Laura’s Law Passed

When I was young, I loved to go to musicals. One such musical was the Unsinkable Molly Brown, about a gal in the west in Colorado trying to make a living there. She made it and even was on the Titanic! She saved many lives on that disastrous ship. Well, our NAMI, Laura’s Law advocates, made it too, to their goal last month, thanks to the help of Stanislaus County Mental Health Dept. The pilot program for the Laura’s Law program, or Assisted Outreach Treatment, was passed unanimously by our Board of Supervisors. The NAMI team had worked very hard in researching this program, visited other affiliates, corresponded with successful advocates in other counties, and attended countless meetings with our own Stanislaus County administration. We would especially like to thank Rick DeGette, the director and his assistant Public Guardian, Mrs. Debra Buckles for helping the law be designed in a way that the leaders in the county mental health can now begin to build a program. The seriously mentally ill badly need interventions. Even if it only helps a handful of those get into treatment, it will save thousands of dollars and also reunite families. The goal is to outreach to these individuals, convincing them that going into treatment would greatly improve their quality of life!

We are #19 in the state to begin to administer this law. The team was: Rhonda Allen, Jo Lambert, and Linda Mayo. The supporters, also, at this supervisor meeting, were Joyce Pils-Hickman, and Steve Lambert. Many others helped NAMI along the way such as NAMI members and Frank Damrell, Paul Golden, Marnye Henry, and Kristi-Ah You. Like the song says from that musical, “We Ain’t Down Yet!!”

Lynn Padlo, Former NAMI Coordinator

Waiting for Bylaw Approval

NAMI Stanislaus is waiting for the final approval of our By-laws from NAMI California. Once we have that, we will hold a membership meeting for you to vote on them.
**Employee of the Month Award**

This year, one of our veteran NAMI speakers, Julie Bernardo, has received an award at her place of work, Doctors Medical Center in Modesto. She has received an employee award, Employee of the Month, twice! We are very proud of her. According to the hospital, she was nominated by patients or staff because of her outstanding work with patients. As a patient assistant, she spent extra time with patients who were experiencing stress and needed some support while waiting for procedures. Even after the procedure, Julie went the Extra Mile, and visited the patient to make sure they were comfortable. So, in 2017 and 2018, Julie received this award. Also, in 2017, she was awarded a DMC scholarship to further her studies in nursing, which is her long-term plan. She enjoys working at DMC.

As a speaker and leader for NAMI, she also led a WALK team for two years, giving extra funds for our education programs. As an outstanding peer speaker in In Our Own Voice, Ending the Silence, and Parents and Teachers as Allies, Julie also was prepared, prompt and dedicated! We’re proud of her!

*Lynn Padlo, Former NAMI Coordinator*

**CONGRATULATIONS SHANTEL**

Shantel Johnson graduated from MJC in April with an AA degree in Human Services! She has been a loyal veteran NAMI volunteer and speaker for In Our Own Voice for nine years. We wish her well in her career and reaching her goals. It took a lot of commitment, persistence and time for her to do this but we are very proud of her! *Lynn Padlo, Former NAMI Coordinator*

**June Speaker Meeting**

LIFE PATH" (a division of Sierra Vista) speaker will be, Paloma Parra. The TOPIC will be “LIFE PATH LASTING INDEPENDENT FAMILY EMPOWERMENT”; helping young people experiencing the early signs of psychosis maintain hope through their life path.

**Volunteer for NAMI Stanislaus!**

I began volunteering for NAMI Stanislaus in the fall of 2017. I came across NAMI Stanislaus while searching online for opportunities in mental health advocacy work.

Volunteering for NAMI Stanislaus has been a wonderful experience. Through my volunteer work, I’ve learned about local efforts to change mental health policy and about the different organizations that are involved in mental health work in Stanislaus County. I’ve also had the opportunity to help with outreach and with the day-to-day operations of NAMI Stanislaus.

Perhaps most importantly, however, I’ve met dedicated, compassionate individuals—both at NAMI Stanislaus and in the community—who are committed to improving the lives of people living with mental illness. I am very grateful for these experiences and opportunities, and I encourage you to volunteer for NAMI Stanislaus too! *Puja Mehta, Volunteer NAMI Stanislaus*

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**Turlock Family to Family Class Graduates**

This class began on March 5th with 16 students. As teachers, Joanne Porto and I are always amazed as we watch the students gain a better understanding of their loved ones mental health condition. As the class progresses each week it’s like watching a rose bud slowly open and turn into a beautiful flower at the end of the 12 week class. The students come away with a new hope.

We had 12 graduates in this class and we celebrated with a delicious potluck dinner.

*Darlene Thomas*

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**Thank You For Your Contribution**

**Membership**

Nicole Kunnanz  
Inga Doyle  
Juan & Lynette Jimenez  
John & Leinani Minor  
James Harder  
Debbie Marin

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**Donations**

Richard & Melissa Feemster  
Carl & Jackie Rowe  
John & Leinani Minor  
Kaiser Permanente  
Jamie Fabela
On May 12th, a day of family fun at Graceda Park was just that, and more. This afternoon of community inclusion and wellness was sponsored by the LGBTQ+ Collaborative for Well-Being Stanislaus, Central Valley Pride Center – MoPride, Stanislaus County, and Behavioral Health and Recovery Services MHSA Prevention Early Intervention Community Capacity Building. The hardworking masterminds of this day, Steven Cullen, John Aguirre, and James Brown were our gracious hosts, coordinating all the activities and the food preparation by numerous community volunteers for the 150 attendees. They made each person that attended feel welcome and well fed. For the many children that attended there was face painting, games, and a spinning wheel for prizes. Drum Love provided drums and percussion instruments for anyone that wished to join the "Drum Circle", and what a beautiful rhythm they made! The menu of hot dogs, hamburgers, with all the trimmings, plus grilled bacon – and we know everything taste better with bacon, a variety of cold salads and watermelon with cans of soda and bottled water on ice went down very nicely. But it was the Rocky Road ice cream that stole the show! The recorded music encouraged everyone to dance and have fun. Some organizations, such as Planned Parenthood Mar Monte, came to hand out literature, gifts and talk to the crowd. The emphasis was on getting diverse families to enjoy a day out in the sun together while learning about Each Mind Matters suicide prevention and local resources in honor of May – Mental Health Awareness Month, and Steven and John made that happen. Dar Thomas and Allison Clark had the pleasure of attending this amazing event.

Allison Clark

Turlock Library Health & Wellness

Saturday May 19th was the first Mental Health Awareness Fair at the Turlock Public Library, arranged by Diane Bartlett, wife of our own Dave Bartlett. The weather and the setting were perfect for this event. We were shaded by the most majestic mature trees and a spacious green lawn. Starting later in the afternoon at 1:00, people began to show up as they had an opportunity to casually stroll the grounds to enjoy the materials about ten presenters had to offer. Dar and Allison had the pleasure of meeting four of the members of Turlock High Schools "NAMI on Campus " club. They worked next to our table handing out T-shirts and information. Across the lawn were craft tables for the children, a snack area and a Turlock animal protection officer giving information on pet chipping. It was a relaxed, almost idyllic afternoon, and a wonderful opportunity to introduce the community to NAMI offerings.

Community Picnic

Sponsored by Stanislaus Asian American Community Resource on May 20th. Friends of NAMI were invited by Annie Henrichs for their picnic in the park. Last year the food was excellent and we expected nothing less this year. The venue was changed this year to Mellis Park so that the community could partake of the festivities. And they came! Lines of locals lined up for the bounty of oriental foods. There was music, raffles for prizes, and a massage therapist with his table offering free massages. Shelley, Tammy, Dar and Allison enjoyed visiting with new and familiar friends.

Allison Clark

Stomp out the Stigma Event

Fun was had by all, on May 18th when the WMCC Staff Promotores hosted a Stomp the Stigma Event at the King Kennedy Center. NAMI Stanislaus was privileged to be invited to participate.

The NAMI table was supported by Kaiser Permanente Northern California Community Benefits. There was something for everyone in the community; numerous raffles, prizes to be won at the spinner wheels, and even a bounce house for the kids. Numerous community members stopped at the NAMI table to obtain brochures, information about NAMI’s free classes, resources on mental health, and signed up to receive the free newsletter. Amanda Garcia was greatly appreciated for her assistance with our Spanish speaking community members. NAMI was honored to be part of this event.

Tammy Reynolds

SPREAD THE WORD

NAMI is putting on a “STOP THE STIGMA” COMPETITION

This project is supported by Kaiser Permanente Northern California Community Benefits.

We invite all high school and under graduate students in Stanislaus County to create a video, piece of art, or a written project to start the conversation on STOPPING THE STIGMA OF MENTAL ILLNESS. Cash stipends awarded. Call the office for information and application. (209)-558-4555 8:00 to 11:00
**Mental Health Month Kickoff Event**

Walking up to the event reminded me of Olivera Street in Los Angeles; fluorescent green decorations, streamers, ribbons and festivity everywhere the eye could see, all blowing in a gentle wind along with the rhythm of the music. Lining both sides of the walkway were table after table of Stanislaus County organizations eager to hand out their literature and share trinkets and information to the throngs of guests enjoying all the attention. Periodically, Luis would introduce an invited speaker from the Modesto city council as crowds of cheering visitors looked on. The thumping music would bring on a troupe of dancers to entertain and delight. At one point even Luis joined in the dance to the excitement of the happy crowds. Free food and water was delivered to all the presenting tables as the party continued to intensify. *Dar, Puja and Allison all agreed .... this was an event we would long remember.*

**Salida Middle School Mental Health Awareness Fair**

On May 21st, by far this was the most energy induced event Dar, Allison and Puja were ever invited to. 6th, 7th and 8th grade students were welcomed to the outdoor stage to be gifted with a snack, green ribbon, green bracelet, a pen or pencil and selected literature and to be included in the green ribbon board project. The brainchild of all this wonderfulness was school counselor Susana Deol who clearly connected with her students regarding what Mental Health Awareness was all about. The booming music, some dancing, the comradeship and power to get a vital message across to these young people made for a very exciting and fun filled afternoon for us. *Allison Clark*

Participants (staff included) needed to answer one of the three prompts:

- What would you say to someone who feels alone?
- I believe Each Mind Matters because ...
- I can show I care by ...

We had special guests on campus. Stanislaus County’s National Alliance for Mental Illnesses (NAMI) came out to provide information/pamphlets/wallet cards/etc. for students. We were the first middle school they ever attended and they were amazed with the participation. *Susana Deol School Counselor*

**The “S” Word Movie**

To commemorate; May being Mental Health Awareness Month, Stanislaus county was gifted with the preview showings of, "The “S” Word Movie", in two locations in Modesto. This documentary followed the lives of several men and women from different spectrums of society that have been living with depression, anxiety and eventually believing 'S' uicide was their only way out of their pain. The one-and-a-half-hour uncut version was shown at the State Theatre on ‘J’ street in Modesto on May 14th, and the one-hour film was featured at the King Kennedy Center on May 16th. Both locations were free, open to the public as well as staff, employees and volunteers of various mental health related organization.

Each location had a panel of professionals, including the movie director, to answer questions. Rhonda Allen provided NAMI literature at the State Theatre while Allison Clark and Dar Thomas spoke with guests and handed out pamphlets at the King Kennedy Community Collaborative. From feedback we received, the movie brought out varying emotions and much to think about. *Allison Clark*
### JUNE 2018

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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

**Turlock Connection Support Group**  
1123 Cooper Ave.  
2nd & 4th Tuesdays  
6:30-8 p.m.

**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

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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**

Complete the following form:

Name ___________________________________  ___$5 Open Door (Limited Income)  
Address ___________________________________  ___$40 Individual  
______________________________  ___$60 Household  
Home Telephone _______________________  ___No membership, Donation  
Work Telephone _______________________  ___$___ Other  
Email ________________________________  ___Newsletter only