October 2nd, NAMI Board Meeting, Suite A, 6:30pm
Please join us.

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

SPECIAL POINTS OF INTEREST

- Please call Dar at (209) 656-8855 if you are interested in volunteering.

IN THIS ISSUE

- Mental Health Consequences of Bullying 1
- Outreach Events 2
- Living With a Mental Health Condition 2
- Did You Know 2
- Crisis Intervention Team (CIT) Program 3
- Request a CIT Officer 3
- Membership Application 4
- Contributions 4
- Advertisement 4
- Calendar 5

MENTAL HEALTH CONSEQUENCES OF BULLYING

A lot is being said lately about "BULLYING". Childhood bullying can have lasting effects on mental health. Children bullied from 8 years old and upward were more likely to develop a psychiatric disorder that requires treatment as an adult. Physical, as well as emotional health, short and long term effects and well being are being studied.

Bullying alters the brain structure in our youngsters causing lasting problems into adulthood. Research finds that many bulliers were also victims of bullying, sometimes, within their own home environment. Being bullied by other children can be a traumatic experience for many, affecting their social, emotional and psychological development.

A study by Duke University shows the rates for adults with panic disorders and agoraphobia greatly increased when found that bullying played a large part in their mental health. Examination has shown that 31% of children studied showing signs of suicidal ideation, depressive disorders, low self-esteem, anxiety disorders, headaches, schizophrenia, anger issues and substance abuse originate from some form of bullying. A red flag warning should go up when a child is both a bullier and being bullied. This could denote the child may have more serious psychological issues.

FOR MORE INFORMATION ON "BULLYING" PLEASE CONTACT: StopBullying.gov
United Domestic Workers Membership Picnic

The purpose of United Domestic Workers Summer Picnic is to bring together members, their families and clients to enjoy a day out at the park, educate and inform them about the available resources and services by organizations in our Stanislaus county community. This year well over 100 people came out to have a good time on a perfect pre autumn day. It was a family affair for all; a Bounce House for the kiddoes, Bingo and a raffle, seven booths with information and handouts, speakers, and a wonderful Bar-B-Q lunch.

I had an opportunity to enjoy the cool afternoon and share about NAMI to some very nice people.

Allison Clark

Annual Suicide Walk

And what a walk it was! On Saturday, September 14, 2019 in Gracada Park, nearly 700 people; young, old, and in between, came out to support the cause. They came carrying posters and banners, flags and babies.

Many came as teams marching for a loved one lost to suicide. Some came to march alone just to offer solidarity or as partners to administer hope. This year, NAMI had a Volunteer walker from our Board of Directors, Rosenda, a first time attendee at this event was there to represent NAMI Stanislaus. The park resembled a tent city as organizations from every corner of the county attended this very special function. Speakers and a raffle, music and laughter..... and some tears ..... water and snacks kept the attendees involved.

Allison Clark

Living with a Mental Health Condition

If you have a mental health condition, you're not alone — 1 in 5 U.S. adults experiences some form of mental illness in any given year. And across America, 1 in 25 adults is living with a serious mental health condition such as schizophrenia, bipolar disorder or long-term recurring major depression.

As with other serious illnesses, mental illness is not your fault or that of the people around you, but widespread misunderstandings about mental illness remain. Many people don’t seek treatment or remain unaware that their symptoms could be connected to a mental health condition. People may expect a person with serious mental illness to look visibly different from others, and they may tell someone who doesn't "look ill" to "get over it" through willpower. These misperceptions add to the challenges of living with a mental health condition.

NAMI National

Did You Know?

Jack-o’-lanterns were once known as turnips, hollowed out, that is.

Irish legend tells us that turnips, once in great abundance in Ireland, carved scary faces, added a candle, to ward off any evil doers. However, in the 'new world' turnips were scarce but pumpkins were numerous, pilgrims made the edible part of the pumpkin a thanksgiving tradition while the Irish made the outer shell a Halloween staple.
Crisis Intervention Team (CIT) Programs

The lack of mental health crisis services across the U.S. has resulted in law enforcement officers serving as first responders to most crises. A Crisis Intervention Team (CIT) program is an innovative, community-based approach to improve the outcomes of these encounters.

In over 2,700 communities nationwide, CIT programs create connections between law enforcement, mental health providers, hospital emergency services and individuals with mental illness and their families. Through collaborative community partnerships and intensive training, CIT improves communication, identifies mental health resources for those in crisis and ensures officer and community safety.

The Benefits of CIT

Not only can CIT programs bring community leaders together, they can also help keep people with mental illness out of jail and in treatment, on the road to recovery. That’s because diversion programs like CIT reduce arrests of people with mental illness while simultaneously increasing the likelihood that individuals will receive mental health services. CIT programs also:

- Give police officers more tools to do their job safely and effectively. Research shows that CIT is associated with improved officer attitude and knowledge about mental illness. In Memphis, for example, CIT resulted in an 80% reduction of officer injuries during mental health crisis calls.
- Keep law enforcement’s focus on crime. Some communities have found that CIT has reduced the time officers spend respond to a mental health call. This puts officers back into the community more quickly.
- Produce cost savings. It’s difficult to estimate exactly how much diversion programs can save communities. But incarceration is costly compared to community-based treatment. For example in Detroit an inmate with mental illness in jail costs $31,000 a year, while community-based mental health treatment costs only $10,000 a year.

NAMI promotes the expansion of CIT programs nationwide by providing NAMI Affiliates and State Organizations, local law enforcement, mental health providers and other community leaders with information and support about CIT implementation. NAMI also works with local and national leaders to establish standards and promote innovation in CIT.

NAMI National

Request a CIT Officer

The above article describes the benefits of CIT trained officers.

In the instance that you may need to call your local police department for help with a loved one, I would like to encourage you to request a CIT officer.

The majority of the people that I have talked with are not aware of this resource. However, there are those few persons that have and they have all praised the way in which the officers have treated their ill loved one with dignity and respect.

NAMI also has a segment in this training. 

Dar Thomas
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
Linda Mayo

Donations
Richard and Melissa Feemster
Jamie Fabela
Facebook

Together We Support Our Community
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