March 6th, NAMI Board Meeting, Suite A 6:30pm
Open to the public

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

We are looking for suggestions for Mental Health Month in May. Please call Dar with your ideas. (209) 656-8855

Assisted Outpatient Therapy Update

Assisted Outpatient Treatment program has been successfully implemented since October 29, 2018.

Over 51 referrals have come in, mostly from family members. Law enforcement has referred two as well.

One third of the individuals referred have already accepted treatment services, which is a success in itself that the program is working. We have a very enthusiastic AOT team, who are pleased with how the process is going. Melissa Hale oversees the AOT program for BHRS. Dawn Vercelli is the department manager.

Chelsea is the AOT coordinator who follows up on referrals, and Dave is the behavioral health specialist who does a lot of the outreach for referred individuals. Denise Dillon is the family advocate, who makes contact with the family members to give them support. This hardworking group meets monthly with the NAMI advocates to jointly work through the process of implementation. We are grateful for their dedication to serving the needs of the SMI in our community.

Rhonda Allen.

From the right, Melissa Hale, who oversees the program, Chelsea Rambo, the AOT coordinator, Dawn Vercelli, the BHRS manager for the program, Linda Mayo, Rhonda Allen, NAMI Stanislaus advocates, and lastly the behavioral health specialist, Mel Bledsoe

From the right, Mel Bledsoe, Melissa Hale, Chelsea Rambo, Dawn Vercelli and Denise Dillon our Family advocate. Missing is Jo Lambert
**Mental Health Promoted at Grammy’s**

If you were watching the Grammy Awards on February 11th, you may have heard Grammy winner, Lady Gaga, use her acceptance speech to call attention to the importance of mental health within the celebrity community. She had just accepted an award for her song, "Shallow," from her recently released movie, "A Star is Born". She stated; "I’m so proud to be a part of a movie that addresses mental health issues".

She continued; "Presently, all nations in the world are a developing country when it comes to mental health. Yet, despite the universality of the issue, we struggle to talk about it openly or to offer adequate care or resources. Within families and communities, we often remain silenced by a shame that tells us that those with mental health conditions are somehow less worthy or at fault for their own suffering."

Gaga shared her own struggles being tormented with symptoms of disassociation and PTSD, "without support and being afraid."

"If you see somebody that is hurting, don’t look away. And if you are hurting, even though it might be hard, be brave, go deep inside yourself and go tell somebody."

The fact that Lady Gaga chose to use her 2019 Grammy’s acceptance speech to highlight the importance of mental health awareness is truly inspiring.

**Family to Family Education Classes Update**

The dates for the Modesto and Turlock Family to Family Education classes TBA.

**Upcoming Events**

March 7th - MJC Annual Student Health Fair, East Campus, 10am—Noon
March 20th - First day of Spring
March 27th - Opioid Summit at the Modesto Centre Plaza, 8:30am-4:30pm

Allison Clark

**Daylight Savings Time**

March 10th = Daylight Savings Time (set clocks forward one hour on the 9th before bed)

Allison Clark

**Spring Capitol Advocacy Day**

Spring Capitol Advocacy Day will be held on Wednesday, April 10. It is an opportunity for individuals and family members to share lived experience and advocate for legislative priorities as a way to influence public policy! Stay tuned, more information coming soon!

NAMI California
NAMI On Campus Workshop

On January 22, NAMI California’s Programs Manager Zuleima Flores-Abid and Data Coordinator Jonathan DuFresne had the opportunity to attend and present a NAMI On Campus High School (NCHS) Club workshop at the 2019 California Student Mental Wellness Conference in Sacramento. The conference was hosted by Wellness Together, in partnership with the California Department of Education. There were more than 900 educators and mental health service providers from across California to hear from the leading voices in student mental wellness.

During the workshop conducted by NAMI California, Flores-Abid and DuFresne were able to discuss how the program and club creation supports and empowers high school students and staff around mental health awareness and stigma reduction. They also shared how the clubs are student-led groups on high school campuses, where students can talk openly about mental health and wellness, learn ways to support friends or family members who have a mental illness and educate others on campus about mental health and wellness. By the end of the workshop, teachers and educators were able to walk away with valuable information on NCHS and how the clubs impact high school campuses at large.

“In my perspective, it was a great opportunity to share valuable information to educators,” said Flores-Abid. “It was great to see hundreds of people acknowledge mental health as an important topic and I think we were successful in reaching out and connecting to them.”

To learn more about NAMI On Campus High School Clubs, contact Programs Manager Zuleima Flores-Abid at zuleima@namica.org.

International Women’s Day

Every year since it’s founding in 1971, on March 8th, countries around the world celebrate, INTERNATIONAL WOMEN’S DAY.

A nonprofit organization that encourages women to get inspired, because women have the power to change the world.

Give them an opportunity by creating opportunity, empowering people and transforming lives.

This global day celebrates cultural, political, social and economic achievements of women.

Check your local area for, INTERNATIONAL WOMEN’S DAY, activities and celebrations. Allison Clark

Stanislaus County Caregivers Resource Fair

Come join us at the 3rd Annual Stanislaus County Caregiver Resource Fair.
Stanislaus Veterans Center, 3500 Coffee Road, Suite 15, Modesto, CA 95357.
Saturday, March 30, 2019 from 8:00am to 12:00pm.

NAMI Stanislaus will have a table with the most current information for everyone on mental health. 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**

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**Thank You For Your Contribution**

**Membership**
- Adrienne McCloud
- Jerry & Jo Ann Freeman
- Thomas Donlon
- John & Ann Steffen
- Lelia Barzan
- Cathy Adams
- Jennifer Mangaser
- Betty Muncy

**Donations**
- Kaiser Permanente
- Jamie Fabela
- Cheri Barnes
- Betty Muncy
  In Memory of Michael Golden
March 2019

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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
500 N. 9th St. Modesto
2nd & 4th Mondays
6:30-8:00 p.m.
Call Dar (209) 656-8855
2nd door on your left as you enter the parking lot