New NAMI COPE Mental Health Program To Support California Police Officers

We are excited to share news that we’re working with the State of California Commission on Peace Officer Standards and Training (POST) on a training program to provide police officers with mental health support.

NAMI COPE is a resilience-building peer support program designed specifically for law enforcement, modeled on the NAMI Connection support group, a peer-led, 90-minute, weekly confidential support group for those experiencing mental health challenges. We will launch the program this year with the University of California, Davis (UCD) Police Department (PD) and the Bay Area Rapid Transit (BART) PD.

"With rising suicide rates for police officers and nearly 500 Californians killed in officer-involved shootings (OISs) between 2016 and the present, the time is now to provide more support for law enforcement to protect their ranks and the general public," said Jessica Cruz, our NAMI California CEO. "Studies show that stress impairs a person’s ability to regulate emotions and behaviors, and we know that the situational stress that law enforcement agents face regularly can have devastating effects on mental health. We are pleased to be working with law enforcement to create a peer support system to help officers."

We will begin training officers this year, with each receiving an estimated 8 hours of instruction. Plans include:

- Designing a law enforcement-specific support group, NAMI COPE, in a culturally responsive way for police officers, and peer law enforcement facilitators.
- Rolling out one statewide NAMI COPE training for police department representatives to coincide with NAMI California’s annual conference in Sacramento on June 2-3, 2020. Officers and police departments across the state are being invited, through such partners as the California Crisis Intervention Training Association and the California State Sheriffs’ Association.
- Creating a NAMI COPE toolkit and distributing it to trained peers. This blueprint will have vetted resources and guidance to facilitate the launch of new wellness programs.

Our COPE team includes our Cruz and Briana Vargas from our staff, as well as BART'S Deputy Chief Jeffrey Jennings in Professional Standards and Training and UCD’s head of training. There is also a COPE Advisory Committee, which includes NAMI CA Board members as chairs: Armando Sandoval, CIT Coordinator, a Community Outreach Liaison, BART PD; and Chief Joseph Farrow, UCI PD; a CA State Sheriffs’ Association representative will also be recruited.

NAMI National
NAMI On Campus
High School Clubs

Want to make a difference on your campus?
Learn about NAMI On Campus High School Clubs!
NAMI on Campus High School (NCHS) Clubs are student clubs that raise mental health awareness and reduce stigma on campus through fun activities and education.

The purpose of NCHS is to:
- Educate and increase the awareness about mental health and wellness
- Be supportive of students who are living with mental illness
- Provide information on school and community resources
- Work to end the stigma that surrounds mental illness
- Create an inclusive, safe and supportive school

In NCHS, you will:
- Gain leadership experience
- Promote mental health and wellness on campus
- Reduce stigma and discrimination against mental illness
- Plan activities such as movie screenings, mental health fairs, fundraising campaigns
- Participate in NAMI, the largest grassroots nonprofit organization dedicated to advocacy and education surrounding mental health

Fast Facts:
- Mental health is something everyone has. NCHS will help spread awareness of how to take care of yours!
- 1 out of 5 youth ages 13-18 experience a mental health challenge in a given year; NCHS clubs will help reduce stigma on your campus so students feel more comfortable seeking help or being supportive of others
- You can make a positive difference on your campus by joining NCHS and bringing awareness, acceptance and support to your high school!

To request an Interest Application by email: kbarber@stancoe.org

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We Would Love To Hear From YOU!
Do you enjoy reading our monthly newsletter?
Do you wait with anticipation for it to arrive?
Then let us know what your favorite articles are, or not, then give us feedback or send us a story, photo, or article that you would like to see in print. Let us know about a subject you would like us to research. Remember... this newsletter is about YOU, our membership. Send all inquiries to: Dar or Allison at: info@namistanislaus.org
Attn: Dar or Allison Clark

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Family to Family Education
Classes Coming Soon

NAMI Family-to-Family is a free, 12-session education program for family, partners, friends and significant others of adults living with mental health condition. The course is designed to help all family members understand and support their loved one living with a mental health condition, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Thousands of families describe the program as life changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with a mental health condition.

Participants Perspectives
“... This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers... It has helped me to understand better and communicate more effectively with my brother.”
“The course has helped me to realize that my son is still inside the body that is often times hidden by a mental health condition and that I am not alone in this.”
Call Dar (209) 656-8855
**Telling Your Story**

Telling personal stories of recovery can be one of the most effective ways to diminish stigma and help individuals and families who are still facing challenges related to mental illness. It can also be personally empowering and therapeutic for the storyteller. Share your story and a photo with NAMI California, and we may feature it in an upcoming Your Stories blog and newsletter!

*The following are guidance questions you can use to create your story that will be shared!*

1. What was life like before you started experiencing mental health symptoms?
2. What cultural background(s), ethnicity(ies) or race(s) do you identify with?
3. What were the symptoms and how did they affect your life, work, family & relationships?
4. What was your diagnosis and how did you react when you were diagnosed?
5. How did you come to accept your diagnosis and treatment options?
6. What does recovery look like for you today?
7. How did your family, friends and loved ones react to your diagnosis?
8. In general, how does your community view mental illness?
9. What efforts have you made to educate others about mental health?
10. Are you a NAMI member? If so, what affiliate? Where does NAMI fit in your recovery story?

https://namica.org/share-your-story/#more-

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**DST**

First used in Thunder Bay, Canada in 1908, saving energy and daylight in the coldest and darkest part of the year, people there turned their clocks forward by one hour to start the world’s first DST period. Although this practice was known since Roman times, it never caught on entirely.

The idea was to seasonally set ahead one hour of standard time, thus saving energy and shedding more light on the earlier part of the day. Much needed by farmers and children having to walk to school in the harsh winters. By 1916, Canada, by law, brought it into effect automatically.

As DST starts, the sun rises and sets later, on the clock, than the day before.

Today, about 70 (40%) of countries worldwide use it to make better use of daylight and to conserve energy.

In most of the U.S., DST, starts on the 2nd Sunday in March and ends on the 1st Sunday in November. If you tend to forget when you go forward or back, remember this:

**SPRING AHEAD... AND FALL BEHIND**

Allison Clark

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**St. Patrick’s Day: A.D. 493, Ireland**

Much of what is known about St. Patrick today is mostly exaggerated through Irish folklore. Believed to have been born about A.D. 385 in what is now Wales, not Ireland, Patrick, admitted, confessed to being a heathen. When he became 16 years old, Irish marauders raided his village taking away young men and women, including Patrick, to be slaves in Ireland. Six years of slavery and solitude is when he felt an increased awareness of God.

Eventually escaping Ireland and slavery, Patrick spent several years studying in Gaul under St. Germain. His desire, to return to Ireland to convert pagans to Christianity. Going now as a priest, and eventually bishop, Patrick’s personality helped him win many converts. Traveling all over Ireland he founded many schools, monasteries, and churches. However, his efforts were not acceptable by the Druid priests of the time which lead to his many arrests.

After thirty years of missionary work, Patrick retired. It is said he died on March 17th about the year 461 and buried in a grave which may or may not be his own.

The first public display of St. Patrick’s Day in America was in 1737 in Boston. The largest worldwide event has always been the parade in New York City where hundreds of thousands of people come out each year in this enormous, "showing of the green".

Whether St. Patrick really chased all the snakes out of Ireland and held up a clover to his congregation in a sign of religiosity, we may never know. But on March 17th we all become a “Little Irish” and wear a little bit O’ green.

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 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**

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In Memory of ________________

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**Thank You For Your Contribution**

**Membership**

- Patricia Vergara
- Joan Donlon
- Kathy McMorris
- Tammy Reynolds

**Donations**

- Jamie Fabela
- Richard and Melissa Feemster
- Facebook

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**Board Meeting 6:30pm**

**Spring Forward! Spring Forward!**

**Family Group & Connection Group**

**Happy St. Patrick's Day**

**Family Group & Connection Group**

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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