SPECIAL POINTS OF INTEREST

- Please call Dar at (209) 656-6855 if you are interested in volunteering.

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

July 10th, Elections for Board of Directors
6:30pm-7:30pm
500 N. 9th St., Modesto 95380—Possibilities Room

THE DANGERS OF FIRE WORKS ON MENTAL HEALTH

For many, fireworks night is a time of full excitement and celebration. But for some, fireworks are terrifying. Not just animals with their sensitive hearing are hurting, but military coming home with PTSD, the autistic and mentally ill can become distressed by the sounds of revelry, crowds and displays. Fireworks ... family, friends and fun, can trigger panic attacks and anxiety. Loud bomb like sounds can mirror the stresses of combat which will remind them of war and death. Hypersensitivity to the sounds of fireworks can happen to anybody. Be supportive if it does occur and share these recommendations from the Mental Health America organization:

- Connect with friends and family
- Relax with music, reading, deep breathing, yoga, massage therapy or take a walk
- Avoid the use of drugs, alcohol or smoking, it may only make matters worse
- Exercise can ease symptoms of anxiety and depression
- Get enough rest. Try to get 7 - 9 hours of sleep per night
- Limit caffeine. In some people caffeine can trigger anxiety

AND ALWAYS ...HAVE A SAFE AND SANE INDEPENDENCE DAY ...

Allison Clark

Brain Imaging Studies Show Links Between Immune System And Emotional Regulation

In recent years, studies have helped us understand much more about the way the immune system and the brain signal to each other and how these patterns can cause physical and behavioral health problems. Two new studies show that individuals with higher levels of inflammation have lower levels of connectivity in areas of the brain involved in emotional regulation and executive function. This suggests that immune stress can predispose a person to emotional difficulties, drug use and other risky behaviors. To learn more about this study, please visit the NIDA website. https://www.drugabuse.gov/news-events/latest-science/brain-our-immune-system-working-together

NAMI National
National Senior Health and Fitness Day
Tower Park Senior Housing
701 17th Street, Modesto

On May 29th a full scheduled day of activities, demonstrations, fitness and vendors handing out information and gifts. The day began with a full breakfast buffet, a salad and sandwich lunch and snacks throughout the day. Jamba Juice sent a representative with sample cups of their smoothies. NAMI was asked to set up on the patio, while being out side in the cool breeze made for a perfect opportunity to speak with the attendees. Later that day I was treated to a tour of the 3 year old facility.

Allison Clark

Family Members And Caregivers

When a friend or family member develops a mental health condition, it’s important to know that you’re not alone. Many Americans have experienced caring for a person with mental illness. 1 in 25 Americans lives with a serious mental health condition. Mental health professionals have effective treatments for most of these conditions, yet in any given year, only 60% of people with a mental illness get mental health care.

As a result, family members and caregivers often play a large role in helping and supporting them. Millions of people have experienced the thoughts and questions you might be having now.

You may be trying to help a family member who doesn’t have access to care or doesn’t want help. Or you may want to learn how to support and encourage someone who has been hospitalized or experienced a similar mental health crisis.

We realize that the challenges of mental illness do not only affect an individual’s family members but also friends, teachers, neighbors, coworkers and others in the community.

Here we use the terms family member and caregiver interchangeably to refer to someone giving emotional, financial or practical support to a person with a mental health condition. Whether you’re providing a lot of assistance or very little, the information here can help you better understand the issues that you might face.

NAMI National

Take Action On Advocacy Issues

If you have a story, you have the power to influence policymakers.

Policy change is one major way we can make a difference in the lives of people living with mental health conditions and their families. NAMI advocates for an array of issues including:

- Protecting people’s access to treatment and services
- Attaining mental health parity

Securing better funding for research

We maintain an active presence in the U.S. Capitol on priority issues with relationships on both sides of the aisle.

NAMI also has a strong presence in all 50 states, advocating for state laws, as well as county and local policies that will ensure that people get the help they need.

https://nami.quorum.us/action_center/

NAMI National
Dear Mental Health First Aider,

We’re excited to announce that the teen Mental Health First Aid (tMHFA) Pilot Program will expand to 20 more high schools around the country this fall.

"With teen Mental Health First Aid, we like to say, it’s okay to not be okay," said Lady Gaga, co-founder of Born This Way Foundation on stage in Las Vegas, speaking to 16 students who had just completed the first pilot in eight schools across the country.

"Together we’ve put this program in eight schools and soon, it will be in 20 more schools," she said. "I know for certain that I’m not stopping here. I want the teen Mental Health First Aid program in every school in this country so we can prevent teen suicide." Watch her speak with teen Mental Health First Aiders.

This innovative new peer-to-peer program empowers young people to support each other in times of need or crisis. Run by the National Council for Behavioral Health and supported by Born This Way Foundation, tMHFA is an in-person training designed to teach high school students in grades 10 to 12 about mental illnesses and how to help their friends who may be facing a mental health problem or crisis, such as suicide.

This program could not have happened without your support and dedication to helping those around you with Mental Health First Aid. We thank you for your commitment to making a difference and know you will help tMHFA expand to every school in the country.

Learn more about teen mental health, the tMHFA course and the expanded pilot program. And thank you for choosing to #BeTheDifference!

Research

NAMI’s primary responsibility in terms of research is to ensure that people affected by mental health conditions, the individual and their families, have access to the most current information regarding mental health conditions and their treatments. This includes sharing new insights from research in brain science, genetics, treatment options including medications and other discoveries.

NAMI is committed to ensuring that the most effective treatments for mental illness are available to those who need them. Many different factors in our biology and our physical and social environments affect how mental illnesses develop, how they respond to various treatments, and how those affected can face challenges or find success in their treatment and recovery. Research is vital to help us understand these factors and their complex interactions. Because of the answers research can provide, it is a powerful source of hope for people experiencing mental health conditions and their families.

NAMI is supportive of research that will lead to novel and effective treatments for people with mental illness. This support includes ongoing advocacy for research that will improve the lives of individuals and their families. It also includes informing people of ongoing research on various therapies, including clinical trials for new medications.

We also honor innovative work in the field of mental health research with the NAMI Scientific Research Award each year. In addition, NAMI collaborates with key research stakeholders and leading experts from academia, industry, government and private institutions to lead a unified call for better, more advanced treatment.

NAMI National
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
Gary Lohman

Donations
Richard and Melissa Feemster
Facebook
Jamie Fabela
Dave Bartlett
In Memory of Betty Sessa
Carmen Navarro
In Memory of Daniel Finkenbine

Together We Support Our Community
### July 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