September 4th, NAMI Board Meeting, Suite A, 6:30pm
Please join us.

October 12th, NAMI Stanislaus BBQ/Potluck/
Outreach Event

September 3rd, Modesto Family to Family Class will begin
September 16th, Turlock Family to Family Class will begin

September is Suicide Prevention Month

World Suicide Prevention Day is held on September 10, 2019. This year’s theme is; "Working Together to Prevent Suicide". Learn to recognize red flags and signs of crisis.

- appearing sad or depressed most of the time
- hopelessness; feeling like there is no way out
- anxiety, agitation, sleeplessness, or mood swings
- feeling as if there is no reason to live
- feeling excessive guilt, shame, or sense of failure
- excessive rage or anger
- engaging in risky activities without thinking
- losing interest in work, school or hobbies
- increasing alcohol or drug use
- neglecting personal welfare; deteriorating physical appearance
- withdrawing from family and friends
- showing violent behavior ie: punching a hole in the wall or starting fights
- giving away prized possessions
- getting affairs in order, tying up loose ends, writing a will

The following signs require immediate attention:
- thinking about hurting or killing yourself and others
- looking for ways to kill yourself
- talking about death, dying or suicide
- self destructive behavior ie: drug/alcohol abuse, weapons, physically abusing oneself

CALL THE NATIONAL SUICIDE PREVENTION LIFELINE
(24 HOURS) 800-273-8255
NAMI Stanislaus Supports Modesto Suicide Walk

Join us on Saturday, September 14, 2019, at Graceda Park, 9:00 am - 1:00 pm.
If you prefer not to walk, come for the information, speakers, and activities for all. Hope to see you there!

AOT Goes to Court!

Your NAMI advocacy team is proud to announce another positive step forward in our AOT program implementation. July 2019 marks the date of our first AOT court petition. Big thanks to our AOT team who petitioned the court on behalf of a client whose psychosis has prevented voluntary treatment in past years. Judge Westbrook conducted the court hearing successfully, obtaining a settlement agreement with the client. Now intensive services will be provided and follow through with compliance will be monitored.

This is an important accomplishment for the AOT program, enabling treatment services for the most severely ill in our community and providing extra support for them to work toward recovery. We are so grateful to our AOT coordinators who have worked hard to reach this result.

Rhonda Allen

Mental Health Days

Students in Oregon will now be able to take, "mental health days", off from school. The students who drafted the bill said they hope it empowers students to be open about their mental health issues with their parents and teachers.
NAMI STANISLAUS
BBQ/POTLUCK AND RESOURCE EVENT

YOU ARE INVITED TO OUR ANNUAL
BBQ/POTLUCK & RESOURCE CELEBRATION
SATURDAY, OCTOBER 12TH, 2019
11:30am—3:30pm
DAVIS PARK—(in the blue section)
2701 College Ave., Modesto 95350

Prize drawings!
Receive 1 ticket to play a game & 2 tickets if you win the game.

Play games for tickets for prize drawings
RSVP by 10/8/19 & receive 1 free ticket for the prize drawings
Call Dar (209) 656-9865 (landline)

Burgers, Chips, Beverages & Tableware will be provided

Please bring a side dish or dessert and join us for a fun filled afternoon.

NAMI & other organizations will have a resource table providing mental health resource information

"BACK TO SCHOOL NIGHT"
On August 22nd, Norman N. Glick Middle School in Empire had lots of participation by students, families, parents and staff made this was a well attended event. Along with up to 10 local organizations, NAMI presented a table full of literature and brochures, in Spanish as well as English, to accommodate a variety of guests. Jazmin Chavez joined me for the evening to speak with our Latino visitors as well as encourage the children to try for a prize on the "Spin to win game"

Jazmin Chavez and Allison Clark

Thank you from Turlock Adult School
Career and Resource Fair

Dear Allison,
Thank you so much for taking time out of your busy day to be part of our Career and Resource Fair to share your expertise with our students and community at large on August 1, 2019. The students gained valuable insight into your organization’s programs/careers/resources. We hope it was a positive experience for you as well. The information you shared was very enlightening. Again, my sincere thanks for supporting our mission. I hope that I can call on you again in the future.

Sincerely,
Aracelie Villapudua
Counselor
Turlock Adult School

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.

NAMI National

Daniel Renteria and 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

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
Sandra Price
Johanna Ziesel
Manjit Nagi
Judy Kropp
Rhonda Allen
Nancy Kidd
Allison Clark

Donations
Synectic Technologies.
Richard and Melissa Feemster
Jamie Fabela
Facebook
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**Modesto Family Support Group**
Jana Lynn Plaza 6:30-8:00 p.m.
500 N. 9th St. Modesto
2nd & 4th Mondays
Call Dar (209) 656-8855

**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