



NAMI

National Alliance on Mental Illness

Stanislaus

September 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

September 5th, 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

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NAMI Stanislaus Bylaws Passed By Membership

Suicide Prevention Awareness Month

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

Each year, more than 41,000 individuals die by suicide, leaving behind their friends and family members to navigate the tragedy of loss. In many cases, friends and families affected by a suicide loss (often called "suicide loss survivors") are left in the dark. Too often the feelings of shame and stigma prevent them from talking openly.

September is National Suicide Prevention Awareness Month—a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention. NAMI is here to help.

NAMI National

Know the Warning Signs

- Threats or comments about killing themselves, also known as suicidal ideation, can begin with seemingly harmless thoughts like "I wish I wasn't here" but can become more overt and dangerous
- Increased alcohol and drug use
- Aggressive behavior
- Social withdrawal from friends, family and the community
- Dramatic mood swings
- Talking, writing or thinking about death
- Impulsive or reckless behavior

Is There Imminent Danger?

Any person exhibiting these behaviors should get care immediately:

- Putting their affairs in order and giving away their possessions
- Saying goodbye to friends and family
- Mood shifts from despair to calm
- Planning, possibly by looking around to buy, steal or borrow the tools they need to complete suicide, such as a firearm or prescription medication

NAMI National

Boys and Girls Club International Festival



Meyers Park at the King Kennedy Center 98 degree weather did not deter all the participants for coming out for this fun filled, and fun fueled day. This was an event custom made for children, from the bounce house to the backpacks and school supplies given away for all those 'kiddos' returning to school. Dar, Puja and Allison enjoyed the function, meeting and greeting with the other 12, or so, presenters. Having the children win at our "Spin & Win" game and enjoying the lunch provided by Anne Hecht and the Modesto police department's area officers. As always, the Oriental food was a huge hit; chow mein, fried rice and egg rolls, while the grilled hot dogs and tacos were a picnic staple provided by the officers. Officer McGruff made an appearance encouraging the children to try all the games and stay safe this new school year. Local fire trucks, police cars and emergency equipment were on display while an ice cream truck provided free ices to the long line of attendees. A perfect treat to beat the heat! There were several dance troupes performing, some singers and even a dance contest to top off the day.

Allison Clark

AOT/Laura's Law Meeting

AOT/Laura's Law Information & Education Meeting will be held:

September 19th

500 N. 9th St.

Modesto, 95350

Jana Lynn Room

6:30pm

This meeting will explain the procedure to refer a seriously mentally ill loved ones who will not accept treatment and may qualify for this program. Family members can refer them.



Crisis Resources

- ***If you or someone you know is in an emergency, call 911 immediately.***
- ***If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at 1-800-273 TALK (8255).***
- ***If you're uncomfortable talking on the phone, you can also text NAMI to 741-741 to be connected to a free, trained crisis counselor on the Crisis Text Line.***





FAMILY TO FAMILY EDUCATION CLASS



**The Modesto & Turlock classes are filling up.
Turlock class starts 9-10-18
Modesto 9-11-18.**

**This is an amazing educational class to help
you better understand your loved one that is
living with a mental health condition.**

To register call Dar (209) 656-8855

**If "Plan A" didn't work, the alphabet
has 25 more letters!**

Upcoming Events for September

American Foundation for Suicide Prevention (AFSP)
You can be supportive to this cause by walking a mile at; "Modesto out of the Darkness Walk to Fight Suicide".

Location: Gracada Park, Modesto, CA

Date: September 15, 2018

Time: Check in /Registration 7:00 a.m., walk begins 9:00 a.m., walk ends at noon

For further information contact : Edward Sperry
(209) 204-1893,

edward.sperry@yahoo.com

Board Member Position Openings

If you are interested in holding a position on the NAMI Stanislaus Board of Directors, please submit a current application to our office. To receive an application call Dar @ (209) 656-8855.

"Outstanding Peer Award"

Rudy Caseres received our "Outstanding Peer Award at this years NAMI California Conference.

Since an early age, Rudy dealt with feelings of depression. When he graduated from high school, he thought he would be able to escape all the troubles that made his childhood traumatizing.

However when he joined the Army, his mental health condition worsened due to the constant pressure enforced onto him. Rudy experienced a mental breakdown and was discharged. With no one to talk to, especially his family, due to feelings of shame and guilt, Rudy stayed silent. This led to him sinking into several years of depression. During this time, he was unable to hold down a job or be involved in a serious relationship, and he was constantly breaking commitments with friends and family.

His life changed once he experienced his first manic episode. After coming down from the mania, he chose to get treatment. Rudy was initially diagnosed with schizophrenia because of his catatonic episode in the army. He didn't hear voices or have hallucinations but received treatment for schizophrenia for several years anyway. After his first manic episode his diagnosis was changed to bipolar disorder which he is successfully getting treated for today. Rudy in an interview said, "I'm glad I was finally able to receive a diagnosis that I felt truly fit the symptoms I was experiencing. It took a long time mostly because I was in denial but now I have no problem openly discussing my diagnosis."

Rudy tried many different medications and several therapists to varying success but the thing that helps him cope above all is sharing his story publicly. Rudy commented, "I couldn't do it without acceptance and I'm thankful NAMI has given me a platform to succeed in life."

To Rudy recovery is continuing to share his story even on days where he does not want to get out of bed. He says, "I wish I could go out and share my story every single day because that is what helps me cope and it's what ties my whole recovery together."

After several years of Rudy hiding his mental illness, he started coming out slowly to close friends. Then he shared his story online a couple years ago so that everyone could know. His closest friends kept on loving him liked they always have.

In his communities, Rudy explained that in Mexican-American and Native American families mental illness can often be seen as a personal weakness, especially among men. He has been told to stop whining or just pray or take this root or drink this tea. Today Rudy works on educating people in communities all over California about mental health. When he is not giving a NAMI presentation at school, hospitals, or juvenile halls, he is spreading the work on Facebook and other social media platforms engaging with not only friends and family but with people all over the world.

Rudy says, "I didn't think I would ever be successful in anything and I certainly didn't think I'd find success in anything having to do with mental illness but now I feel as if this is my calling in life and I'm very excited for my future and educating people all over the world!"

NAMI California

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

- Anita Say
- Allison Clark
- Marnye Henry
- Kathy McMorris
- Amanda Garcia
- Carol Benak
- Karen Tabacco
- Lori Armagost

***Together We
Support Our
Community***

Donations

- Alliance of California
- Richard & Melissa Feemster
- Jamie Fabiola
- Facebook Donations



September 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Board Meeting 6:30pm	6	7	8
9	10 Modesto Family Support Group & Connection 6:30pm	11 Turlock Connection 6:30pm	12	13	14	15 Out of the Darkness Walk
16	17	18	19 <i>AOT/ Laura's Law Meeting 6:30pm</i>	20	21	22
23	24 Modesto Family Support Group & Connection 6:30pm	25 Turlock Connection 6:30pm	26	27	28	29 United Do- mestic Work- ers Union Picnic
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 Connection Support Group

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