REMINDERS:

December 6th — NAMI Board Meeting, Suite A 6:30pm. Please join us.

January 17th Speaker Meeting “Love Knows No Boundaries”

We are accepting applications for officer and director positions on our Board of Directors

DECEMBER 9TH— HOLIDAY POTLUCK

In January the NAMI office will be moving from Suite D into Suite B

There will be no speaker meeting in December

Please call Dar at (209) 656-8855 if you are interested in volunteering

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NATIONAL ALLIANCE ON MENTAL ILLNESS

Stanislaus

DECEMBER 2017

What about volunteering with NAMI in 2018?

According to a recent survey, people want to volunteer - they just need a few solid suggestions on how to get started.

If this sounds like you, here is a plan. First, figure out which issues matter most to you - mental health education, stigma busting, homelessness, the environment, etc. Second, evaluate your skills - do you work well with a team? Are you an effective communicator and would you enjoy presenting to small groups? Do you pick up on new tasks easily? Are you a good listener? Do you have a few hours you could give toward the issues that matter to you?

We all have different qualities and skills to offer. Let us know if you’d like to volunteer, and I’m sure NAMI has a need you could fill.

We’d like to hear from you. Call Dar a (209)656-8855 or (209)558-4555.

Some Ideas for Coping with the Holidays

The holidays are a time commonly known for warmth, generosity, and togetherness. However, there is another side of the holidays that can cause or aggravate feelings of depression, stress, and loneliness. With a few tips and a little help, it is possible to try and minimize these feelings so that the holidays might become something to look forward to.

Mayo Clinic first suggests that you try to prevent stress and depression as a first line of defense. The first step is acknowledging your feelings of sadness or grief. You may not be able spend the holidays with loved ones, and that can be very difficult, so be easy on yourself. You should not expect yourself to be cheerful solely because it is the holiday season. Another important step to take is being realistic in your expectations. Realize that families and traditions change over time, and your holidays and family don’t need to be as perfect as they were in previous years. Mayo Clinic also suggests planning ahead and sticking to a budget for food and gifts to avoid financial stress, and learning to say no to avoid stretching yourself too thin. Saying yes when you shouldn’t can cause unnecessary stress and feelings of resentent. While you might want to say yes to every request asked of you, try to keep in mind that the people in your life will understand if you are not available. The last and perhaps most important suggestion is seeking professional help if you need it. There is no shame in receiving help with persistent negative feelings.

The holidays don’t have to be a time of unhappiness and discomfort. By recognizing your feelings and doing your best to avoid stress, these unpleasant feelings can be minimized, and you can start to enjoy the holidays.

Chelsea Davis

Source: https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544
Holiday Celebration & Potluck

Please join us for NAMI’s Annual Holiday Potluck

December 9th
6 p.m.

Jana Lynn Room
500 N. 9th St., Modesto

Ham, beverages, & tableware will be provided.
Bring a side dish or dessert & join us.
Please RSVP by December 4th to receive a ticket for the door prize drawing.
NAMI California joins other mental health leaders in a digital advocacy campaign launched by Our Health California calling for a display of suicide prevention resources on every episode of 13 Reasons Why. The campaign aims to deliver 10,000 petition signatures to Netflix CEO Reed Hastings’ headquarters at the end of this month.

13 Reasons Why is a show with potentially dire consequences for its primarily teenaged audience. The popular Netflix series depicts a high schooler’s struggle with mental health issues and eventual suicide, and has been tied to a 26 percent increase in Internet searches about how to commit suicide. A 23 year old man has already imitated the main character’s suicide after watching 13 Reasons Why.

Add your name and send a message to Netflix today. Sign the petition demanding that season 2 of 13 Reasons Why include the National Suicide Prevention Lifeline number.

National Suicide Prevention Lifeline: 1-800-273-8255

NAMI California

"Love Knows no Gender"

John Aguirre, staunch advocate of the LGBTQ Collaborative, will speak on; "Mental Health Within the LGBTQ Community". Join us on Wednesday January 17th, 2018 for this thought provoking topic and our first speaker's meeting of the new year. Looking forward to seeing you in 2018.

Allison Clark

Ending the Silence Update

In this Fall 2017 edition of the NAMI Advocate there is a good article about Ending the Silence program for schools. NAMI Stanislaus has been doing this program for 4 years now, and have had much success in it. In the fall and spring, we are often asked to come into High School health or science classes to present this education program about giving information on the symptoms of mental illness and how to help a friend or relative who may be having these signs.

Laura Greenstein, the author of the article states that “Preventing a generation from struggling in silence is one of the main reasons for this program.” I do know that in the 80’s when my teenage daughter was suffering from depression, low-self-esteem, and social anxiety, she ran away to the streets of SF to relieve that tension. It only exacerbated her symptoms and perhaps if she had seen an ETS presentation or had a NAMI CLUB on her high school campus, years of going through the mental anguish and denial of mental illness might have been prevented. She thought she was different and weird from her peers, and did not have anyone to go to during those years. Ending the Silence program brings out the topic of stigma and the importance of getting help early.

We have trained many young individuals to speak to these schools, and one of them, Devin Black stated in a NAMI newsletter a few years ago; by participating in NAMI Ending the Silence presentations, I get a chance to share with younger people about my illness and story of recovery. In my life, it only took one person to normalize a very misunderstood health issue and be supportive for me to feel confident enough to seek treatment.” One other speaker, Julie, states about her experience: “For the past three years, it has been my honor to serve as an Ending the Silence presenter—reaching out to local high school students and their teachers. It is vital that I share my lived experience with others, because I truly believe that participating in this program helps others early on with their symptomatic struggles in dealing with mental illness that I wish I could have had help with when I was the age of these young individuals. My story comes from a very raw and honest place that teaches students to advocate on behalf of themselves or others if they experience any of the symptoms mentioned during the presentation. It is very humbling and cathartic to be a part of the Ending the Silence program.”

Lynn Padlo

Thank you for your contribution

Jamie Fabela
Richard & Melissa Feemster
Jerry & Jo Ann Freeman

Together We Support Our Community.

Sharon & Richard Froba
William & Margaret Wood
Dan & Diane Domeier
**OUTREACH EVENT UPDATE**

*King Kennedy “Speaker Jam”*

This month NAMI Stanislaus was invited by one of our own Marnye Henry to have an outreach booth at the Annual Speaker Jam hosted by Kevin “Redhawk “Darnelle of West Modesto Community Collaborative. Dar, Marnye and Chris Brady were our Volunteers for this event. They have a wonderful outreach program that address residents experiencing homelessness, substance abuse, and/or mental health issues. NAMI Stanislaus is hoping to collaborate with West Modesto Community Collaborative on other activities.

*Marnye Henry*

*Assyrian Wellness Collaborative Community Health & Wellness Fair*

On October 22nd we were extremely pleased to have been invited as a vendor to this event in Turlock.

The venue was large enough for many local organizations to provide instructive information, handouts, and friendliness to all the participants. This event was very well organized, with intervals of speakers from our local medical field as we heard from a diabetes specialist, a Cardiologist and Behavioral Health professional. "Life Balance" was the theme for the occasion. the topics covered were Family and Friends, Medical Care, Spiritual Health, Physical Health, Financial, Career, Community and Emotional Health.

*Allison Clark*

*Modesto Junior College Student Mental Health and Wellness Fair*

On October 31st it was again a pleasure to be invited to this event, this being our 5th presentation, I believe. I've watched it grow from a few organizations to presenters filling up the Student Rotunda. Students from the MJC Nursing Program were on hand to give participants a mini checkup which included: height, weight, blood pressure, blood glucose and even flu shots. There were many handouts, giveaways, information and our game of chance for prizes. We also offered several brochures about suicide in hopes of educating people about the warning signs. Dave Bartlett and myself enjoyed interacting with the students and faculty explaining NAMI and all we have to offer.

*Allison Clark*
"Everything you always wanted to know about psychotropic medications but were afraid to ask" was the topic for our November 15th Speaker Meeting.

It was our privilege to have Pharmacist Ken Cosner of River Oak Pharmacy in Oakdale speak on this "hot topic" regarding pharmaceuticals. He began by passing out lists of the more frequently prescribed medications and explained their use, dose, side effects, etc. Soon, the audience of nearly 30, began raising their hands for questions which didn’t stop until 8:00p.m. rolled around. Ken was gracious enough to stay on longer as several guests asked to speak with him after the lecture.

This being our last ‘Speaker’s Meeting’ of the year, we hope the topics introduced in 2017 have been of interest to you. Please let us know if there is a particular topic you would like to have us cover in the coming year and we hope to see many of you at our annual Christmas get together and pot luck, Saturday December 9th at 6:p.m.

Allison Clark

Inside the Black Box Seminar Update

On Sunday, Nov. 12 a mental health seminar was held at Sutter Gould/Memorial Hospital Medical Plaza.

The event was organized by Paul Golden to educate the public about serious mental illness.

Presenters shared their personal stories and facts about mental illness, as well as their recovery.

Speakers included Paul Golden, who shared about his experience with bipolar disease, the different kinds of bipolar, scientific information about how the brain is affected by the disease; Sean Rodgers, who spoke about his experiences with schizophrenia and what methods have worked best for his treatment and recovery; David Perez, who spoke for the veterans' experience coping with PTSD; and Laural Fawcett, who shared about her son's journey with a brain disorder that has not been successfully treated and her concerns about the mental health system's lack of focus on the SMI (severely mentally ill). It was a very informative presentation.

Those in attendance were able to ask questions from the individual speakers and share their own input. Recognition was given to NAMI for its role in providing support to those individuals and families who are suffering. The seminar ended with a brief summary by Rhonda Allen, who updated the group on work being done to bring Assisted Outpatient Treatment to Stanislaus County for those noncompliant individuals who are in greatest need of treatment. The planning process is underway for the implementation of a three year pilot program. The plan should be ready in March.

Rhonda Allen

30 Second Survey Update

Thank you for your responses to our last 30 Second Survey question, “What was your experience the first time you accessed mental health services for yourself or a loved one?”

Survey responders said their first contact was with a health care provider, counselor, behavioral health center or mental health hospital, while a few called NAMI. Reports of first experiences with mental health services ranged from excellent or good to bureaucratic, unprofessional or even traumatic.

A sampling of your comments:

• “I took my son to (the mental health clinic). I thought he had overdosed on drugs and had no idea he had a serious mental illness.”
• “Experience at the behavioral health center was not positive. Staff seemed bored and not sympathetic to pain family was experiencing.”
• “Had my mental health needs been better addressed early on, I believe I would have saved needless years of suffering.”
• “Excellent, except that this was before parity, so the HMO wanted $500 a day for psychiatric hospitalization.”
• “(The hospital’s) ER nurses and physicians are untrained in mental health, rude to patients, do not practice patient confidentiality, and treat patients like criminals.”

Would you like to share your experience the first time you accessed mental health services for yourself or a loved one? If you do, paste the link below in your browser.

https://www.surveymonkey.com/r/NC25MCM

paste the link below in your browser if you would like to take this months 30 second survey.

What has your experience been in a crisis situation with ambulance staff? Fire department crews? How could they improve the experience?

https://www.surveymonkey.com/r/WCTSMBR

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

**Turlock Connection Support Group**  
Modesto Family Support Group  
6:30-8pm  
Modesto Connection  
6:30-8pm

**Turlock CSUS Connection Support Group**  
CSUS Connection Support Group  
One University Circle  
Room 175 in the Library  
2nd & 4th Tuesday  
6:30-7:30pm  
Call Marnye (209) 409-6006

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**December 2017 Calendar**  
1. **Board Meeting Suite A**  
   6:30pm  
2. **HOLIDAY POTLUCK 6PM**

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Support Groups are cancelled for the Holiday

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**Family Support Group in Modesto**  
Jana Lynn Plaza  
6:30-8 p.m.  
2nd & 4th Mondays  
500 N. 9th St. Modesto  
Call Dar (209) 656-8855

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

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**Turlock Connection Support Group**  
2nd & 4th Tuesdays  
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
John and Judy were NAMI Stanislaus members for many years, Family-to-Family teachers and Michelle was a Peer-to-Peer Mentor.

Joyce Hickman


John Edward Leitch
January 23, 1947 - November 4, 2017

John Leitch, affectionately know as "Pops" by his grandchildren, was born in Manila, Philippines to Jack and Juanita Leitch. John grew up in Stockton, California, one of three siblings. He proudly served his country in the United States Army. After that, he became an X-ray Tech and worked for Gould Medical Center for 41 years. While working there he met his beloved wife Judy. They have been married for 35 years, and have resided in Modesto where they raised their three children and helped raise several beloved grandchildren. John enjoyed fishing, boating, camping, and going to church, but his favorite pastime was spoiling his grandchildren and great-grandchildren. John is survived by his wife Judy Leitch, his sons Rich Gruber and Edward Gruber, brother Larry Leitch (Pat), and sister Linda Dillon, seven grandchildren and four great-grandchildren, niece and nephew, Devon and Shane York (Simonee). Preceded by his daughter, Michelle Gruber and parents, Jack and Juanita Leitch. Memorial Service will be held Saturday, November 11th @ 11:00am at the Crosspoint Community Church in Modesto. Remembrances can be made to Crosspoint Community Church Modesto or a favorite charity. www.cvobituaries.com

Published in the Modesto Bee from Nov. 9 to Nov. 10, 2017

NEW ONLINE COURSE HELPS PEOPLE WHO MAY HAVE POSTTRAUMATIC STRESS DISORDER

In recognition of Veterans Day, NAMI is launching a short course about posttraumatic stress disorder (PTSD). PTSD can happen to anyone, and it affects 3.5% (7.7 million) of the adult population in the United States.

The online course was created for service members and veterans, but is also helpful for anyone who has experienced a traumatic life event. This program provides a safe, confidential way for you to explore whether you’d like to talk to a professional. After answering a few questions about your experiences, you can learn about PTSD from veterans via video and receive resources about treatment options available to reduce your stress reactions.

“This course is not meant to give you a diagnosis, but to provide you with a safe way to explore your treatment options,” says a person from the program. “Use it as a way to think about your experiences, compare them to the experiences of others, and figure out if you’d like to learn more. This information will also give you an idea of the treatments available, in case you decide you’d like to talk with a professional as your next step.”

If you or someone you know is dealing with PTSD, you are not alone. Many supports, services and treatment options are available. NAMI also offers support for military and veteran families. NAMI Homefront is a free, six-session class for the families of military service members/veterans experiencing mental health conditions like PTSD. The class is also offered online.

PTSD Treatment Options

PTSD Treatment Options is a short course about posttraumatic stress disorder (PTSD). PTSD can happen to anyone, and it affects 3.5% (7.7 million) of the adult population in the U.S.

This program provides a safe and confidential way to explore whether you’d like to talk to a professional. If you or someone you know is dealing with PTSD, you are not alone. Many supports, services and treatment options are available. Paste this link into your browser to register.

NAMI National

https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Homefront/PTSD-Treatment-Options