August 1st, NAMI Board Meeting, Suite A    6:30pm
Open to the public

September 10th, Turlock Family to Family Class will begin
September 11th, Modesto Family to Family Class will begin

REMINDEERS

LOOKING TO VOLUNTEER?
THERE ARE REAL POSSIBILITIES TO SHARE YOUR EXPERIENCES.
What volunteer opportunities are right for you? Match your skills and interests with great ways to give back. There are a variety of volunteer opportunities in our NAMI organization. Share your skills, interests or story and we’ll help you explore options.
Find ways to be of help in your community, whether you have a few minutes, a few hours or a few days. Call Dar (209) 656-8855 or (209) 558-4555.
Allison Clark

Bylaw Membership Voting
On July 25th we held our membership voting for our updated bylaws. It is required that 50% of the active members need to vote and unfortunately, due to low member participation, this did not happen.
Active members will receive a letter this week with the date, place and time for the next opportunity to vote. At that time the majority present will decide.
Darlene Thomas

Changing of the Guard
We would like to introduce our new PEI coordinator Puja Mehta. Puja is “one of Modesto’s own”. She was born in Modesto, and graduated from Central Catholic High School. After graduating, Puja left for Berkley to continue her education. She then taught 3rd grade for two years, before deciding to return to Berkley to obtain her law degree. Puja worked as a lawyer in San Francisco, and Seattle. After a few years of practicing law, she decided she wanted a change, and, also hearing “the strong call of home”, Puja returned to Modesto. Wanting to stay busy as well as give back, she decided to do some volunteering. What a stroke of luck for NAMI! Of course she was immediately put to work doing a huge variety of tasks.
The NAMI Board knew we were going to need a new coordinator, since our longtime dedicated coordinator was retiring and her very qualified assistant’s passion was in a different area. As Puja became more, and more involved in NAMI we knew Puja was the person best suited for the position; if she would agree to accept the offer. To our good fortune she did. To insure her success Lynn, and Rhonda stepped up to mentor and support her. We are confident that Puja will continue the success of these programs. Welcome aboard Puja.

LOOKING TO VOLUNTEER?
THERE ARE REAL POSSIBILITIES TO SHARE YOUR EXPERIENCES.

 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

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Aaand THE WINNERS ARE

The “End the Stigma Competition”, supported by Kaiser Permanente Northern California Community Benefit Programs has come to an end. There was a fantastic group of young people that received stipends for creating a project to “Stop the Stigma of Mental Illness”. In the written category, Logan Pierce took 1st place, Michelle McKee 2nd, and Monica Alvarez 3rd. In the poster category, Dylon Jackson took 1st place, and Emma McCabe 2nd. While enjoying a Mexican food luncheon, we had the opportunity to talk, and get to know these remarkable young people a little. The common thread with participants, as well as their guest, was that this important subject needs continued discussion with openness, and compassion. There was much excitement as the participants received their awards.

While the response to this competition wasn’t as enthusiastic as we had hoped for, we learned a great deal, and would definitely do some things differently. However, if given the opportunity we would do this event again. By educating, and informing our young people, we are insuring a future of informed and compassionate community members for those suffering with mentally illness, and their families.

Without Kaiser Permanente Northern California Community Benefit Programs this event would not have been possible. Thank you Kaiser Permanente!! Thank you to our committee: Shelley, Tammy, Jan, Puja, and Darlyn and our judges: Jan, Darlyn, Puja, and Amandada for all your time and hard work. A special thank you to Sarah Ochoa for her amazing event idea. By Tammy Reynolds

My inspiration for stopping the stigma was to help people open up. I did this through a poster in which I tried to captivate the audience of the millennial generation. I used the emoji picture, because it appeals to kids. Not only is it for the kids, but the message behind the emoji has a deep meaning. The tape over the mouth shows someone scared to speak up. They are scared to be bullied and judged. No one should have to face that kind of discrimination. Our society needs to stand up to stigma, and help make the world a more stress free environment. The more we talk about mental disorders, the more people will open up about their own situations. Stopping the stigma can be educational for some, and reassuring to others. I believe if everyone takes steps to become stigma free, stigma will eventually not be bothersome to people who have mental illnesses. I also believe my poster can relate to an audience of different age levels. It will help people fully grasp the concept of stigma and stop discrimination. Stigma is 100% curable, and by spreading the word we can help prevent stigma from growing. This will help stop people from fearing being made fun. Thus, will help give them the confidence they need to go out into the world. Dylon Jackson, End the Stigma Competition - June, 2018
**Mental Illness is Not a Crime**

When researching mental illness and incarceration, one very startling statistic pops up: 1 in 5 people currently incarcerated in jails or prisons across the United States are living with a diagnosed mental illness. When one looks at the juvenile justice system, the numbers grow even more staggering, with a whopping 70% of kids going through the system having some form of mental health problem. What does this mean for those with mental illnesses going through the justice system? Rather than getting the proper care they need, they will instead be in a place that will more than likely continue to worsen their condition.

At NAMI, we’ve done a great deal in recent years to bring these issues to light, and to take awareness to high political levels. Just two short years ago, we made a public warning to the US Senate that placing a person with a mental condition into solitary confinement for any reason is a lot like dousing a fire in gasoline; it doesn’t help to solve the problem, only to greatly worsen it. This was done in our effort to spread awareness to the people of California, as well as the rest of the United States, including the policymakers in charge of bringing real change to those within the system suffering from a mental condition.

While things are improving for those with mental illness, that doesn’t mean it’s time to stop the awareness. The mentally ill held in these facilities are still being subjected to poor, unfair, and damaging treatment which serves to worsen, rather than improve, their condition, and we cannot afford to stop working towards better treatment until the veil has been lifted and these happenings are no more.

There are also ways that you can help to improve the lives of these individuals, and to improve how they are treated in an effort to better their condition. By writing to your state senators, congressmen, and other policymakers regarding fair treatment for the mentally ill through the Mentally Ill Offender Treatment and Crime Reduction Acts, you can do your part in ensuring that these individuals can be treated fairly and helped rather than harmed.

Please consider joining NAMI CA and our affiliates all over California. We have free education classes, we advocate for mental health and we have support.

_NAMI California_

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**Upcoming Events for August**

How are you handling these 100 + temperature days? For many of us these hot days are less than comfortable and require lots of preparation to stay hydrated and cool. Remember to keep a bottle of ice water handy, keep your air conditioning at a comfortable setting or maybe you have some fans in selected spots around the house, have a towel soaked in cold water close by and by keeping your doors, windows and curtains closed during the day will help to keep the heat out. Wearing dark clothing outside on hot days will absorb the heat and make you feel hotter. Think white or pastel colored clothing and think cool. Remember the sun screen on those toasty days, they do help.

Many of our events in August are indoors, find one of interest to round out your summer.

- **Wednesday August 1st 6:30 p.m.** – NAMI monthly board meeting, open to the public. 500 North 9th St., Modesto 95350 in the Possibilities Room, Suite A.
- **Tuesday August 7th; National Night Out** – See what your community has planned for the evening.
- **Saturday August 11th 10a.m. – 3:00p.m.** – Family International Festival at King Kennedy Center, 601 S. Martin Luther King Drive, Modesto. Free and open to the public. A Celebration of Culture, Community, Art and Youth. NAMI will be out there.
- **Connections and Family Support Groups** – Mondays August 13th and 27th 6:30p.m. - 8:00p.m. Jana Lynn Plaza 500 North 9th St, Modesto 95350.
- **Saturday August 25th** – NAMI Fundraising Day at the Nuts Baseball Game (call our NAMI office for further information (209) 558-4555.
- **Thursday August 30th 6:00 - 7:30 p.m.** – Empire Elementary School "Back to School Night ". 5201 First St., Empire. Outside event and NAMI will be there.

_Allison Clark_
**Tuesday August 7th and Tuesday August 14th 8:30a.m. - 12:30p.m. Youth Mental Health First Aid**

It has been our pleasure in the NAMI office to let you all know about the "Mental Health First Aid ", two - day training programs available, for free, at the County Center III, Learning Institute, 917 Oakdale Road in Modesto. This has been one of the goals of the board to provide a relevant course in how we can handle our loved ones when in an emergency. July 16th and 17th we notified our membership by E-mail fliers that a two-day course in "Adult Mental Health First Aid" was being offered. Unfortunately, what we didn't know was the class size stops at 30. For many county and various other mental health workers, it is required that they take these classes every 2-3 years.

So... when they are offered, they fill up very quickly. We at NAMI want to participate in this programming and will continue to support and let you know about any upcoming classes. If you were able to get into the Adult First Aid Training in July or you have taken the classes at another time, would you please let us know by dropping us an E-mail message and we will post it in September’s newsletter. Call Maricella at the BHRS Training Dept. for more details (209) 525-6081.  

**WARNING ADDED TO NETFLIX SERIES ’13 REASONS WHY’ THANKS TO YOU**

Thanks to the advocacy of our members and mental health advocates around the country, Netflix will be adding a suicide trigger warning video before each episode of the next season of “13 Reasons Why.” The video will feature resources for youth and parents to address suicide, sexual assault, and other themes in the program. Netflix also added similar resources to the show’s website, including the National Suicide Prevention Lifeline.

NAMI California had joined other mental health leaders in a digital advocacy campaign launched by Our Health California calling for a display of suicide prevention resources on every episode of “13 Reasons Why.” Last November, the campaign delivered 12,000 petition signatures to Netflix CEO Reed Hastings.

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 _______________________________

**Thank You For Your Contribution**

**Membership**
- Pauline Rodriguez
- Jeffery Boney
- Carmen Maldonado
- Anthony Bologna
- Judy Bologna
- Diane Demetruilas
- Shantel Johnson
- Judy Kropp
- Darlene Thomas
- Sean Rodgers
- Kami Essers
- Amar Kumar
- Linda Mayo

**Donations**
- Carmen Maldonado
- Judy Bologna
- Diane Demetrulias
- Jamie Fabiola
- Facebook
# August 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

**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 Connection Support Group**
1123 Cooper Ave.
**2nd & 4th Tuesdays**
6:30-8 p.m.
Call Dar (209) 656-8855

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