



# NAMI

National Alliance on Mental Illness

# Stanislaus



## JULY 2018

### REMINDERS

July 11th, NAMI Board Meeting, Suite A 6:30pm  
Please join us.

September 10th, Turlock Family to Family Class will begin

September 11th, Modesto Family to Family Class will begin

### 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.

### IN THIS ISSUE

Mental Health First Aid Training  
**SCHEDULE CHANGES**

A Personal Story  
Kaiser Grant Competition  
Contributions

Outreach Events  
Detox Your Life

Outreach Events  
Speaker Meeting Update  
FREE NUTS TICKETS

2018 NAMI Convention  
Membership

Calendar

### MENTAL HEALTH FIRST AID TRAINING

#### About the Course:

The Mental health First Aid program is an interactive session which runs 8 hours. Participants who attend all 8 hours receive a certificate in mental health First Aid. This certification must be renewed every three years, and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews common treatments.

#### Participants Will Learn:

- A 5-step plan encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care.
- The appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem.

#### Who Should Attend?

This training is for volunteers, administrative staff, clerical staff and the general public or anyone who has not had professional training in mental health. You must attend both sessions to receive Mental health First Aid Certification.

Classes will be Monday July 16, 2018 and Tuesday July 17, 2018. Registration: 7:30 am to 8:00 am. At County Center III, Learning Institute Classroom 2, 917 Oakdale Road, Modesto, CA. There is no fee to attend this training. You must attend both sessions.

**All participants must arrive during the registration period. Late arrivals will not be permitted. To Register e-mail [bhrstraining@stanbhhs.org](mailto:bhrstraining@stanbhhs.org).**

### SCHEDULE CHANGES

The July 4th holiday falls on the first Wednesday of the month this year which normally is the day we have our Board Meeting. The board members have chosen to hold the meeting on Wednesday July 11th at 6:30 p.m. so we can celebrate with our families and friends. The public is always invited.

Due to low participation at our Speaker Meetings the board has made the very difficult decision to forgo all further educational sessions at this time. However, if a special topic comes available, let us know or we will send out a flier on our e-mail list to announce the date. Still on schedule is our annual picnic/BBQ in October and our Christmas Party Potluck in December. Watch for dates and times in upcoming newsletters.

Allison Clark

## **KAISER GRANT “END THE STIGMA COMPETITION” PARTICIPANT EVENT**

The much anticipated Participants Event was held on June 4<sup>th</sup>. The participants were able to submit their projects, speak with NAMI personnel, enjoy refreshments, and pick up information about NAMI and our many programs. NAMI supplied each participant with a swag bag containing fun and use full items. We would like to extend a special thank you to Sarah Ochoa who is the brains behind this event. Sarah also spent many hours designing the colorful and informative flyer used to promote this event, the application, as well as the instructions page. We would like to thank Jan, Puja, Darlyn and Lisa for manning the submission tables. Thanks to Nicholas Finley for providing help with set up/break down. Thank you also to Tammy Reynolds for the many hours of leg work and miles spent distributing the hundreds of flyers out to all Stanislaus County Public High Schools and countless other community agencies throughout Modesto area. A huge round of applause to Mountain Mike’s on Prescott Road for the discount on the delicious pizza served at this event. Winners will be notified at the luncheon.

***This project is Sponsored by Kaiser Permanente Northern California Community Benefits Program. Shelley Stevens***



***Darlene, Puja, Nancy, and Jan enjoying refreshments***



***Darlyn and participant Monica at the submission table***



***Sarah the brains behind the event idea***



***Participants Dylon and Emma***

### ***I Have a Mental Illness But That Is Not All of Who I Am***

My name is Caitlin and I’m 34 years old. I was first diagnosed with depression and anxiety when I was 19, but I’ve probably been struggling with anxiety for my whole life. I am writing this today after hearing others share their stories of recovery from mental illness and feeling inspired to do the same.

At times, living with depression and anxiety feels overwhelming and life feels hopeless. I have tried 13 different psychiatric medications and currently take four. I’m on my fourth long-term individual therapist. These relationships have been immensely helpful, but having them come and go has been painful. Last fall, things got particularly challenging and I spent three weeks in a day hospitalization program. Having to take time off from my daily responsibilities was something I never had to do before, and I’m still working to accept it.

My negative thoughts are telling me not to submit this because “who cares about my struggles,” “others have it way worse,” but I’m continuing to type this anyway because I want others who are struggling to know you are not alone. I also want to say that yes, I have a mental illness, but that is not all of who I am. I am a daughter, an aunt, a granddaughter, a friend. I am an Occupational Therapist (OT). My role as an OT has been continuously intertwined with my mental illness since I started practicing. How can I help others when I don’t feel well myself? My negative thoughts continuously tell me I am not doing my job “good enough” and that I am letting others down at work.

This year has been one of my most challenging, but I still have hope. I am thankful to have a doctor who is willing to try new things. Currently, I am in my third week of TMS treatment for depression. All of this is still new, but I think things have slightly begun to shift. I notice it’s easier to get up in the morning—some days, the work day seems more manageable, some days that voice that says I’m not good enough is a little quieter. My friends have also said I seem calmer.

My story of recovery is not over, but hopefully with continued treatment things will continue to improve. I am writing this to say mental health is important, mental illnesses are real, and help is available. ***Article from NAMI National/Personal Story***

## ***Thank You For Your Contribution***

### **Membership**

**Gunther Zielke  
Sarah Ochoa  
Carmen Maldonado  
Marie Andrews  
Puja Mehta  
Daril Arnold  
Savannah Ketchum  
Mabel Kraft  
Micaihla Shive  
David Cameron**

***Together We  
Support Our  
Community***

### **Donations**

**Jamie Fabela  
Modesto Ridge Runners  
Carmen Maldonado  
In Memory of Eugene & Kurt Kraft  
First United Methodist Church  
Melinda Lansberry**



## Brightwood College Student Health Fair

This being the first annual health fair being offered by the staff for the student body experienced some set backs in that only six of the twelve vendors showed up. The venue was so well arranged and the staff were wonderful to the presenters that did show up that the lack of participants did not deter the enthusiasm. A lunch table was set up near by while a drink and snack table centered the room. There was a raffle for the presenters, we all won something, as well as a 'goodie bag' to take

home. A dance exercise booth did a presentation, First Aid was there, The House church sent a program for the homeless called Nineveh Outreach, Oral Health table, Haven Women's shelter and NAMI. The school offered five minute massages by their students as well as blood pressure and glucose check ups.

Thank you to all the staff that took such good care of us that afternoon.

**Allison Clark**

## Life Path Lasting Independence

Life Path's, Family Empowerment Speaker, Diane Rose explained the "Signs of Psychosis". Someone showing signs of psychosis has lost contact with reality. Causes may be attributed to a brain condition, substance abuse, mood disorders, sleep deprivation, trauma, schizophrenia or a medical issue. Early intervention and detection are crucial for recovery. It was explained that 'Prodromal Phase' is the period prior to illness when a new onset of positive or negative symptoms occur. Patterns of isolation, poor personal hygiene, anxiety, feeling flat or numb or paranoia may set in. When a person experiences a Psychotic Break, the final symptom is acting on their negative thoughts, fears and voices. Never argue with their delusions, redirect if possible and stay 'low key' to avoid another episode.

Diane Rose works for Life Path, a subsidiary of Sierra Vista. You can call her at (209) 312-9580 to ask about their services.

**Allison Clark**



### DETOX YOUR LIFE in 4 EASY STEPS

**Eliminate Anyone Who ....**

1. **Lies to you**
2. **Disrespects you**
3. **Uses you**
4. **Puts you down**

**Alternative Health Care (on-line)**



**Allison Clark**

## Oakdale Senior Health Information Day

On June 8th, the Bianchi Community Center in Oakdale had about 30 vendors from around Stanislaus county ready to talk with the

seniors about what their organization had to contribute. A shuttle bus was available to bring them to the venue and back to the senior center. Tote bags, available by some vendors, seemed to be a big draw as guests filled up on the trinkets and giveaways being offered. Oakdale's mayor, Pat Paul, showed up for the festivities and to help with the raffle of gifts brought in by the presenters. A sandwich lunch prepared by the Native Daughters was served to all those attending. All the smiling faces showed how much they enjoyed the day. I'm already looking forward to next year!

**Allison Clark**



### FREE NUTS TICKETS

**for July 29th**

**Call Lisa in the NAMI office Monday thru Friday between 8am & 11am to pick up your tickets.**

**(209) 558-4555**

## 2018 NAMI California State Convention Update

I attended my first NAMI state convention this year which was so amazing to see so many people there from the various affiliates. I had the opportunity to talk with some of them and learn the various ways that they run their affiliates.

I met several of the people from NAMI California that I frequently communicate with via phone and email which is always nice to be able to put a face with a name.

They offered some amazing workshops during the convention. Kaiser Permanente Mental Health and Wellness Strategy: Using Patient Reported Outcomes to Promote Shared Decision Making, Privilege the Patient Voice, and Deliver Exceptional Care. I found this very interesting.

**Dar Thomas**

Now you can read Marnye's recap of the workshops that we attended together.

Dar and I attended the NAMI California Conference beginning May 31st, 2018 in the beautiful city Monterey, CA. One of NAMI's Keynote guest speakers, Chamique Holdsclaw, Olympic Gold Medalist shared her courageous story of her personal struggles with mental illness.

Dar and I attend the following workshops:

**Law Enforcement Building Relationships with Communities, Consumers, and Families** – The Los Angeles Police Department, Mental Evaluation Unit/ System wide Mental Assessment Response Team recognized a need for additional support and assistance for the various community stakeholders and implemented the Senior Lead Officer (SLO) unit acting as a liaison between officers, consumers, and countywide resources to managing mental health related issues or concerns.



**Dar Thomas, Teena Miller, Marnye Henry**

**Campus Mental Health and Disability Rights Laws** – Students with mental health conditions are protected from discrimination and have the right to reasonable accommodations, just like students with physical and learning disabilities. This workshop included an overview of disability rights laws and how they apply to students and universities, to inform educators and empower students and families.

**Using Laughter Therapy to Reclaim One's Self** – Teena Miller developed her program titled A.S.T.E.P. A session of A.S.T.E.P uses laughter yoga exercises coupled with laughter wellness deep-breathing to tone the cardiovascular system by exercising the lungs and releasing muscle tension. It also helps consumers to find stressful events less disturbing and easier to manage.

**Hip Hop Healing:** Addressing trauma, therapeutic outcomes, and social emotional development through music and beat making. They demonstrated the therapeutic value with music.

**Marnye Henry**

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

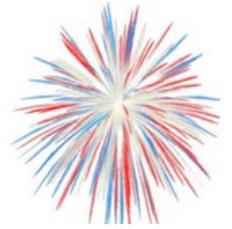
Work Telephone \_\_\_\_\_  \$\_\_\_\_\_ Other

Email \_\_\_\_\_  Newsletter only

In Memory of \_\_\_\_\_



# 2018



Sun	Mon	Tues	Wed	Thurs	Friday	Sat
1	2	3	4 	5	6	7
8	9 Modesto Family & Connection Support Groups 6:30pm	10 Turlock Connection Support Group 6:30pm	11 Board Meeting 6:30pm. 500 N. 9th St. Modesto, Suite A	12	13	14
15	16 Mental Health First Aid Class 4 hrs. Registration 7:30am-8am 8am-noon	17 Mental Health First Aid Class 4 hrs. 8am-Noon	18	19	20	21
22	23 Modesto Family & Connection Support Groups 6:30pm	24 Turlock Connection 6:30pm	25	26	27	28
29	30	31				

### **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

**Turlock CSUS Connection Support Group  
MEETINGS WILL BE SUSPENDED DURING SUMMER BREAK**