Mark Your Calendar

Reminders:
October 4th — NAMI Board Meeting, Suite A 6:30pm. Please join us.
We are accepting applications for officer and director positions on our Board of Directors

October 18th Speaker Meeting — Replaced with the NAMI BBQ/Potluck & Fun Day

October 14th — NAMI BBQ/Potluck & Fun Day Celebration (see page 4)

We are looking for volunteers to help with events and outreach. Please call Dar at (209) 656-8855 if you are interested in volunteering.

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NAMI on Campus in High Schools

I am very proud to say that NAMI Stanislaus has accepted being an affiliate sponsor for the NAMI on CAMPUS High Schools training coming up this month on September 27th in Patterson. The agenda will be mixed with introductions and group commitments. Then, NAMI Stanislaus will have a chance to tell about themselves so that will be a plus for us. The different segments of the day will be broken up with some of the following topics:

Welcome Introductions; What is the NCHS System; Mental Health and Wellness; Stigma reduction; and at 10 a.m. our NAMI affiliate Ending the Silence presenters will speak about mental health. The procedures for forming a club will be presented, and all schools will be given a toolkit. Many ideas and resources will also be handed out, and our affiliate is very proud to be a part of this new phase of education, advocacy and support in the high schools.

If you have any questions call our NAMI OFFICE at (209) 558-4555 to learn more about it.

Lynn Padlo, Coordinator of IIOV/ETS/PTA

Protect Your Physical Health

Improving your physical wellbeing is one of the most comprehensive ways you can support your mental health. You’ll have an easier time maintaining good mental habits when your body is a strong, resilient foundation.

Exercise daily. Exercise can take many forms, such as taking the stairs whenever possible, walking up escalators, and running and biking rather than driving. Joining a class may help you commit to a schedule, if that works best for you. Daily exercise naturally produces stress-relieving hormones in your body and improves your overall health.

Eat well. Eating mainly unprocessed foods like whole grains, vegetables and fresh fruit is key to a healthy body. Eating this way can help lower your risk for chronic diseases, and help stabilize your energy levels and mood.

Get enough sleep. Adults generally need between seven and nine hours of sleep. A brief nap—up to 30 minutes—can help you feel alert again during the day. Even 15 minutes of daytime sleep is helpful. To make your nighttime sleep count more, practice good “sleep hygiene,” like avoiding using computers, TV and smartphones before bed.

Avoid alcohol and drugs. They don’t actually reduce stress and often worsen it.

Practice relaxation exercises. Deep breathing, meditation and progressive muscle relaxation are easy, quick ways to reduce stress. When conflicts come up between you and your family member, these tools can help you feel less controlled by turbulent feelings and give you the space you need to think clearly about what to do next.
Preventing Suicide

It can be frightening and intimidating when a loved one reveals or shows signs of suicidal thoughts. However, not taking thoughts of suicide seriously can have a devastating outcome. If you think your friend or family member will hurt herself or someone else, call 911 immediately. There are a few ways to approach this situation.

- Remove means such as guns, knives or stock-piled pills
- Calmly ask simple and direct questions, such as “Can I help you call your psychiatrist?” rather than, “Would you rather I call your psychiatrist, your therapist or your case manager?”
- Talk openly and honestly about suicide. Don’t be afraid to ask questions such as “Are you having thoughts of suicide?” or “Do you have a plan for how you would kill yourself?”
- If there are multiple people, have one person speak at a time
- Ask what you can do to help
- Don’t argue, threaten or raise your voice
- Don’t debate whether suicide is right or wrong
- If your loved one asks for something, provide it, as long as the request is safe and reasonable
- If you are nervous, try not to fidget or pace
- If your loved one is having hallucinations or delusions, be gentle and sympathetic, but do not get in an argument about whether the delusions or hallucinations are real

If you are concerned about suicide and don’t know what to do, call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255). They have trained counselors available 24/7 to speak with either you or your loved one.

Providing Support

Even if your loved one isn’t in a moment of crisis, you need to provide support. Let her know that she can talk with you about what she is going through. Make sure that you are actively and openly listening to the things she says. Instead of arguing with any negative statements that she makes, try providing positive reinforcement. Active listening techniques such as reflecting feelings and summarizing thoughts can help your loved one feel heard and validated. Furthermore, reassuring your loved one that you are concerned for her well-being will encourage her to lean on you for support.

Be Educated

One of the best things you can do if you know or suspect that your loved one is contemplating suicide is educate yourself. Learning about suicide, what the warning signs are, and how it can be prevented can help you understand what you need to do as a member of their support system.

If Possible, Be Prepared

Know The Warning Signs

- Threats or comments about killing themselves, also known as suicidal ideation, can begin with seemingly harmless thoughts like “I wish I wasn’t here” but can become more overt and dangerous
- Increased alcohol and drug use
- Aggressive behavior
- Social withdrawal from friends, family and the community
- Dramatic mood swings
- Talking, writing or thinking about death
- Impulsive or reckless behavior
- be currently under the influence.
- Access to firearms.
- A serious or chronic medical illness.
- Gender. Although more women than men attempt suicide, men are four times more likely to die by suicide.
- A history of trauma or abuse.
- Prolonged stress.
- Isolation.
- Age. People under age 24 or above age 65 are at a higher risk for suicide.
- A recent tragedy or loss.

Agitation and sleep deprivation.

Medication can be used if necessary to treat underlying depression and anxiety and can lower a person’s risk of hurting themselves. Depending on the person’s mental health diagnosis, other medications can be used to alleviate symptoms.

NAMI National
SSACR Community Picnic Update

September 17th, Dar, Tammy, Shelly and I had the opportunity to enjoy being out in the cooler weather while we were entertained by the Stanislaus Asian American Community Resource organization at Ustich Park in Modesto.

This was one of three free community picnics they present to the public each year in an outreach enrichment program to bring awareness to their culture. Through a Tai-Chi demonstration, ethnic music, dancers and food we were transported in language and arts to Laos, Viet Nam and Taiwan. Our gracious hostess, Annie Henrich, a long time NAMI supporter, introduced us to members of the SAACR that were eager to share the love of their home countries and their food.

The highlight of the day were the trays and trays of Asian cuisine to delight our palates and stomachs! We were also treated to a massage by Ting Louangxay and his wife of Brenda Athletic Clubs in Modesto. We met up with old friends and made new ones on our amazing "journey" to the orient.

Allison R. Clark

Upcoming NAMI Outreach Events

October 3rd, National Day of Prayer for Mental Illness, 6:30pm, Center Point Baptist Church, 4567 Finney Rd., Salida

October 20th, Assyrian Wellness Collaborative Community Health & Wellness Fair 2pm-5pm
2618 N. Golden State Blvd., Turlock

October 31st—MJC Student Health & Wellness Fair—10am-2pm campus wide

NAMI Stanislaus Bylaws Update

We have finally made some progress on the Bylaw issue that was raised earlier this year in order to establish and maintain compliance of our Bylaws with local laws and the requirements that have been established by NAMI California.

The good news is that not only have our questions that we collected in July been answered by the state chapter, but we also now have a Bylaw template available that empowers a membership with voting privileges.

The not-so-good news is that this document is just under 30 pages in length, and is going to require additional discussion and review before being able to submit a final draft of the document for consideration by the membership. We still have a few months to complete the process, but really should try to do so as soon as possible.

Meanwhile, here is a summary of the responses NAMI Stanislaus provided to our Bylaw questions:

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?

   The process to maintain affiliation with NAMI would be to complete the re-affiliation process. There are 30 documents that need to be submitted to NAMI CA. Some of those documents are policies, proof of insurance, bylaws, proof of incorporation, etc. For the bylaws they must be in compliance with NAMI Standards of Excellence and State of California.

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

   Only those that are specified (if any) in our local Bylaws.

3. How does the State/National group expect members to participate and be involved in a group that has adopted the ‘non-voting’ bylaws?

   If an affiliate adopts “non-voting bylaws” they must find another way for their members to have some involvement of the governance of the affiliate. The affiliate non-voting template does not define provisions on how the BOD should consider member preference. This template may be used as a guidance and affiliates are welcome to edit it to fit their affiliate needs.

4. Can access be made available to all proposed bylaw templates so that they can be reviewed by the membership?

   This template has now been made available and is being reviewed. Note that this is only a template, and the NAMI Board of Directors will need to discuss and finalize several items before it can be voted on as a complete set of Bylaws. This final version will be submitted to the membership for approval under the terms of the existing Bylaws for NAMI Stanislaus.

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

   Affiliates have the option to use their own bylaws or use our affiliate bylaws templates. The benefit to using our template is they are in compliance with NAMI Standards of Excellence and the State of California. Another benefit is the affiliate will not have to provide a legal review letter from an attorney. NAMI CA is providing these templates to our affiliates to support them through this process.

Stay tuned for more information in the coming weeks as the revised Bylaws are finalized and made available to the membership for your consideration and approval.

Keith Jakobs

Thank You For Your Support

Memberships

- Adrienne McCloud
- Julie Bernardo
- Lynn Padlo
- Saruon Eldridge
- Susan DeSouza

Together We Support Our Community.

Donations

- Lynn Padlo
Bring a side dish or dessert & join us.

BBQ chicken, bread, drinks & tableware provided.

Please RSVP - Call Dar (209) 656-8855

RSVP BY 10/9/17 & RECEIVE 2 FREE TICKETS
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