



nami

National Alliance on Mental Illness

Stanislaus



2018

SPECIAL POINTS OF INTEREST

- Please call Dar at (209) 656-8855 if you are interested in volunteering.
- Nov. 4th, Daylight Saving Time ends. Fall ahead 1 hour.

REMINDERS

**November 7th - NAMI Board Meeting, Suite A 6:30pm
Open to the public**

SAVE THE DATE

December 8th—NAMI Stanislaus Holiday Potluck 6:00pm

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Linda Mayo

NAMI California Advocacy Day

On September 24th, two of our NAMI Stanislaus advocates went to the state capitol to speak to our legislators about needed mental health reforms. Linda Mayo and Rhonda Allen met with representatives from Senator Galgiani and Adam Gray's offices, as well as senators from other districts to share concerns about needed mental health legislation. During their visit, as part of NAMI California's Advocacy Day, they also networked with advocates from other counties. Many shared the same concerns involving access to mental health care and criminal justice issues. One bill that was discussed was AB1971, which would broaden the definition of "gravely disabled" to include an individual's inability to care for their basic health needs. This bill is currently dead, but advocates hope to revive it in the new year as a new bill. Linda and Rhonda are encouraging our NAMI membership to write letters to their legislators, since they often are not personally involved in mental health legislation and need to hear from constituents about issues that affect our community.

The more voices that are heard, the greater the impact we can have to care for those who need it.



Rhonda Allen, NAMI Stanislaus

Linda Mayo & Rhonda Allen



Suicide Prevention Symposium Update

On October 5, 2018, the Stanislaus County Student Mental Wellness Partnership hosted a Suicide Prevention Symposium at the Peterson Event Center in Modesto. Attendees included school personnel, youth support service providers, clinical providers, and others.

Robin Glenn, CEO and Founder of BASE Education, provided the keynote address. Ms. Glenn shared her personal experience of working with at-risk youth as well as information about how adults can help. Zach Appel and Tanner Humann, both survivors, shared their personal stories with attendees.

NAMI Stanislaus participated in a Technical Assistance Provider Panel following the keynote address along with the American Foundation for Suicide Prevention, Central Valley Chapter. As participants on the panel, we shared information about our programs for youth, "Ending the Silence" and "NAMI on Campus High School Clubs."

We are fortunate to have had the opportunity to participate in such an important event.

Puja Mehta



Aspiranet Presentation

On September 29th, at the request of Aspiranet in Modesto, Puja and I were invited to do a presentation during their board meeting.

The entire board was eager to learn about NAMI Stanislaus, our programs, support groups and advocacy for mental health. They were particularly interested in our Family to Family class for their clients and our Provider class for their staff. We have been invited to do a presentation for the parents at one of their upcoming scheduled meetings.

Dar Thomas



Healthy Start Presentation

This month, Lillian Loera, Coordinator of the Ceres Healthy Start Program, invited NAMI Stanislaus to give a presentation to a group of parents as a part of the "First Steps for Learning Program."

The Ceres Healthy Start Program is a family resource center for students and families living in the Ceres Unified School District. The "First Steps for Learning Program" is a school readiness program for families with young children who are not enrolled in any kind of day-care or pre-school program.

Dar Thomas and I gave a presentation about NAMI Stanislaus' presentation programs, classes, and support groups. We also answered questions and distributed resources to the parents.

We were so impressed by the Ceres Healthy Start Program and all that it offers to families in Ceres!

Puja Mehta

Outreach Event Update

In the past, October has always been a busy month for local health fairs, street fairs and community events. This October 2018 has been no exception as NAMI Stanislaus received many invitations to be a presenter and outreach speaker; especially targeting information regarding suicide and family mental health. It seems the victims for mental health assistance are getting younger and harder to reach. When we go out to talk to parents, friends and hurting individuals as outreach teams, we are giving hope, understanding and a listening ear to let them know; "You Are Not Alone".

Saturday, September 29th: The United Domestic Workers annual gathering, picnic and resource information. The venue was in lovely Crane Park in Turlock. About six vendors came out to meet, greet and mingle with the members of the UDWA. Everyone enjoyed the BBQ-lunch, raffle and a massage therapist to relieve stress.

Friday, October 5th: Oakdale Community Block Party and "Resource Round-Up". The 8th annual Fun for the Whole Family event was well planned and well attended by Oakdale local youth and their loved ones. It was a rich opportunity to engage in games, entertainment, food and lots of information.

Saturday, October 13th: Valley Mountain Regional Center (VMRC) 2nd annual Cultural Connection Community Fair. This was a huge function that stretched around the entire VMRC Campus. From the first look at the colorful all nations flags blowing in the wind, to the clown, juggler and dancers to entertain you knew this was going to be something special. Free haircuts were offered, three food trucks gave away tacos, burgers and Indian food, DJ music, bounce houses, at least 50 vendors, and games. Oh! And let us not forget the many costumed crusaders, MacGruff the dog and a large monkey walking around talking to everyone and having pictures taken with wide eyed kiddos. By last count this writer heard there were 700 + attendees.

Thursday, October 18th: Employment Development Department (EDD). Answering a call requesting a NAMI table be set up for a resource fair in the EDD lobby was directed to me. Unfortunately only two other vendors showed. The patrons were sorely disappointed when we had to tell them we were not there to offer them a job.

Allison Clark

NAMI Stanislaus BBQ/Potluck/Resource Event

On Saturday, October 20th the day was absolutely gorgeous for seasoned members and new ones to come together and enjoy chicken BBQ, potluck goodies, Bingo with prizes, Chess and Checkers. Several guests took advantage of the cooler weather by walking around the trails at Davis Park. There was plenty of opportunity to meet new friends and reconnect with old ones. The conversations were lively while the smiles and laughter were overflowing. A resource table was set up with NAMI materials while Allison Clark manned the area to check people in, give everyone a name tag and answer any questions. California Alliance for Retired Americans, an organization for senior voters, was also there to explain the upcoming propositions and the ballot. These events are difficult at best to co-ordinate if it were not for the help from these wonderful people: And we thank you all very much!



Puja Mehta, Maggie Strong, Chris Brady

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Allison Clark



Vishnu Subramaniam, Addie Brinkley, Allison Clark

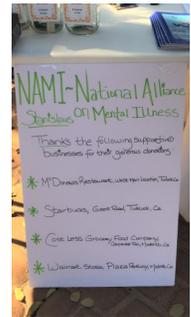


Enjoying BINGO

One of the highlights of the day was playing Bingo again at this year's event. The prize drawings at the end of the day were again exciting and provided by the following supporters in the picture below.

Kami and Cordelia Essers were again in charge of the BINGO games helped with setup and cleanup. Rick Essers was again our official BBQ Chef. Daniel Renteria, a new volunteer gave so generously of his time during the day, handing out tickets to those that RSVP'd, doing whatever needed to be done throughout the day. Mary Rodgers volunteered to help with giving out the name tags. Maggie Strong volunteered to help with setup. Tammy Reynolds & Jana Thomas prepped the chicken. Shelley Stevens helped with bringing beverages and chaffers to keep the chicken warm. Puja, Jana and Dar got the donations for the prize drawings. Puja, Jana, Rick, Kami, Cordelia, Daniel and Dar all helped with setup and cleanup. ***I want to thank everyone that gave so freely of their time to make this event so successful.***

Dar Thomas



MJC Student Health and Wellness Fair

On Tuesday, October 23rd, the Rotunda in the Student Union Building of the East Campus, was a hub of activity. A constant flow of curious students and faculty kept us sharing the highlights of what NAMI offers to persons with mental health conditions and their families and loved ones. Some Psychology majors, in the medical or helping fields, and those just wanting to chat about how they have been feeling, friends or family members of someone confused and hurting all looking for answers, all taking pamphlets and literature with them for further reading. Their stories are all different, their needs the same. The student body of the medical career department offered free flu shots, blood glucose readings, blood pressure and heart rate screenings and so much more. Another well-organized function by students that care.

I had the pleasure of Daniel Renteria, NAMI's new Volunteer to help with this event.

Allison Clark

Vote 4 Mental Health

Life can get busy and Election Day on Nov. 6 is going to be here before you know it. That means now is the time to start developing your voting plan so you don't miss your opportunity to **#Vote4MentalHealth** in this important election.

There is no right or wrong way to cast your ballot; the most important thing is to find the way to vote that makes the most sense for you.

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

Jana Thomas
 Ashley Patterson
 James & Terri Curtis
 Jerold Rosenthal



Donations

Jamie Fabiola
 Facebook
 Richard & Melissa Feemster



November 2018

Sun Mon Tue Wed Thu Fri Sat

				1	2	3
4	5	6 Remember To Vote	7 Board Meeting 6:30pm	8	9	10
11 Veteran's Day	12 Modesto Family Support Group & Connection 6:30pm	13 Turlock Connection 6:30pm	14	15	16	17
18	19	20	21	22 Happy Thanksgiving!	23	24
25	26 Modesto Family Support Group & Connection 6:30pm	27 Turlock Connection 6:30pm	28	29	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