



nami

Stanislaus

National Alliance on Mental Illness

FEBRUARY 2018

SPECIAL POINTS OF INTEREST

- NAMI Charity Navigator Rating
- NAMI Family to Family Education Class in Turlock
- NAMI Outreach Events Update

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REMINDERS:

Feb. 7th, - NAMI Board Meeting, Suite A 6:30pm. Please join us.

February 21st—Monthly Speaker Meeting 6:30pm

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

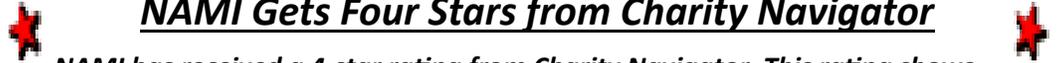
Please call Dar at (209) 656-8855 if you are interested in volunteering

Turlock Family to Family Class will begin Monday, March 5th.

Call Dar to register @ (209) 656-8855.



NAMI Gets Four Stars from Charity Navigator

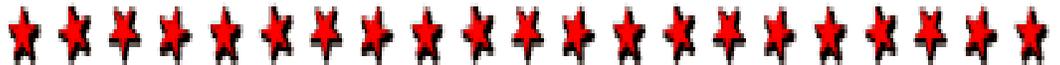


NAMI has received a 4-star rating from Charity Navigator. This rating shows that NAMI adheres to best practices and fulfills our mission in a financially efficient way.

"NAMI's exceptional 4-star rating sets it apart from its peers and demonstrates its trustworthiness to the public," according to Michael Thatcher, President & CEO of Charity Navigator. "Only a quarter of charities rated by Charity Navigator receive the distinction of our 4-star rating."

It's important to NAMI that our donors trust we're using their donations wisely to improve the lives of those with mental illness. Our new rating proves our good governance and financial accountability.

NAMI National



2018 EVENT CALENDAR

HAPPY NEW YEAR 2018! Our Events Calendar is filling up quickly, so if you have an idea for a topic please contact Dar @ (209) 656-8855. Allow me to give you a sneak peek into our upcoming speaker evenings:

February 21st, our own David Bartlett has information regarding; " Recovery International ". A well-kept secret in normalcy.

March 21st, Deborah Buckles and our own Rhonda Allen will update us on what is happening with "Laura's Law" and the trial inclusion they agreed to uphold in Stanislaus county.

April 18th, Our NAMI President, Dar Thomas, will take over this evening by having our first ever, "GAME NIGHT"! Now, I happen to know Dar is very fond of Bingo so

Quite a lineup of exciting topics already. Do join us for some thought provoking subjects and fun.

Allison Clark

NAMI Outreach Update

On December 13, 2017 following the King Kennedy meeting, Lynn Padlo was having an Ending the Silence presentation at the Modesto Police Department for parents with their child having problems with the law.

Since Dar, Tammy, Shelly and myself were close by we decided to support our Ending the Silence team. Nancy Kidd was the speaker, Lynn the presenter, as we watched from the seats above. This is a perfect program in hopes of getting across to these teens and their parents how easily a young person's life can be shattered by conflict and mental illness. Everyone listened intently as Nancy shared her life history and how she and NAMI helped her recovery.

After the presentation we had an opportunity to talk with the officers as they expressed their gratitude for our service. **Allison Clark**

NAMI Signature Support Groups

NAMI support groups are peer-led mutual support groups focused on providing an opportunity for people to share and learn from each other's common experiences. There are two types of groups:

- for any adult with a mental health condition
- for the people who love and care about them

Each group provides a safe space to address the challenges presented by mental health conditions regardless of the specific diagnosis. The groups are available free of charge and are confidential.

Because the support groups are each led by teams of two peers, the overall messages of hope, you are not alone and mental illness is no one's fault are emphasized in each meeting.

NAMI National

Love Knows No Gender

January 17, 2018



Always the professional, our long-time friend and advocate, John Aguirre from the LGBTQ Consortium, spoke to a limited group, to hear him speak about; "Mental Health in the LGBTQ Community". The statistics are staggering; 20% of adults are homeless and the higher 40% of youth are homeless with depression and suicide rates soaring. Many of these men and women have been ostracized by their families because of their lifestyle, and lack of knowledge. Abuses by caregivers to adult gay and lesbian persons will many times drive them back into the "closet".

Young people will sell themselves with "Survival Sex" to help pay for food, drugs or alcohol. Central Valley Pride Center on 12th and "H" Street provides an environment of love, understanding and support. Activities and groups tailored to the needs of the LGBTQ Community are available on a monthly calendar. Senior support groups meet twice a month for the isolated and lonely. To better serve the LGBTQ Community by offering services of other Stanislaus County service organizations is the, "Welcoming Project". John left us with several pamphlets, fliers and information at our 9th street NAMI office if you would like more details on this topic.

Allison Clark

Thank you for your contribution

Membership

Joan Donlon
Joanne Porto
Becky Slaughter
Ronald & Patricia Stone
Janet Morita
Sharyn Brown

**Together We
Support Our
Community**

Donations

Richard & Melissa Feemster
Frieda Rector
Becky Slaughter
Daniel Byrne
Kaiser Permanente
Jamie Fabela
Janet Morita

Recovery International Speaker Meeting

Our February Speakers meeting will be our own David Bartlett giving us the details on, "Recovery International". They are a free self-help program, since 1937, helping people that deal with fear, anger, anxiety, panic attacks, depression, and other emotional issues by using the "RI METHOD", a 4 step process that has helped thousands of people all over the world.

Please join us Wednesday, February 21, 2018 at 6:30 p.m. in the Jana Lynn Conference Room, 500 N. 9th St., Modesto
Allison Clark

NAMI Family to Family Education Class

Topics Covered

Schizophrenia, Major Depression, Mania, Schizoaffective Disorder, Mood Disorders, Borderline Personality Disorder, Anxiety Disorders, Dual Diagnosis, Basics About the Brain, Problem Solving Skills Workshop, Medication Review, Inside Mental Illness, Communication Skills Workshop, Self-care, The Vision and Potential of Recovery, Advocacy. Week 12 is Review, Sharing and Evaluation: Certification Ceremony and a Potluck!

Participant Perspectives

"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers... It has helped me to understand better and communicate more effectively with my brother."

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."
NAMI

The Turlock Family to Family class will begin March 5th at 6:30pm. To find more information or register, call Dar (209) 656-8855.

Darlene Thomas



IS LOVE IN THE AIR? With Valentine's Day just around the corner, we are bombarded with chocolate hearts and messages that, "romance is in the air" and that we should be celebrating with "that special one". Are we chasing the zing we get in those early stages of a new romance the "in love" feelings --- euphoria, intense desire an almost obsessive focus on the beloved and a sense of being swept away? Sound Familiar? Turns out love and mania have a lot in common, easy to confuse and complicated.

Joanne Doan, Publisher BP Magazine

DID YOU KNOW MENTAL ILLNESS will be the largest segment of illness within a decade?

DID YOU KNOW MENTAL ILLNESS is one of the top 3 causes of death in the United States?

ARE YOU SENDING MIXED MESSAGES? If so are you willing to:

1. Work at understanding why others perceive what you say and do differently than you do?
2. Make changes in your communication and conduct where needed?
3. Agree to *think* before you speak or act?
4. Discuss any challenges with your doctor or therapist?

Joanne Doan, Publisher BP Magazine

3rd Annual Waterford Unity Day

February 24th, 2018

11am—4pm

NAMI will have a resource table at this event.

Waterford United Outreach have put together Waterford Unity Day in order to bring unity and resources into the City of Waterford.

Waterford Unity Day

Everyone is Welcome!

Featuring Free:

- COMMUNITY RESOURCES
- FOOD AND MUSIC
- TESTIMONIES
- DRAWING PRIZES AND KIDS ACTIVITIES AND MORE

Waterford Community Center, 540 C. Street, Waterford

Allison Clark

BIPOLAR DISORDER FACT SHEET

Bipolar disorder is a chronic mental illness that causes dramatic shifts in a person's mood, energy and ability to think clearly. People with bipolar disorder have high and low moods, known as mania and depression, which differ from the typical ups and downs most people experience. If left untreated, the symptoms usually get worse. However, with a strong lifestyle that includes self-management and a good treatment plan, many people live well with the condition.

Although bipolar disorder can occur at any point in life, the average age of onset is 25. Every year, 2.9% of the U.S. population is diagnosed with bipolar disorder, with nearly 83% of cases being classified as severe. Bipolar disorder affects men and women equally.

Symptoms A person with bipolar disorder may have distinct manic or depressed states. Severe bipolar episodes of mania or depression may also include psychotic symptoms such as hallucinations or delusions. Usually, these psychotic symptoms mirror a person's extreme mood.

Mania. To be diagnosed with bipolar disorder, a person must have experienced mania or hypomania. Hypomania is a milder form of mania that doesn't include psychotic episodes. People with hypomania can often function normally in social situations or at work. Some people with bipolar disorder will have episodes of mania or hypomania many times; others may experience them only rarely.

Although someone with bipolar may find an elevated mood very appealing—especially if it occurs after depression—the “high” does not stop at a comfortable or controllable level. Moods can rapidly become more irritable, behavior more unpredictable and judgment more impaired. During periods of mania, people frequently behave impulsively, make reckless decisions and take unusual risks. Most of the time, people in manic states are unaware of the negative consequences of their actions.

Depression. Depression produces a combination of physical and emotional symptoms that inhibit a person's ability to function nearly every day for a period of at least two weeks. The level of depression can range from severe to moderate to mild low mood, which is called dysthymia when it is chronic.

Causes: Scientists have not discovered a single cause of bipolar disorder. They believe several factors may contribute: • **Genetics.** The chances of developing bipolar disorder are increased if a child's parents or siblings have the disorder. But the role of genetics is not absolute. •

• **Stress.** A stressful event such as a death in the family, an illness, a difficult relationship or financial problems can trigger the first bipolar episode. In some cases, drug abuse can trigger bipolar disorder.

Brain Structure. Brain scans cannot diagnose bipolar disorder in an individual. However, researchers have identified subtle differences in the average size or activation of some brain structures in people with bipolar disorder. While brain structure alone may not cause it, there are some conditions in which damaged brain tissue can predispose a person.

Diagnosis: To be diagnosed with bipolar illness, a person has to have had at least one episode of mania or hypomania. The Diagnostic and Statistical Manual of Mental Disorders (DSM) defines four types of bipolar illness:

Bipolar I Disorder is an illness in which people have experienced one or more episodes of mania. Most people diagnosed with bipolar I will have episodes of both mania and depression, though an episode of depression is not necessary for a diagnosis. To be diagnosed with bipolar I, a person's manic or mixed episodes must last at least seven days or be so severe that he requires hospitalization. • **Bipolar II Disorder** is a subset of bipolar disorder in which people experience depressive episodes shifting back and forth with hypomanic episodes, but never a full manic episode. • **Cyclothymic Disorder or Cyclothymia**, is a chronically unstable mood state in which people experience hypomania and mild depression for at least two years. People with cyclothymia may have brief periods of normal mood, but these periods last less than eight weeks. • **Bipolar Disorder "other specified"** and "unspecified" is diagnosed when a person does not meet the criteria for bipolar I, II or cyclothymia but has had periods of clinically significant abnormal mood elevation.

Treatment: Bipolar disorder is a chronic illness, so treatment must be ongoing. If left untreated, the symptoms of bipolar disorder may get worse, so diagnosing it and beginning treatment in the early stages is important. There are several well-established types of treatment for bipolar disorder: • **Medications**, such as mood stabilizers, antipsychotic medications and antidepressants • **Psychotherapy**, such as cognitive behavioral therapy and family-focused therapy • **Electroconvulsive therapy (ECT)** • **Self-management strategies and education** • **Complementary health approaches such as meditation, faith and prayer.**

See more at: <http://www.nami.org/Learn-More/Mental-Health-Conditions/Bipolar-Disorder>

National Alliance on Mental Illness

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

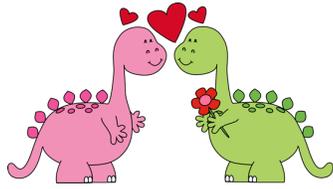
_____ \$60 Household

Home Telephone _____ No membership, Donation

Work Telephone _____ \$_____ Other

Email _____ Newsletter only

In Memory of _____



February 2018

Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1	2	3
4	5	6	7 Board Meeting 6:30pm Possibilities Room	8	9	10
11	12 Modesto Family Support Group & Connection 6:30pm	13 Turlock Connection. 6:30pm Turlock CSUS Connection 6:00PM	14 	15	16	17
18	19	20	21 Speaker Mtg. 6:30pm Jana Lynn Room "Recovery International"	22	23	24 3rd Annual Waterford Unity Day 11am-4pm
25	26 Modesto Family Support Group & Connection 6:30pm	27 Turlock Connection 6:30pm Turlock CSUS Connection 6:00pm	28			

Modesto Family Support Group

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

Modesto Connection Support Group

Jana Lynn Plaza
 500 N. 9th St.
 6:30-8 p.m. Jana Lynn Room
2nd and 4th Mondays
 Call Dar (209) 656-8855

Turlock CSUS Connection Support Group

CSUS Connection Support Group
 One University Circle
 Room 175 in the Library
2nd & 4th Tuesday
 6-7:30pm

Turlock Connection Support Group

2nd & 4th Tuesdays
 6:30-8pm.
 Cooper House, 1123 Cooper Ave. Across
 from the Turlock Library
 Call Dar (209) 656-8855