMI Stanislaus’ effort to revise its bylaws to be in compliance with both legal and organizational requirements, the Board of Directors has engaged the membership to identify the top concerns regarding the modification process, and the expectations of how we do so by NAMI at the State and National levels.

I, Keith Jakobs, was asked to serve as a point of contact to represent the member concerns regarding this specific matter. Though the responses were not as substantial as was hoped, several members did contact me regarding this issue. Though members were asked to submit their three most important questions regarding Bylaw Requirements, and I was asked to assemble the five most popular ones, regrettably most responders did not follow this format. So below, I attempt to summarize the most important questions and concerns that were presented. Needless to say, THE most important concern among members who expressed their concerns, is a very strong preference to ensure that the membership continues to have a defined voice in the organization. Most questions reflected upon philosophical points to consider the impact if the membership were to be completely excluded from the decision-making process, and how officers would be held accountable to the membership. Unfortunately, these questions do little to address HOW we can address these concerns within the bounds of organizational and legal requirements.

Thus, the questions below are “best-effort” to reflect these concerns in terms that actually serve as inquiries that can be answered by the state NAMI office. Their answers, should be the primary consideration in how NAMI Stanislaus refines its bylaws as we move forward.

1. What is the process to renew/maintain affiliation with NAMI – is there any requirement regarding the bylaws that would prevent renewal of our affiliation should we fail to comply?

2. Are there any requirements that members specifically be excluded from any decision-making process?

3. How does the State/National group expect members to participate and be involved in a group that has adopted the ‘non-voting’ bylaws? Does the recommended Bylaw ‘template’ define provisions on how the Board of Directors should consider member preferences, and how they must report back to the membership?

4. Can access be made available to all proposed bylaw templates so that they can be reviewed by the membership (or at least those interested in doing so)? At a bare minimum, is there a template that includes member voting rights that can be reviewed?

5. Should NAMI Stanislaus decide to develop their own Bylaws, are there any requirements to be considered acceptable at the State and National level.

By Keith Jakobs

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**NAMI Movie Night Update**

We had a small intimate group of attendees who gathered to watch the movie Side by Side, starring Brian Wetzel, Comedian. He gave somewhat of a standup comedy account of his battles with clinical depression, and anxiety.

We had an interesting discussion after the movie; there were mixed reviews about the movie. Some of the insightful comments from members were the movie ended abruptly without any discussion of disclosing how he continues his recovery. They wished he would have talked about medications which he was prescribed that did and didn’t work for him. Others thought that his description of his experiences helped them to understand what their loved one may be going through. Brian commented that he didn’t like some of the common comments people made to him. Like “just shake off the depression”, “don’t think about it so much”, and don’t ask “how are you doing”, unless you are willing and able to take the time to really listen. One person shared how they were currently going through some of the same things that the comedian had gone through. While it was a small group, it is always comforting to come together with others that are experiencing some of the same challenges.

The Suggestion Box was introduced at this meeting. Although no suggestions were written out, there were some verbal suggestions such as, having a bowling night, pizza night, and a bingo/game night.

Remember, the Suggestion Box will be at meetings, and in the office if you have ideas!!!!

Tammy Reynolds
MODESTO NUTS OUTREACH EVENT

NAMI was recently invited to the Modesto Nuts game on Friday, August 18, 2017. NAMI, along with other non-profit organizations, were invited to step out onto the field before the game started to be recognized for what we do. They also provided us with 25 free tickets for the game.

NAMI was also invited to set up a resource table along with the other organizations. We made friends with our neighbors and got to play Plinko to win prizes. There were four other non-profits there from Stanislaus county with their tables set up as well. The outcome was great! We were able to connect with quite a few people that had never heard of NAMI. We were able to inform many individuals and families about the services we offer, such as our Connection groups, Peer to Peer, Family to Family, Family support groups, and Parent and Teachers as Allies. It seemed like many of the people stopping by showed genuine interest with the services we offer. It is an honor and pleasure to be a part of a highly respected and well known organization.

By Amanda Garcia

Modesto Nuts will be providing us with 25 free tickets for the game on September 7th.

Call Lisa in the office to reserve your free tickets. Her hours are 8-11am Monday-Friday. First come first served.
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**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

**Modesto Connection Support Group**
Jana Lynn Plaza 6:30-8 p.m.

**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

**Turlock Connection Support Group**
CSUS Connection Support Group One University Circle Room 173 in the Library 2nd & 4th Tuesday of each month 6-7:30pm Call Marnye (209) 409-6006
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 _____________________________ | ___ $5 Open Door (Limited Income) |
| Address ___________________________ | ___ $40 Individual |
| ___________________________________ | ___ $60 Household |
| Home Telephone _____________________ | ___ No membership, Donation |
| Work Telephone _____________________ | ___ $____ Other |
| Email ______________________________ | ___ Newsletter only |
| In Memory of _________________________ |   |