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Please Join Us and Be a Member of NAMI Stanislaus

NAMI Stanislaus is in need of members. We are a small non-profit that relies heavily on memberships and donations. We would like you to be a member of our small group. We do community outreach to educate the public about mental health conditions and we work tirelessly to end the stigma that surrounds those who suffer from these conditions. Here is what we offer, we have support groups that meet twice a month for family members and a Connection group for those who live with a mental health condition. Twice a year we offer a Family to Family class in Modesto and Turlock. This class will teach family members about various mental health conditions, particularly bipolar and schizophrenia and how they can better support their loved ones. We also offer a Peer to Peer class which offers information about mental health and recovery. Education is key, and we offer all of these classes and meetings FREE of charge.

We offer three types of memberships for you. The first is Individual which costs just $40 for the year that works out to $3.33 a month. Next, we offer a Household membership for $60 for a year (Family membership) that works out to just $5 a month. If you are on a fixed income and would like to be a member, we offer an Individual membership that may be more affordable of $5.00 that works out to .41 cents a month. So please, if you can, join NAMI Stanislaus today and help support a great organization. With your membership you will receive a monthly newsletter, letting you know what we have been up to for the month and if we have anything special planned for the future, NAMI Advocate magazine and access to online member only content.

We look forward to you becoming a part of our NAMI Stanislaus family. If you would like to donate to our organization, no amount is too small, and we appreciate all donations. All donations are tax deductible.

Thank you

The application is on page 4
Please Welcome Patti Romo,  
Our New Preventative Early Intervention Coordinator

My name is Patricia Romo, born in Escalon raised in Modesto. Most of my work has been in medical facilities in Human Resource for over 10 years. I got involved with NAMI after taking their Family to Family class. I wanted to get more involved with NAMI and I saw the need to help and be an advocate for people with mental illness, especially in the Spanish speaking community. I am currently going to school at Modesto Junior College, working towards a degree. I want to be a counselor so that I can better help people that are living with a mental health condition. I am looking forward to my new position as a PEI Coordinator to help others living with mental health conditions.

Mental Health Screening

Mental health screenings are a key part of youth mental health. Approximately 50% of lifetime mental health conditions begin by age 14 and 75% begin by age 24. At the same time, the average delay between when symptoms first appear and intervention is approximately 11 years. Mental health screenings allow for early identification and intervention and help bridge the gap.

We've found that early identification and treatment leads to better outcomes. Early treatment may also lessen long-term disability and prevent years of suffering. Health care screenings are common in this country, and mental health screenings should be no exception.

Where NAMI Stands

NAMI strongly supports early mental health screening. Early mental health screening should take place in a primary care doctor’s office or in school.

Pediatricians and physicians should screen children and youth for mental health conditions as recommended by the American Academy of Pediatrics. Medicaid actually requires screening Medicaid-eligible children for mental health conditions under the Early and Periodic Screening, Diagnosis and Treatment (EPSDT) mandate in federal law. Unfortunately, many states do not follow the law’s requirements.

Mental health screenings in schools allow staff to identify mental health conditions early and connect students with help. School staff should be able to recognize early warning signs. They should also be trained to work with the community mental health system and to discuss mental health concerns with families.

What NAMI Is Doing:

Enforcement

The Medicaid Early and Periodic Screening, Diagnosis and Treatment (EPSDT) law requires states to provide Medicaid-eligible children regular mental health screenings. NAMI works hard to enforce this requirement in every state.

Advocacy

NAMI advocates for the federal Mental Health in Schools Act of 2015 (H.R. 1211/S. 1588). In addition to screening, early identification and intervention services for youth in schools are also important and are included in this legislation.

Support for Professionals

NAMI supports professionals from around the country as they work to promote mental health screenings. NAMI encourages federal, state and local leaders to take steps to implement mental health screenings for children and adolescents. NAMI also encourages primary care professionals to provide early and regular mental health screening for all children, youth and young adults and to link to, and coordinate with, comprehensive mental health assessment and treatment services.

NAMI National
Meet the new Director of the Salvation Army New Homeless Shelter, Major Harold Laubach

This summer the county was pleased to announce the hiring of a new director for its low barrier shelter, Major Harold Laubach. His position started at the end of June. He comes with previous experience, successfully operating four shelters in Santa Cruz County, where they also had an enormous homeless population. Though his career started out differently, being trained as an auto mechanic, truck driver, and even security work, his life was altered when he met his wife, who led him to Christ. They attended seminary college together in Los Angeles and soon began working with the Salvation Army. Her family was already involved with the organization, which influenced their decision. He has now worked with the Salvation Army for 18 years, of which 15 years have been in administrative roles. This is his sixth appointment, having served previously in Utah, Colorado, and Tulare County, CA. He is very impressed with the level of community involvement and support he has experienced in Stanislaus County. He stated that Modesto has outstanding homeless services available compared to some places he has served. Some of his biggest challenges revolve around funding. The organization routinely applies for government and community grants to keep their programs going. With the financial support from the City of Modesto, the county and the Community Foundation, they are able to operate this new facility. The red kettle donations are down this year, but he says these funds are just a drop in the bucket to the overall costs of running a shelter, which may run in the millions.

What keeps him going, is his faith and his amazing staff. There are 65 staff members, which he says is most unusual for a shelter, which are usually staffed by a handful of caring individuals. He is very proud of the opportunities provided by the Salvation Army to assist people who are struggling. Some of the programs they offer in Modesto are the Community Food Bank, the Red Shield Youth Center, social services, disaster relief to respond to emergencies, toy distribution before Christmas, Thanksgiving dinners, as well as operating two shelters. They are very busy. They have planned fundraisers, such as a golf tournament, and donations given at the Thanksgiving dinner event. At the shelter they have two programs to assist individuals to get back on their feet, a six month program and a twelve month opportunity. He has seen many successes throughout his experience. One he mentioned was a captain on his staff, who previously was homeless, had been in jail, but found Christ, went to a S.A. rehab facility and is now an assistant administrator at the shelter. These are the kind of stories that make his work worthwhile. He would like community members to understand more about the homeless population. With 45% experiencing mental illness, and 46% with substance abuse issues, as well as many with both, there is a great need for more treatment services and advocacy from the public for programs to assist them. More lives can be changed with an increase in services.

For those who may want to volunteer with Salvation Army, you can contact the front desk at (209) 522-3209. Their office is located at 625 I Street. Other ways to help, are participating in the serving of evening meals, making food boxes, assembling toy bags before their Dec. 21st toy distribution, helping kids with their homework at the Red Shield Community Center, and donating much need items, such as socks, underwear, pajamas, and towels. You can take items to the Salvation Army store or call 1-800-SATRUCK and they will pick up donations from your house.

We are grateful for the work provided by Major Laubach. His compassionate leadership will certainly help transform lives in our community. His goals for the upcoming year are to get the access center and low barrier shelter running smoothly together, providing complete, coordinated services for their clients.

Rhonda Allen

Happy New Year 2020

I would like to wish everyone a Wonderful New Year. I have had so many opportunities, not only in 2019 but in the many years prior, to talk with and to meet so many of you. We have shared our struggles with each other and our joys. I want to wish you strength, peace and joy to continue in your journeys. 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 the 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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**Thank You For Your Contribution**

**Donations**
Jamie Fabela
Richard and Melissa Feemster
Frieda Rector
Facebook
David Lutz
Attendees of the Fisher-Lutz wedding
Lori Armagost
In Honor of David
Valerie Kohlhofe
Everyone living with a mental illness
Modesto Women’s 500 Club

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**Membership**
Ron Leonardo
Diane Higginbotham
Rosenda Leivas

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Together We Support Our Community
# January 2020

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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  
Double doors to your right as you enter the parking lot

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**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