



National Alliance on Mental Illness

# NAMI Stanislaus



## October 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

**October 3rd, NAMI Board Meeting, Suite A 6:30pm  
Open to the public**

**October 20th, NAMI BBQ/Potluck & Resource Event**

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## Outpatient Treatment Update

At a special NAMI meeting on Wednesday, September 19th in the Jana Lynn



*Linda Mayo presenting to MPD*

Room, several families of individuals with a serious mental illness attended to learn if this new program will help their loved one get help. The new county program allows for family members to refer their loved one into the AOT program. A PowerPoint presentation explained who can refer and what criteria is necessary to qualify for the program. Behavioral Health and Recovery Services will run the program based at the Stanislaus Recovery Services site on Richland Avenue in Ceres. A licensed clinician still needs to be hired to get the program started, however, a family advocate and behavioral health specialist have already been hired to be on the AOT staff team.

BHRS has developed a referral form, which will soon be available on the Stanislaus County website. It will be found in the Quick Links under AOT information. This form will be able to be filled in and submitted online through a secure email link. These forms do not have to be completed fully, but submitted with as much as the family member can provide is encouraged. A referral can also be submitted by calling the Warmline at 558-4666. These options are not in operation yet. NAMI will send out an email when the program is fully ready to begin, which may be later this fall. Soon a larger community meeting will be held to provide this information to other agencies and community members. We hope many of you will be able to attend this gathering to be better informed about how this new program will work.

The advocacy team is making similar presentations at local agencies to help communicate the process of referring individuals to those that meet the criteria for a qualifying referring party, such as MPD, hospital directors, and probation officers.



*Jo Lambert presenting to MPD*

*Rhonda Allen*

# ***My Journey From Isolation to Connection***

*By Fletcher Mann | Aug. 29, 2018*

It was a Tuesday afternoon in April 2007 and I was still in bed in my pajamas, balled up in a tight fetal position with a pain in my heart and a knot in my stomach that would not go away. It had been like this for months.

For 14 years, I had dealt with major depression, bipolar disorder type II and anxiety. But things had become particularly bad these past several years—a public and humiliating job loss, a sudden and traumatic divorce, my father’s death and another job loss.

I went to bed at night praying that I wouldn’t wake up and woke up every morning wishing I hadn’t. I was seeing a therapist several times a week and a psychiatrist every three weeks. We were doing all we could to get me out of the downward spiral I was in, but the pain had become more than I could bear.

That day in April, the doorbell and phone had rung several times, but I didn’t move. I didn’t want to see or talk to anyone. Finally, I got up to retrieve the day’s newspaper from the front stoop. I discovered a half-page listing of support groups. “Support groups for individuals living with mental illness and their families. Call NAMI Greenville, SC,” caught my eye.

My medical providers had not known of any peer support groups. So, what was NAMI, I wondered. I called their office and found that there was a support group meeting in a few days, and that I was welcome to attend. I thought, “Why not go? What have I got to lose?” Actually, I knew *exactly* what I had to lose if this didn’t work.

So, I got up my courage, drove to the meeting location, and walked into my first NAMI Connection meeting. I found nine other people dealing with similar issues, working on coping skills and supporting one another to get through the week. It was safe and everyone knew to let me come out of my shell slowly. So, I attended meetings as often as they offered them. It turned out to be the start of a new life for me.

I willingly accepted their offer to take a NAMI Peer to Peer education course. The peer mentors led a small group through 10 weekly sessions to learn about our conditions, possible treatments and coping skills, trigger management and how to prepare for bad days.

Fellow peers and I built a support network that carried into volunteering for the NAMI Greenville affiliate office, attending NAMI Walks and drinking coffee together at a nearby café. My peers even taught me about patient-assistance programs and a free medical clinic that helped cut back the staggering costs of my mental health care.

One day, as I followed our affiliate executive director down the hall, I insisted for the third time that we needed weekly NAMI Connection meetings. She turned on her heel and, with a smile, said, “Then get the training to be a facilitator!” What had my mouth—famous for costing me jobs—gotten me into this time? It was time for me to start helping others. So, I became a NAMI Connection facilitator.

I was nervous to run my first group, but I found that everyone was rooting for me—partly for the fact that the success of a NAMI Connection meeting was just as important to their health as it was to mine. And “success” is simply knowing that you are not alone and leaving feeling better than when you came in. Once I got the hang of it, I learned a new program: IN OUR OWN VOICE (IOOV).

With IOOV, two people with lived experience tell their journeys from dark days to successes. Teams go to local psychiatric hospitals to offer hope to patients and families. Seeing looks of acknowledgment and sadness, and then hope, followed by handshakes and thanks, is an affirmation of the good we’re doing.

Slowly, step by step, a meaningful, purposeful rhythm developed: receive support, listen, learn, provide support and teach others. Through NAMI’s peer-led programs, I went from praying that I would not wake up in the morning to praying that I would *help* someone the next morning.

***Fletcher Mann is a NAMI In Our Own Voice Presenter, State Trainer, and National Trainer; NAMI Connection Facilitator and State Trainer; and NAMI Peer-to-Peer Mentor. He received National’s 2014 NAMI In Our Own Voice Leadership Award and NAMI South Carolina’s 2010 Recovery Member of the Year. He lives in Greenville, SC, has remarried, seen his two children blossom and welcomed two grandchildren into the world.***

*Article taken for NAMI National website*

## ***Back to School Outdoor Fun Night***

August 30, 2018 was Empire Elementary Middle Schools, Back to School Outdoor Fun Night. It was a good idea for this event to be outside because their careful planning and preparation made for a large variety of organizations, from a broad spectrum of Stanislaus County, to participate in the festivities. There was a DJ from a local radio station playing some rhythmic tunes that kept everyone moving to the beat, a taco truck handing out tacos at a furious rate, a produce truck giving away boxes of food, and the families collecting souvenirs and hand-outs from the welcoming vendors. Many of the booths provided a game so the children could collect their own prizes and sweets. Our NAMI booth came prepared with the "Spin to Win Wheel". At times the lines grew long waiting to get to the game. There was smiles and laughter, everyone enjoying the evening. Water and snacks were offered to the vendors regularly as the temperature began to wane. Puja and I had the opportunity to talk to many interested guests about NAMI, enjoyed the company of other vendors, and after the raffle we packed up as the sun came down.

***Allison Clark***

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 \_\_\_\_\_

**OCTOBER 10th**  
**WORLD MENTAL HEALTH DAY**  
**KNOW YOUR RISK FOR DEPRESSION**  
**FIND A SOURCE FOR A FREE MENTAL HEALTH SCREENING OR**  
**USE NAMI.ORG FOR RESOURCES TO SEEK HELP**



***Thank You For Your Contribution***

**Membership**

Lelia Barzan  
 Rhiana Graham  
 Josephine Lambert

***Together We  
 Support Our  
 Community***

**Donations**

Jamie Fabiola  
 Facebook

# NAMI STANISLAUS BBQ/POTLUCK



**YOU ARE INVITED TO A CHICKEN BBQ/POTLUCK &  
RESOURCE CELEBRATION**

**SATURDAY, OCTOBER 20TH, 2018  
Noon-4PM**

**Play Bingo for tickets for prize drawings  
RSVP by 10/15/18 & receive 1 free ticket for the prize  
drawings  
Call Dar (209) 656-8855**

**Chicken, Beverages & Tableware will be provided.**

**Please bring a side dish or dessert and join us for a  
fun filled afternoon.**



October 5 OAKDALE COMMUNITY BLOCK PARTY, "RESOURCE ROUND-UP", Oakdale Family Resource and Counseling Center, 631 W. "F" Street, Oakdale, CA (209) 847-0420 2:00 - 5:00pm

October 5, SUICIDE PREVENTION SYMPOSIUM, Stanislaus County Office of Education Martin Petersen Event Center, 720 12th Street, Modesto (209) 238-1510 8:30am - 3pm

October 9th, National Day of Prayer for Mental Illness and Recovery, Christ Unity Church, 1320 L St., Modesto

October 13, CULTURAL CONNECTION COMMUNITY FAIR, Valley Mountain Regional Center, Blue Gum Avenue (across from MJC West) (209) 557-2122 10:00am - 3pm

October 19, HEALTHY AGING & FALL PREVENTION SUMMIT, Stanislaus County Area on Aging and Kaiser Permanente, Modesto Centre Plaza, 10th & "K. 8:00am - 1pm

October 20th, NAMI Stanislaus Annual BBQ/Potluck, Davis Park 2701 College Ave. Modesto Noon—4

October 23<sup>rd</sup>, Modesto Junior College Health & Wellness Fair, East Campus, 435 College Avenue, Modesto (209) 575-6786 and West Campus 2201 Blue Gum Ave., Modesto (209) 575-6360 10:00am—2pm

**Prize drawings will be offering  
gift cards, gift baskets, Starbucks  
coffee, etc.**

### **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.



# October 2018

| Sun | Mon   | Tue  | Wed   | Thu | Fri   | Sat                                      |
|-----|---|--|---|-----|---|--|
|     | 1   | 2  | 3<br>Board Meeting<br>6:30pm  | 4   | 5<br>Oakdale Community Block Party.<br><br>Suicide Prevention Symposium | 6  |
| 7   | 8<br>Modesto Family Support Group & Connection<br>6:30pm  | 9<br>Turlock Connection<br>6:30pm<br>National Day of Prayer      | 10  | 11  | 12  | 13<br>Cultural Connection Community Fair |
| 14  | 15  | 16   | 17  | 18  | 19<br>Healthy Aging & Fall Prevention Summit                            | 20<br><b>NAMI BBQ/Potluck</b>            |
| 21  | 22<br>Modesto Family Support Group & Connection<br>6:30pm | 23<br>Turlock Connection<br>6:30pm<br>MJC Health & Wellness Fair | 24  | 25  | 26  | 27                                       |
| 28  | 29  | 30   | 31<br> |     |   |  |

### **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