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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

January 2nd, NAMI Board Meeting, Suite A 6:30pm
Open to the public

The deadline for Board of Director applications is March 4, 2019

NAMI Holiday Potluck 2018

Twas the day of our party,
the tree sparkled and shown,
As the decorations were hung,
with great care was the tone.
The room filled with laughter,
greetings and hugs,
Cameras were flashing, we
won’t
forget your “mugs”!
Food filled the tables, all ate
heartily, after which we
shared gifts,
Some fancied with glee.
Eight o’clock came on quickly,
we all hated to leave,
Now dash away, dash away,
dash away all
till we see you next year ....
we’ll give you a call!
Allison Clark

Our Annual Holiday Potluck Committee Puja, Jana, Daniel, Shelley and Dar, wish to thank all of our guests who helped make this another enjoyable and memorable event.

Highlights included playing Holiday Trivia, another delicious potluck dinner, followed by a White Elephant Gift Exchange and a Door Prize Drawing for a donated $25 Gasoline Gift Card from Boyett Petroleum. Thanks also to Fish and Marnye for taking photos that evening.

Dar Thomas
Making Connections in Our Community

Dar Thomas and I have been busy these past few weeks giving presentations about NAMI Stanislaus to various organizations throughout our community. These presentations give an overview of the presentation programs, classes, and support groups that NAMI Stanislaus offers.

We have given presentations to the Integrated Forensic Team, Senior Access, and to Modesto Recovery. On November 26, 2018, we gave a presentation at the Promotores meeting. We also wrote an article about NAMI Stanislaus’s programming for the Cultural Competence, Equity, and Social Justice Committee and presented at their meeting on December 17, 2018.

We look forward to continuing to make these connections in our community in the new year.

Puja Mehta

Ending the Silence Presentations

Ending the Silence is a presentation program for junior high and high school students. The presentation is given by two trained presenters—a lead presenter and a young adult presenter.

The lead presenter shares, among other things, the warning signs of mental health conditions, the warning signs of suicide, and some ideas about what students can do to help themselves or loved ones who may be experiencing these signs and symptoms. The young adult presenter shares their personal story of recovery.

Over the past few months, NAMI Stanislaus has given Ending the Silence presentations at several high schools throughout our county. We’ve received positive feedback from teachers and students and are looking forward to bringing this program to new schools in the New Year.

Puja Mehta

8 THINGS TO QUIT IN 2019

1. Trying to please everyone.
2. Fearing change.
3. Living in the past.
4. Overthinking
5. Being afraid to be different.
6. Sacrificing your happiness for others.
7. Thinking you're not good enough.
8. Thinking you have no purpose.

THE MEANING OF LIFE - Author Unknown

Behavioral Health & Recovery Services

AOT is available in Stanislaus County

AOT is a civil court-order for treatment of individuals with severe and persistent mental illness who meet strict legal criteria. Often, these individuals experience severe mental health symptoms which impact their ability to recognize the need for treatment.

The individual must:
- Be at least 18 years of age
- Reside in Stanislaus County
- Live with a serious and persistent mental illness
- Have multiple attempts to engage in treatment
- Have a condition that is substantially declining

Be unlikely to maintain in the community supervision, based on clinical determination.

WHO CAN REFER:

AOT allows for Qualified Referring Party (QRP) to refer an individual for mental health treatment without the consent of the individual.

QRP could be:
- Roommate
- Family Member
- Agency Directory
- Hospital Director
- Licensed Therapist
- Peace Officer

HOW TO REFER

Contact the Warm Line at: 209-4600 or visit Stanislaus County website at: www.stancounty.com/bhrs/assisted-outpatient-treatment.shtm
The Anguished Prince

A book review written by Jana Thomas, National Alliance on Mental Illness Volunteer & Member

The Anguished Prince a Fairytale in Reverse written by Peter D. Weiler, ISBN: 9781725978157 and published in November 2018. This is a light yet poignant creation that describes the life of the Prince himself, Tim, who appears to have Bipolar Illness and receives no support from his family. He manages to meet a peasant girl and over the years falls in love with her as their friendship deepens. It is through her dedication, devotion, understanding and refusal to quit on him that he receives the treatment he needs in order to manage the symptoms of Bipolar.

What I found warm, welcoming, educational and reassuring was the biography to this short tale on mental health awareness and support. The dedication located in the beginning of this 73-page book also gives insight as to the subject matter found within the pages that followed. I immediately connected with the writer and became eager to turn the pages to begin to delve into a fellow peer, who like me, lives with Bipolar Disorder.

I enjoyed reading this short novel very much and came away at the completion of it feeling hope and a sense of peacefulness.
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 _________________________________

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**NAMI Stanislaus extends our heartfelt condolences to Michael, Susan, and Ethan Golden, as well as family & friends on the passing of Michael “Mikey” Raj Golden.**

Suicide Prevention Lifeline
1-(800)-273-8255
www.suicidepreventionlifeline.org

Stanislaus County Warm line (209)-558-4600
Central Valley Suicide Prevention Hotline
1-(888)-506-5991
www.centralvalleysuicidepreventionhotline.org

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**Thank You For Your Contribution**

**Donations**
Jamie Fabela
Richard & Melissa Feemster
Modesto Women’s 500 Club
Frieda Rector
Heidi Arno
Susan Maryanski
Barbara Van Slambrouck
In memory of Annan Byrne
Susan Maxham
In Memory of Michael Raj Singh
Maureen Nard
Mark & Jeannie Eitelgeorge

**Membership**
Sharon & David Froba
Helene & Rob Caudill
Diane & Glen Higginbotham
Amy Thomas

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Together We Support Our Community
# January 2019 Calendar

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**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

**Modesto Family Support Group**  
Jana Lynn Plaza  
*2nd & 4th Mondays*  
6:30-8:00 p.m.  
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.  
Call Dar (209) 656-8855