BEST OF MODESTO AWARD

National Alliance on Mental Illness has been selected for the 2019 Best of Modesto Awards in the category of Non-Profit Organization.

AOT Symposium Highlights

NAMI Stanislaus was represented at the Oct. 10, 2019 Nationwide AOT Conference in Columbus, Ohio by two of its mental health advocates, Jo Lambert and Rhonda Allen. The symposium was organized by the Treatment Advocacy Center. The event brought together leading experts on Assisted Outpatient Treatment, as well as representatives from over 30 states who have current AOT programs in place to share how their programs are working and what some of the best practices for implementing the program should be. Several outstanding judges shared their courtroom experiences on helping SMI clients, as well as inspirational stories by peers who told their journeys of recovery after being referred into an AOT treatment program. One peer is now earning a degree in counseling, and another has become a leading peer support specialist in his county. Wonderful results!

Counties and states across America vary in how their programs are run, since each state has different laws that guide their processes. Funding sources also vary and may determine the capacity for implementation. It is clear, where you live does matter when it comes to receiving mental health treatment services. We are grateful that Stanislaus County has made AOT a priority for our SMI population.

Another note: NAMI has revised its Family to Family class to include AOT.

To learn more about how AOT programs work visit the Treatment Advocacy Center website at: www.treatmentadvocacycenter.org

Check out the SMI Adviser which is an online tool to help navigate questions about SMI. You will receive answers from experts. This is a free service.

Rhonda Allen
NAMI BBQ/Potluck/Resource Event

On Saturday, October 12th, NAMI held their Annual BBQ/Potluck/Resource event at Davis Park in Modesto. This was our largest attendance of over 70 people joining together for an afternoon of food, fun and friendship. We were joined by consumers from Modesto Residential Living Center and Stanislaus Recovery Center this year that enjoyed those wonderful grilled burgers and goodies that everyone brought to share. Allison manned the NAMI table handing out NAMI bracelets to everyone and the latest NAMI schedules. Life Path, United Domestic Workers Union, Parent Partnership also had resource table offering information, candies and trinkets. Thank you for taking the time to represent your organizations at our resource event.

Allison Clark

David Renteria, our own Daniel Renteria's father, was gracious enough to bring along his drums and rhythm instruments which got several of us in the mood to begin a drum circle. Many of our visitors enjoyed their first experience with keeping a beat and setting the pace with their instruction from David. Again this year, we had Bingo for tickets, as well as checkers and chess for tickets and those persons that RSVP'd received a ticket. Tickets were used as chances to win several wonderful donated prizes. It was a full day all made possible by Dar and her family that help out every year giving their time and effort to make this a memorable afternoon for everyone. A big "Thank You" to Nick Finley, Daniel Renteria and Rosenda Leivas for helping with setup and cleanup and all the other people that helped us that day.

Allison Clark

The Chess Champs

I want to thank my daughter Kami, son-in-law Rick and granddaughter Cordelia for their continued help and support each year at our BBQ/Potluck/Resource event. Rick again manned the BBQ, Kami and Cordelia facilitated the bingo games and helped with the setup and serving of the food. Cordelia drew all the winning tickets for playing the games.

Dar

Some of the Bingo Crowd

Having a Rough Day?
Place your hand on your heart. Feel that?
That's called purpose. You're alive for a reason! Don't give up!!

Who Knew?
Studies show that eating ice cream for breakfast may help mental performance.

Thank you!!!

NAMI Stanislaus would like to thank Cost Less on Carpenter Road, Modesto; Starbucks on Geer Road, Turlock; Grocery Outlet, Turlock and McDonalds, Carpenter Road, Modesto for so generously donating to our annual BBQ/Potluck/Resource Event in Modesto this year. All of the items for our prize drawings for playing bingo, chess and checkers were donated by these companies.

Dar Thomas
**Student Wellness Fair**

At Modesto Junior College East Campus it is always a pleasure being invited back to MJC for one of their three annual events. Each year they have the graduating class of their Medical Studies Courses put on presentations of the medical techniques they have studied that year. This gives other MJC students an opportunity to have a free blood pressure screening, glucose screening for diabetes, height/weight, heart check along with other needed questions answered. Several local county organizations are also invited to round out resources that a student may need.

Jana Thomas and Allison Clark had an opportunity to talk to many students about mental illness, suicide and what NAMI had to offer. They are keen to hear that they are “Not Alone”, in times of crisis, depression, and issues with their current diagnosed illnesses.

Surprisingly, many students had not heard of NAMI before but were willing to talk or take our literature. The promoters do a good job of having an organized, well rounded and resource filled event and we are always happy to participate in these MJC events.  

**A Special Thank You**

At this time of Thanksgiving, I would like to reach out to our Board Members, Group Facilitators, Members, Office Assistant, Presenters, Speakers, Teachers, Our Volunteers who wear many hats and Tommy Panyanouvong, Wellness Program Coordinator.

I also want to acknowledge my daughter, Jana Thomas for all of her help, support & encouragement with coordinating the Family to Family Teacher Training, Family to Family classes, Provider class and last but not least the BBQ/Potluck/Resource event. Without her help and support they would not have been so successful.

I want to say how thankful I am for each and every one of you. Without you there would not be a NAMI Stanislaus.  

**Modesto Family Support Group**

The Modesto Family Support Group meets every second and fourth Mondays at Jana Lynn Plaza, 500 N. 9th Street in Modesto. The group meets from 6:30 PM until 8 PM. The purpose of the group is to offer support to those who have friends or family members that are suffering from a mental health condition. The group is conducted by a trained facilitator and uses the NAMI family support group model.

The group is a safe place to come and share your feelings and frustrations with others who have shared experience and situations. The members of the group find relief in the knowledge that they are not alone when dealing with difficult situations, and that through group wisdom and shared living experience, gain hope for a better future for them and their loved ones. The group is confidential and offers support for the many situations we face when helping loved ones with a mental health condition. Remember, you are not alone. Come join us and help yourself and others faced with this difficult journey.

**Chris Brady, Modesto Support Group Facilitator**
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 ___________________________
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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