



NAMI

National Alliance on Mental Illness

Stanislaus

MARCH 2018

SPECIAL POINTS OF INTEREST

- 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.

REMINDERS

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

March 21st, Monthly Speaker Meeting 6:30pm

*Turlock Family to Family Class will begin Monday, March 5th.
Call Dar to register at (209) 656-8855.*

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Assisted Outpatient Treatment Speaker Meeting

On Wed., March 21st at 6:30pm there will be a special presentation to inform our NAMI membership and the community about the upcoming adoption for Assisted Outpatient Treatment or "Laura's Law". Debra Buckles, our Stanislaus County Public Guardian and BHRS leader will share what the developing plan will mean for our families wishing to get their loved one help.

NAMI members, Rhonda Allen and Linda Mayo as well as other members of the Community Work Group developing the AOT plan will also be there to provide input on how the law will work. It is important that families understand their role in the process, who exactly can qualify for help, and what they can expect from the AOT implementation. Finally, family members will have a voice in referring individuals for help, so we want to educate anyone who may have a severely mentally ill family member in need of treatment. Please attend if this may be *you*, and also bring any friends whom you know that may need this information. This is our opportunity to be educated on this new process.

Rhonda Allen



NAMI Stanislaus Game Night

From several suggestions to have a game night, we are excited to announce that **April 18th** will be NAMI Stanislaus' first **Game Night** in the Jana Lynn Conference Room.

For those that attended last Octobers family picnic, we will bring back **BINGO** for the evening. **Please mark your calendars and join us.** Feel free to bring a game that you would like to play.

Dar

“Ending the Silence”

This month, NAMI Stanislaus presented three **Ending the Silence** presentations to a local high school. It is so imperative, especially in light of the recent Florida tragedy, that students, teachers and parents hear about the facts of mental illness so that individuals can get the help they need. NAMI has been committed to this for over 39 years and now, we are starting to talk to young people about it. We have seven high schools in Stanislaus County committed to helping fight the stigma in forming a NAMI on Campus Club and we are giving them presentations, resources and ideas for spreading the word that **Treatment Works and it is important to have early intervention! People can have a quality life if they do. This program takes 50 minutes and is a power point plus speakers with lived experience.**

Here are some of the facts that we share with the students:

1 in 4 families are touched by mental illness

1-5 youth ages 13-18 have a mental health condition

50% of adult cases of mental illness had signs and symptoms by age 14

Mental illness is not the result of individual weakness or poor upbringing...it is a brain disease

Here are some symptoms of mental illness:

Confused thinking

Extremely high and low moods

Excessive fear, worry, or anxiety

Strong feeling of anger

Thoughts of suicide

Abuse of drugs and /or alcohol

Changes in school performance

Self-harm, such as cutting, driving recklessly, running away

As a former middle school teacher for 33 years, I have seen these signs in students, and did not realize it was a mental illness. I am trying to educate teachers, parents and students about these facts in order to have early intervention.....that is the key.

Call NAMI office at 209-558-4555 to learn more about this program, *Ending the Silence*

Lynn Padlo, retired teacher and NAMI volunteer

Thank you for your contribution

Membership

Heidi Arno

Sarah Ochoa

Nancy Kidd

**Together We
Support Our
Community**

Donations

Richard & Melissa Feemster

7-UP

NAMI Outreach Update



Our own, Dave Bartlett, arranged a panel of 4 persons to explain the R.I. (Recovery International) self- help program. From their Stockton meetings we met Dunston and Todd, and from the Modesto meetings came Noreen and Dave. They performed a mock meeting to show the process at work. By a technique called, "Spotting", the members encourage each other in positive affirmation by rewarding oneself. They view mental health as a business and not as a game. This system marries well with a 12step program for those with multiple issues. They downplay trivialities and seek out what is not dangerous in our thinking and lifestyle. It is a totally self-effacing technique designed for those persons that are serious about their wellness. It is a 4-step process, developed by Dr. Low in Chicago in 1937. The 10 guests were wrapped in their presentation and there was a lively Q&A following. This system works well with persons experiencing issues with fear, anger, anxiety, panic attacks, depression and other emotional issues. For more information on 'Recovery International' call Dave at (209) 247-2620 or (866) 221-0302.

Allison Clark



Allison Clark and Puja Mehta

On February 24, 2018 NAMI Stanislaus had the pleasure of being invited back for the "Third Annual Waterford Unity Day" festivities in the Waterford Community Center. This event is put on by the Christian church

collaborative of Waterford and has grown in number of affiliations representing Stanislaus county. Approximately 12 vendors were there to talk with the guests about what their organization had to offer. There was plenty of giveaways, brochures, handouts, and fun. NAMI introduced our "Spinning Wheel" for prizes which went over very well with the children. This year there was free food for all attendees; donuts, cupcakes, hot dogs, chicken noodle soup, vegetable soup and water. Several musicians and singers kept us entertained throughout the day while in between musical sets we heard the testimonies of some Believers. I was pleasantly surprised when I was called to the stage by a representative from the Waterford City Counsel, who presented NAMI Stanislaus with three certificates of recognition for our work in Stanislaus County. The certificates were from The California Legislature, California State Senate and the United States House of Representatives.

Allison Clark



March 2018

Sun Mon Tue Wed Thu Fri Sat

				1	2	3
4	5	6	7 Board Meeting 6:30pm Possibilities Room	8 Turlock CSUS Connection 6:00PM	9	10
11	12 Modesto Family Support Group & Connection 6:30pm	13 Turlock Connection 6:30pm	14	15	16	17 
18	19	20	21 Speaker Meeting 6:30pm	22 Turlock CSUS Connection 6:00pm	23	24
25	26 Modesto Family Support Group & Connection 6:30pm	27 Turlock Connection 6:30pm	28	29 10-Noon MJC Mental Health Awareness East Campus Inside the Rotunda	30	

Modesto Family Support Group

Jana Lynn Plaza 6:30-8:00 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.
2nd and 4th Mondays
 6:30-8:00 p.m. Jana Lynn Room
 Call Dar (209) 656-8855

Turlock CSUS Connection Support Group

One University Circle,
 Room 175 in the Library
 6:00-7:30pm
2nd & 4th Thursday,
mhenry2@gmail.com

Turlock Connection Support Group

6:30-8:00pm.
 Cooper House, 1123 Cooper Ave.
2nd & 4th Tuesdays
 Across from the Turlock Library
 Call Dar (209) 656-8855