April 3rd, NAMI Board Meeting, Suite A, 6:30pm
Open to the public
Family to Family Education classes begin in Modesto May 7th and Turlock May 13th.
Elections for Board of Directors will be held May 22nd, 6:30pm in the Possibilities Room

"SEND SILENCE PACKING"
Active Minds is a national organization out of Washington D.C. that hosts suicide awareness on college campuses nationwide. The exhibition features hundreds of backpacks laid all around the grounds, each one featuring a photo and a story about a student or young person that has committed suicide or attempted suicide. It is a, "Hit you in your face and gut", style of mindfulness. There were a lot of activities going on from organizations that came out to add their resources and information. Students and staff alike visited our area, walked around the exhibit and enjoyed the day. Amy Yribarren, R.N., did a wonderful job organizing the event, getting all the presenters in place and making us all feel very welcome. Jana Thomas and Allison Clark were very happy to have been a part of this unique experience.

3RD ANNUAL STANISLAUS COUNTY CAREGIVER RESOURCE FAIR
This event had it all! The large community room was overflowing with tables and booths from a wide variety of community organizations and resources. Starting with the continental breakfast, health screenings by Golden Valley Health Centers, Sutter Health and Community Hospice, free food to take home, a raffle, various presentations and speakers throughout the morning and even a lively poodle dog that showed what a 'service dog' does to help their companions.
Krystal Irwin did a superior job for her first time organizing the event.
Jana Thomas and Allison Clark met some wonderful supporters; greeting new friends and laughing with familiar ones. Allison Clark
National Crime Victims’ Rights Week April 7-April 13

Modesto, CA -- Residents from Modesto, California and surrounding cities among the central valley gathered on a warm Sunday morning on April 7th, 2019 with local organizations to raise awareness on victims’ rights. Attendees had the opportunity to visit different informational booths and had the chance to listen to Brooks Douglass, American film producer, actor, lawyer, businessman, former state senator in Oklahoma, and a survivor of a gruesome murder.

Douglass’s story was shared during an event on the courthouse lawn on 1100 I Street in Modesto. This event marked the beginning of National Crime Victims’ Rights Week April 7-April 13.

Douglass, 56, shared the personal, graphic story of the brutal killing of his parents that unfolded a day in October 1979, when Douglass was only 16 years old. “How well do you know your rights as a surviving crime victim? I was not aware that within my own community I could receive free mental health services and support as a survivor of a violent crime,” stated Brooks Douglass as he concluded his story.

As part of the efforts to raise awareness and reach those who have been victimized by violent crimes, organizations such as: Valley Mountain Regional Center, Sierra Vista, CASA, Project Yes, Children’s Crisis Center, Victims’ Service Unit, National Alliance on Mental Illness (NAMI), and many others set up informational tables to inform attendees about beneficial services.

Individuals seeking help for their loved ones and themselves expressed interest in NAMI’s support groups and their Family to Family program. The Family to Family program, which focuses on helping family members and friends that have a loved one living with a mental health condition acquire more information on mental health conditions, medication, communication skills, and helping structure healthy coping strategies is usually among the most wanted program within NAMI. As a nonprofit organization that promotes the general welfare of a person with a mental health condition by offering emotional support, understanding, and encouragement, NAMI and other organizations came together in this event to help and inform individuals about the many low to no-cost services that are offered within the community.

The start of National Crime Victims’ Rights Week in Modesto was successful in bringing individuals together towards one common goal, “to learn about victimization, the effect victimization has on individuals, families, friends and the community, and to promote laws, policies, and programs to help victims of crime” (National Crime Victim’s Rights Week – Victim Support Services 2019).

The participation of the National Alliance on Mental Illness (NAMI) was very rewarding both in knowledge and experience because of the given ability to not only provide information, but to listen to individuals and their stories of living with a mental health condition and overcoming barriers.

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Professional’s Presentation

NAMI CA is pleased to announce a new pilot program called Professional’s Presentation. This is a 60 Minute presentation designed to provide a high level introduction to the topics of mental health, mental illness, stigma, and how to reduce stigma and create a more accepting and inclusive environment. This presentation speaks to any professional group who interacts with the public and wants to learn more about mental health. NAMI Stanislaus’s Dar Thomas and Rikki Brooks successfully provided the first presentation in Stanislaus County to an audience of approximately 50 social workers and it was very well received. If you are part of a professional group and are interested in learning more, contact Dar at (209) 656-8855 for more information. Voices are needed and education is key.

Rikki Brooks

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NAMI Family to Family 12-week education classes are beginning

Modesto, May 7th, 6:30pm-9pm Jana Lynn

Turlock, May 13th, 6:30-9pm, Cooper House

Registration required. Call Dar@ (209)656-8855

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MAY IS MENTAL HEALTH AWARENESS MONTH

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Upcoming Outreach Events That NAMI Will Be Participating In

Friday, May 3rd
11:00am - 1:30pm
Stanislaus County Behavioral Health & Recovery Services
"Mental Health Awareness Month Kick-Off Event"
800 Scenic Drive
Modesto, CA

Thursday, May 16th
9:00am - 1:00pm
St. Frances Church
"Raising Awareness of Mental Health in the Month of May"
2827 Topeka Avenue
Riverbank, CA

Thursday, May 16th
5:00pm - 6:00pm
Pearson Elementary School
"1st Annual Community Wellness Fair"
3920 Blue Bird Drive
Modesto, CA

Monday, May 20th
9:00am - 6:00pm
EMC Health Foundation
"STRONG HER EXPO"
Larsa Banquet Hall
2107 E. Monte Vista Ave.
Denair, CA 95316

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)
By Bernadet Kaldani, LMFT and Becky Gould, LCSW

This course meets BHRS’ requirement to complete, at minimum two (2) hours of Cultural Competence trainings per fiscal year.

GOALS AND OBJECTIVES: It is intended that ASIST participants will be better prepared to: Reflect on how their attitudes and beliefs about suicide affect their intervention role; Discuss suicide with a person at risk in a direct manner; Build a collaborative approach to intervention focused on safe outcomes; Review immediate suicide risk and develop appropriate safe plans; Demonstrate skills required to intervene with a person at risk of suicide; Identify resources available to a person at risk of suicide; Make a commitment to improving community resources; Recognize that suicide prevention is broader than suicide first aid and includes life-promotion and self-care for caregivers.

To register e-mail bhrstraining@stanbhrs.org
Cancellation Policy: 24-Hour Notice

Help in a Crisis
National Suicide Prevention Lifeline 1-800-273-8255
Crisis Text Line. Text NAMI to 741-741 to connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.
NAMI HelpLine. Call 1-800-950-NAMI (6264) M–F, 7 a.m.–3 p.m., PT for free mental health information, referrals and support.
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
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Home Telephone ________________________________ __ No membership, Donation
Work Telephone ________________________________ __ $___ Other
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In Memory of ___________________________________
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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
Double doors to your right as you enter the parking lot

**Modesto Family Support Group**

MEMORIAL DAY May 27th

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