May 2nd, NAMI Board Meeting, Suite A    6:30pm
Please join us.

MAY IS MENTAL HEALTH MONTH
Our monthly speaker meeting is being moved to the
West Modesto Community Collaborative on
May 16th, “S Word” Movie    6:00pm
601 S. Martin Luther King Dr.
Modesto, CA 95351

SAVE THE DATE
WMCC, NAMI Stanislaus and Stanislaus Suicide
Prevention Board will be hosting the documentary

The “S” Word
Wednesday, May 16th
6:00pm to 8:30pm
Location: WMMKC 601 S. Martin Luther King Dr.
Modesto, CA 95351

The film documents the first-person perspectives of a number of
survivors in order to understand the impacts of suicide and recognize
that it’s okay to talk when we are struggling emotionally.

IN THIS

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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

IN THIS
2017 Champion of National Alliance on Mental Illness

Lynn Padlo, former Executive Director and long-time NAMI activist was presented with our 2017 Champion of National Alliance on Mental Illness award at the last PEI meeting with other partners of Stanislaus County Behavioral Health Services.

She has been the face of NAMI with close working relationships with behavioral health programs for many years. She will be taking a well deserved rest from the daily coordination of In Our Own Voice and Ending the Silence presentations, but is still very active with our affiliate with coordinating the NAMI on Campus Clubs. And for that we are so grateful! THANK YOU LYNN for your passion and leadership!

Diane Domeier

What are the Causes of Bipolar Disorder?

Even as there are much more scientific data and analysis, the exact causes of bipolar disorder are not fully understood. Facts state that it is a combination of factors that lead to its incidence. The following plays a vital role in being responsible for the condition:

**GENETICS** ... clearly, genetics play a role in rendering affected individuals more vulnerable. Scientific research is currently attempting to determine which genes are involved.

**NEUROCHEMICAL IMBALANCES in the BRAIN** ... Bipolar disorder occurs in a specific part of the brain due to malfunctioning of some transmitters. It is believed that despite these chemical imbalances existing throughout, the disorder may remain dormant in an individual. It may get activated at a later stage, either by itself or due to psychological or social triggers.

**ENVIRONMENTAL INFLUENCES** ... several environmental influences may cause the onset of the condition: * A major life event, * Traumatic experiences, * abuse of drugs or alcohol, * problematic sleep cycles.

It is easy to see why scientists maintain that it is a combination of two or more factors that causes bipolar disorder to occur in human beings. There is little tangible evidence that any one of these factors: genetic, biological or environmental, may trigger bipolarity without other influences acting upon the individual. Therefore, what causes the condition is perhaps not as important as understanding the signs that are symptomatic of its occurrence. The latter allows for a speedy diagnosis and treatment, thus allowing bipolar patients the potential for relief.

Condensed from on-line Health Team Prerna, by Allison Clark
THINGS WERE HOPPING SATURDAY MAY 21st
AT THE KING KENNEDY MEMORIAL CENTER

Due to the kindness of Perfecto Munoz and Marnye Henry, NAMI had the opportunity to participate in the Health Screening Fair sponsored by the West Modesto Collaborative and Advancing Vibrant Communities Organization. The community came out in force to take advantage of the health screening which included testing glucose, cholesterol, blood pressure and BMI. There was also an ophthalmologist, respiratory therapist, as well as Doctor Robert Chin a local physician on hand. After their testing many community members spruced up with a free haircut. There were numerous recourse tables to offer vital information to the community. NAMI Stanislaus was excited to promote “Stop the Stigma of Mental Illness Project” which is supported by Kaiser Permanente Northern California Benefits Program. Many people stopped by the NAMI Stanislaus resource table to obtain information about “Stop the Stigma on Mental Illness” as well as NAMI Programs. We would like to extend a special thank you to Amanda Garcia for doing an excellent job of interpreting for this outreach. Amanda’s presence made a remarkable difference in helping individuals feel more at ease talking about mental health. The day was a tremendous success!

Tammy Reynolds

Game Night at NAMI Stanislaus

For the handful of people that did show up, the evening of Bingo and Checkers was a fun respite from the usual meetings. Tickets were given for each game played and the lucky winners received two extra tickets. Those tickets could be turned in for a prize selection of either; Girl Scout cookies, a scented gift box, jewelry selections, candle jar or a McDonald’s gift card. Snacks and drinks added to the fun of enjoying the evening with new and old friends. We would like to offer similar evenings in lieu of a guest speaker, however, we need more support from our membership. Let NAMI know what best suits your needs and interests .... and we promise to LISTEN!

Allison Clark

7 CARDINAL RULES OF LIFE

1. Make peace with your past so it does not spoil your present. Your past does not define your future, your actions and beliefs do.
2. What others think of you is none of your business. It is how much you value yourself and how important you think you are.
3. Time heals almost everything. Give time, time. Pain will be less hurting. Scars make us who we are, they explain our life, they challenge us and force us to be strong.
4. No one is the reason for your own happiness, except yourself. Waste no time and effort searching for peace and contentment and joy in the world outside.
5. Don’t compare your life with others, you have no idea what their journey is about. If we all threw our problems in a pile and saw everyone else’s we would grab ours back quickly!
6. Stop thinking too much. Sometimes there is no answer.....that’s the answer! Just accept it and move on.
7. Sometimes talk therapy can cause us to overthink. When you choose to smile it actually "tricks" your brain to help your mood.

Stephen Covey and submitted by Lynn Padlo and condensed by Allison Clark
**KEEPING YOUR TEEN MENTALLY HEALTHY**

Living with a teen can often feel like a cyclone running through your house. Here experts address common mental health concerns ... three ways parents can help to keep them mentally healthy.

1. **PLAYTIME:** listen to music, chat with friends and hop on social media for brief amounts of time.
2. **DOWNTIME:** sleep 8 to 10 hours and do relaxing activities.
3. **FAMILY TIME:** enjoy dinners and conversations with one another.

Learning to monitor your teen as you build those three major revisions into their day will help safeguard their mental health problems as you learn to be a receptive, non judgmental listener.

*Condensed from Woman’s Day/May 2018*  
*Jessica Migala*

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**Upcoming Outreach Events**

NAMI Stanislaus will be hosting an Outreach table at the following events:

- **May 16th** — “S Word” Movie showing at the West Modesto King Kennedy Community Collaborative. 6PM-8:30PM
- **May 19th** — Turlock Mental Health Fair. 1PM-4PM, Turlock Library, 550 Minaret Ave. Events, vendors, music, food, prizes and giveaways.

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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**

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**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 Thursday in May*
mhenry2@gmail.com

*MEETINGS WILL BE SUSPENDED DURING SUMMER*