**SPECIAL POINTS OF INTEREST**
- Please call Dar at (209) 656-8855 if you are interested in volunteering.
- Upcoming Family to Family class. See page 2 for dates

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**August 7th, NAMI Board Meeting, Suite A 6:30pm**
**Open to the public**
NAMI Stanislaus annual BBQ/Potluck October 12th
At Davis Park (details to be announced)

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**NAMI Stanislaus Newly Elected Board Members**

“I am very excited to have been elected and to be joining the board of directors, Stanislaus County. I hope to bring to the table my years of experience of public speaking, my administration skills and my experiences with a loved one living with a mental health condition. What I’ve learned so far is there is so much to be done. I hope to advocate for better care for those living with a mental health condition and better support for families caring for a loved one living with mental health condition. I will work to continue my education on all the challenges we face on getting better care for our loved ones, speaking to a stigma that shouldn’t be, and most importantly being a voice sharing my education and experiences.” **Rikki Books**

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“As a newly elected board member, I hope with being a young minority, I will add a new perspective towards our organizations goals. I also hope to promote diversity and actively engage the public using my personal life experience to build interrelationships between our group and the community.” **Rosenda Leivas**

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**“Welcome Rikki and Rosenda”**

Rikki and Rosenda were both unanimously voted in at our board member elections evening on Wednesday July 10th.

We, at NAMI Stanislaus, want to welcome you both and look forward to working with you in future endeavors in continuing to help our organization grow with new ideas and personal promise. **Allison Clark**
Modesto Connection Support Group

I have been facilitating Connection groups for about 7 years. In that time it has helped me grow in my recovery, and as a person. It helps give me a sense of purpose, and allows me to see that I, too, have something to give back to the community. I have seen people of many different walks of life benefit from coming to Connection groups, whether it is just for a brief period of time, or if they make it an integral part of their mental health recovery in the long term. The group is available to anyone who has a diagnosis, or thinks they might need one. If that applies to you, come down and see if Connection is something that can help you with your recovery, as well.  

Sean Rodgers

NAMI Family to Family Education Class

NAMI Family to Family Class has been so informative and has impacted our family in a very positive way. Prior to this course we were struggling to overcome stigma, communication barriers, proper advocacy and our unhealthy response to mental illness in our family. Since taking the Family to Family Class we are better able to help our mentally ill loved one with respect and dignity. We have also learned and accepted our loved one’s disorders and understand better the challenges they face and have a more reasonable expectation for their future as their diagnosed illness and medical condition allows.

We as a family have also suffered watching our normal healthy appearing loved one spiral at times, not understanding their responses to life’s numerous challenges, some very common and some self imposed chaotic challenges that we just didn’t understand what had happened. The guilt, fear, worry, resentment that we felt was very common but can be lessened with this very educational class.

We highly recommend the Family to Family class if your family is struggling with mental illness onset or just found out about a friend or loved ones struggles as they have become apparent.

Thank you Dar & Amy for teaching this life changing course!

Rowe and Linda Barney

"LIFE AFTER SUICIDE"

By Jennifer Ashton

The author takes you to what shattered her and her children’s lives when her doctor husband, 52, Robert C. Ashton Jr., suddenly takes his life by jumping off the George Washington Bridge. Read and find out how she learned how to stop blaming herself and live again.

FACTS ABOUT SUICIDE

A study by the American Association of Suicidology estimates that every suicide exposes 135 people to loss.

In 2017 there were 47,173 U.S. deaths by suicide and an estimated 1.4 million suicide attempts.

If you or someone you know is considering suicide, contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), text “HOME” to 741741, or go online to:

suicidepreventionlifeline.org

Upcoming Family to Family Class Dates

Modesto class will begin September 3rd and Turlock class will begin September 16th.

Please call Dar at (209) 656-8855 if you would like to register for this 12 week class.

This is an amazing opportunity to better understand and communicate with your loved one that is living with a mental health condition.

Dar Thomas
BEHAVIOR HEALTH ACTION

What is Behavioral Health Action?

Behavioral Health Action (BHA) is a coalition of statewide leadership from California who are working together to tackle the Behavioral Health crisis we face as a state. Rather than continually fighting with each other on key issues, BHA seeks to find solutions that work for everyone. This group also has leadership from areas not traditionally connected to Behavioral Health because we know that the solutions we need won’t come from just having the same conversations with the same folks we always have been.

NAMI California, as a founding leader and co-chair of the coalition, knows the value of teamwork and building an army. We are working to turn difficult relationships into sources of strength and ways to help the individuals living with Behavioral Health Issues and their families across California.

What are the goals of the Behavioral Health Action Coalition?

Our goal is to create a unified movement within California for more coordinated and integrated care services for individuals with behavioral health needs and to reduce stigma and disparities in behavioral health resources and care that exist in our communities.

This coalition will elevate the issue and drive awareness among decision makers, educate about the challenges, and innovate for new solutions.

In the months ahead, Behavioral Health Action will be a catalyst to drives awareness, action and accountability. We will use the November election as an opportunity to engage California leaders and candidates for office at all levels of government and encourage them to prioritize and share their vision on these issues.

Who is on the Behavioral Health Action Coalition?

BHA is made up of leadership from across the state and from across the landscape of service providers and governmental partners. Currently comprised of more than 50 different statewide organizations; this group is a powerhouse with the potential to make tremendous changes in this state.

How can I stay up to date on the Behavioral Health Action Coalition?

Be sure you are signed up for the NAMI California newsletter for continuing updates on the coalition, we have many exciting projects coming, and we want you to be a part of them. You can also go to the Behavioral Health Action Website at www.behavioralhealthaction.org

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

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**Thank You For Your Contribution**

**Membership**
Nicholas Finley  
Sarah Ochoa  
Dave Bartlett  
Diane Demetrulias

**Donations**
Jamie Fabela  
Richard and Melissa Feemster  
Facebook  
Farinelli Family  
In honor of Dar & Jana Thomas  
Sue Sesser Sweet & Family  
In memory of Betty Sesser

Together We Support Our Community
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**Modesto Connection Support Group**
Jana Lynn Plaza
500 N. 9th St. Modesto
*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**
Jana Lynn Plaza
500 N. 9th St. Modesto Suite #A
*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