

April 2021

Please visit us on the web! www.namiinlandvalley.org

Para la traducción al español, guarde el PDF en su computadora y luego presione Ctrl y haga clic en <https://translate.google.com>. Haga clic en Documento y siga las indicaciones.

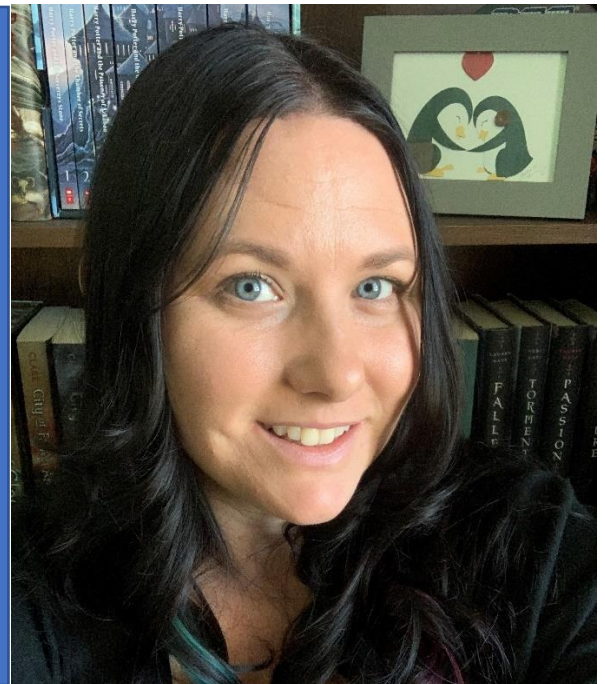
A Note From Our President:

Happy April!

I hope you are all enjoying this lovely "Spring" weather and shaking off the winter cobwebs. Did you know that spending time in nature is a proven way of improving your mood? With the nicer weather, I hope that you will find some time to visit a local park, one of the walking/bike paths around the desert, or maybe do a light hike in one of our local mountains. Responsibly of course. We are gearing up for a full summer and are planning a lot of in person activities. We hope that you will get out and join us for a support group or educational class. We are also getting read for May as that is National Mental Health Month. So keep your eyes peeled for ways that you can celebrate and bring awareness.

Yours in Recovery,

Jessie Bliss, Inland Valley President



Upcoming Education Classes:

Family to Family Class:

NAMI Inland Valley is forming a list of interest for a Family-to-Family Class June 1 – July 20, 2021. The class will be held on Tuesdays from 6:30 – 9 PM at the Ascension Lutheran Church, 22130 Ottawa Rd., Apple Valley, CA. Please call (760) 217 – 4109 if you are interested in attending.

We are looking for people who want to teach our Family-to-Family Classes and/or facilitate Family Support Groups. You must have lived experience with a first-degree family member – have a mother/father, sister/brother or help a family member manage their illness – and be willing to follow NAMI guidelines. Please contact Marie Ballew at (760) 217 – 4109 if interested.

Support Groups

Family Support Group:

IN PERSON MEETINGS ARE RESUMING IN AV. FACEMASKS ARE REQUIRED.

For family members 18+ that have a loved one living with mental illness. Family members can talk frankly about their challenges and help one another through their learned wisdom. These meetings are facilitated by trained NAMI members and they provide emotional support and resources that can help family members with a loved one living with mental illness.

Meetings are held on the 2nd and 4th Thursday of the month from 6 – 7:30 PM

Location: Ascension Lutheran Church is located at 22130 Ottawa Road, Apple Valley, CA.

Spanish Family Support Group: (Grupo Español de Apoyo Familiar): se reanudará el 19 de mayo de 2021 a las 6 PM. Esta reunión del grupo de apoyo familiar es para familiares mayores de 18 años y se lleva a cabo cada tercer miércoles del mes a través de una plataforma Zoom. Si desea asistir, utilice este enlace para registrarse con anticipación:

<https://us02web.zoom.us/meeting/register/tZEuc-ihpzsuE9Jy6fYvsw2jISI05crBaNod>

Después de registrarse, recibirá un correo electrónico de confirmación con información sobre cómo unirse a la reunión.

Connections Recovery Support Group:

For adults (18+) living with a mental health condition.

- This group promotes social connection and support.
- This group promotes compassion, mindfulness, self-care and communication.
- This group is led by a facilitator who themselves live with mental illness.

Meetings are held on the 2nd and 4th Thursday of the month from 6 – 7:30 PM

Location Ascension Lutheran Church is located at 22130 Ottawa Road, Apple Valley, CA.

NAMI Inland Valley Board Meeting: 2nd Monday of the month from 4:30 – 6 PM. Open to the public from 5 – 6 PM. Email info@namiinlandvalley.org for a Zoom link. We are currently recruiting for two board member positions. If interested, please email Barbara Redding at info@namiinlandvalley.org.

Interested in becoming an Inland Valley member? You can join online! Go to NAMI.org and create an account. Can't join online? Go to our website to download a mail-in application.

We are looking for a Programs Director! The director is responsible for helping to plan and schedule educational classes as well as scheduling support group facilitators. For more information, please contact Marie Ballew at (760) 217 – 4109.

NAMI Inland Valley Membership

We have seen time and time again during these challenging months that we are truly stronger together. NAMI Inland Valley remains committed to serving our members. **Your membership** helps sustain our work and drive the change we need to ensure that individuals, families, and communities impacted by mental illness get the care and services they deserve.

Your membership helps us help you. Becoming a member and renewing your membership will allow us to continue supporting individuals, families and communities, educating the public, ending stigma, providing resources, and advocating progress locally. To join or renew your membership, email us at info@namiinlandvalley.org or go online to nami.org and set up an account. A mail-in application is embedded on our website.

Member Survey We are surveying our members and program participants for input on Inland Valley's programs. Please complete this survey so that your voice will be heard and so that we can better serve our community with NAMI programs! To access the survey, **place your mouse over the link and press Ctrl and click at the same time or copy and paste this link into your browser:** <https://www.surveymonkey.com/r/G9RB9CQ>

NAMI National has announced a new program called "Front Line Wellness" for front line professionals.

More information can be found at [NAMI Frontline Wellness](#) NAMI's new initiative, in partnership with #FirstRespondersFirst, supports frontline professionals with resources for their immediate and future mental health needs.

- Health Care Professionals
 - Public Safety Professionals
 - Suicide Prevention
 - Stories from Your Peers Spread Awareness.
-

AMI Launches Special Ask the Expert Webinar Series: Help Not Handcuffs

Part 3: Additional Community Models — Thursday, April 22, 2021

This webinar will provide an overview of two additional models of crisis response that have proven effective across the country.

[Register Here](#)

To view past webinars, visit our [Ask the Expert blog](#).

[Learn More and Register Here](#)

[NAMI California News](#)

Sign up for NAMI Signature State Trainings

NAMICA is recruiting for state online trainings for those interesting in becoming NAMI volunteer leaders -- to teach classes and facilitate support groups.

[Contact Marie Ballew at \(760\) 217-4109 or email: MAMAMARIE1017@GMAIL.COM to find out more about becoming a volunteer leader to teach NAMI Signature Classes or facilitate support groups.](#)

[Support NAMI National's Advocacy Actions](#)

[Sign up for advocacy actions and updates from NAMI National, and sign letters in their action center](#)

[Save the Date for Spring 2021 Events!](#)



We're excited to announce dates for two virtual spring events.

[NAMI California's Annual Youth Symposium](#)

Two-day virtual event: April 13-14, 2021

[Join us.](#)

[NAMI California's Semi-Annual Capitol Advocacy Day](#)

May 4, 2021

[Join us.](#)

[Take NAMI's survey.](#) Are you interested in helping NAMI develop information and support resources for people participating in clinical research on schizophrenia and related psychosis conditions? If you have a diagnosis of schizophrenia, schizoaffective disorder, schizophreniform disorder, or brief psychotic disorder or are a family member or caregiver of someone who does, NAMI would appreciate hearing from you. **[FAQ on the survey.](#)**

Peer Training



NAMI California is recruiting paid trained peers to help the California Mental Health Services Authority (CalMHSA) in their efforts to offer peer support to Californians impacted by the pandemic.

Have you completed the Family and Peer Support Specialist (FPSS) training or are you a NAMI Support Group Facilitator, Family-to-Family or Peer-to-Peer Teacher?

These are paying part-time and full-time positions, and only qualified candidates will be accepted. [Apply now.](#)

MHSOAC's Prevention and Early Intervention Regional Listening Sessions

The Mental Health Services Oversight and Accountability Commission (MHSOAC) is offering virtual listening sessions for community members to share mental-wellness experiences to help guide Prevention and Early Intervention (PEI) forward.

[Link for the virtual events](#)

Register now for Virtual NAMIcon 2021, July 27-28

NAMIcon is only \$10 for students and peers, \$15 for NAMI members and \$25 for non-members.

Programing is built around five tracks – Timely and informative content focused on research, youth and young adults, mental health conditions, community support systems, and addressing mental health disparities.

*Registration fees are non-refundable. See [Frequently Asked Questions for more information.](#)

30-Second Survey: IMD Experiences



Do you or family members have experience with IMDs (Institutions of Mental Disease)?

Our new 30-Second Survey: Has your loved one's care been affected by IMD bed availability? If you could change one thing about the current IMD system, what would it be?

More time? [Answer more questions!](#)

Reduce HIPAA Barriers to Mental Health Care



Let's improve health care access and outcomes by making it easier for people to receive and share important health information.

The U.S. Department of Health and Human Services (HHS) seeks to change the HIPAA Privacy Rule to allow for more flexibility in how "protected health information" can be shared. Share your experience and urge HHS to finalize these changes before the May deadline.

[Sign NAMI's petition.](#)

TOP STORY



A Plea for Compassion as Someone Who Was Arrested During Psychosis

“To bring about meaningful change, the system itself has to be restructured and it starts, quite plainly, with having compassion.”

[READ MORE »](#)

MENTAL ILLNESS AND CRIMINAL JUSTICE



Neuroplasticity: How I Survived Psychosis and Jail

“I actively sought recovery on both cognitive and interpersonal levels. I used the concept of neuroplasticity — that my brain could change and heal — as my guide.”

[READ MORE »](#)



Criminal Justice Reform Means Reforming the Mental Health System

Effectively investing in the mental health system is the most logical way to support the diversion of the millions of people with mental illness who are incarcerated every year.

[READ MORE »](#)



The Voices that Caused Me to Lose Everything

“While in the middle of my assessment, the officer came to me, put my hands behind my back and put handcuffs on me. I was in jail for a month until I got bailed out.”

[READ MORE »](#)



Criminal Justice Involvement of People with Serious Mental Illness

Enhancing criminal justice diversion for people with mental illness means implementing community-wide solutions that address risk factors, such as poverty, and provide mental health support.

[READ MORE »](#)

MENTAL HEALTH + NAMI NEWS



NAMI Releases Mental Illness and the Criminal Justice System Resource

NAMI recently released “Mental Illness and the Criminal Justice System,” a downloadable infographic citing facts about the criminal justice system and its impact on people with mental illness.

[LEARN MORE »](#)



Stay Up to Date on Research News

NAMI monitors current research across the field of mental health. On this page, you can find up-to-date information from government organizations, private institutions and academic and industry researchers.

[LEARN MORE »](#)



Spread the Word About the NAMI Blog

The NAMI Blog is our way of getting tips, research, information and messages of hope to you.

[EXPLORE THE NAMI BLOG»](#)



New mobile app! My Mental Health Crisis Plan

SAMHSA recently released a new mobile app, "[My Mental Health Crisis Plan](#)," which allows individuals who have serious mental illness (SMI) to create a plan to guide their treatment during a mental health crisis. The app was developed through SMI Adviser, a project funded by SAMHSA and administered by the American Psychiatric Association.

To learn more about this app [click here](#)

[The 2019-2020 ACCESS State of the Community Report is now available!](#)

Many state-level and local-level mental health issues overlap. Because of this, ACCESS California has focused the State of the Community Report (linked below) on the mental health issues impacting the target population at both the state- and local-level. In seeking this information, ACCESS has engaged with mental health clients and stakeholders as well as mental health agencies and providers across California. As California is a collective of diverse communities, all with different priorities and needs, it is imperative to assess the status of public mental health services throughout the state from the stakeholders' perspective. You can read all of our findings and recommendations in the link below!

[READ THE FULL REPORT](#)

Amazon Smile

Did you know that you can generate donations while shopping at no extra cost? Simply start your shopping at smile.amazon.com/ch/38-4058820 to confirm "Nami Inland Valley" as your charity of choice, and AmazonSmile will donate a portion of your eligible purchase price to our organization.

The digital version of the [Advocate](#) is now available, viewable through mobile devices or a web browser. View the latest issue:

<http://click.connect.nami.org/?qs=71a26e1851fb9c23ae6bee4e7a57ae570ff1d31cd63e9146fcc7d6c4035e8bdcbbc161ebd58f46acf52880e1362a0c23dcd336d0d1b75c8ab>

Contact us:

Email: info@namiinlandvalley.org

Phone: (760) 217-4109

Board of Directors:

President: Jessie Bliss

Treasurer: Barbara Redding

Vice President: Kevin Mahany

Secretary: Rocio Garcia

Board Members at Large: Marie Ballew, Raquel Jennings, Adriana Najo and Rev. James Harris

A VIRTUAL EVENT COMING SOON!



We are excited to finally offer this event to our community after a year of postponement! We are finalizing the plans for a virtual 3rd Annual High Desert Mental Health Summit. Mark your 2021 calendars – this online event will be held on **Thursday, May 6, 2021 (8:00 am – 4:30 pm)**

Registration is now open.

If you pre-registered in 2020, you will receive an e-mail from our team soon.

If your experience(s) at our prior events were informative and meaningful, please tell your colleagues and friends by sharing this email on your social networks or forwarding to their email address.

We appreciate your support!

WISHING YOU A SAFE AND HEALTHY START TO 2021!

SHARE

NAMI Greater Des Moines developed a variety of courses created specifically for the issues facing our communities. And the way these programs are delivered is transformed by launching new virtual sessions to improve accessibility and maximize community impact. **As always, these courses are absolutely free & everyone is welcome.**

April Programs:

Understanding PTSD | Tues 4/13 | 12-1:00p CDT

Trauma impacts everyone differently, depending on the nature of the trauma, presence or lack of social supports, participation in treatment and coping mechanisms. An accessible guide to understanding what causes Post Traumatic Stress Disorder, it's symptoms, co-occurring disorders and treatment options. Learn practical tips for managing symptoms and helping others with a licensed therapist. Click to Register https://zoom.us/webinar/register/1316068330420/WN_nqwInYKHRAgbsajvtbokw

April Programs Continued:

John Register | Amputate Your Fear | Wed 4/14 | 12-1:00p CDT

Four-time All American, decorated Gulf War veteran, amputee, and Paralympic medalist speaks on "hurdling adversity."

Click to Register https://zoom.us/webinar/register/4016101332451/WN_SSjYuRgQRNe3wdzN4BZHmA

Setting Limits & Boundaries | Thurs 4/15 | 12-1:00p CDT

Maintaining a balance between taking care of loved ones and setting boundaries can be challenging. Learn how to express your own needs without guilt, strike a healthy balance between caregiving and self-care, and tips for negotiating compromises with a licensed therapist.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_WpCLIQfgRyG4Mlx70nFHww

Covid Trauma: How Do We Heal? | Tues 4/20 | 12-1:00p CDT

The COVID-19 pandemic has negatively affected many people's mental health. How do we heal from its impact? This seminar explores what trauma is and how COVID-19 trauma impacted us. Discover practical steps to start the healing process in this one-hour session with a licensed therapist.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_KSJOUXFSR1WQvKrjfu2czg

Understanding ADHD | Thurs 4/22 | 12-1:00p CDT

Attention deficit hyperactivity disorder (ADHD) is not just about hyperactive people and short attention spans. An accessible guide to understanding causation, symptoms and treatment options for ADHD. Learn practical tips for managing symptoms and helping others with a licensed therapist during this one-hour session.

negotiating compromises with a licensed therapist.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_70jkXYTpRveTws3uvl2o1A

Problem Solving | Tues 4/27 | 12-1:00p CDT

Confronting problems can be challenging. Heightened emotionality, irrational thinking, impaired judgment, impulsivity, and distorted perceptions interfere with our ability to solve problems quickly and efficiently. Learn strategies for effective problem solving and conflict management with a licensed therapist.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_8gz6VRkkT9mx3tlBcZN-1Q

Self-Care & the Impact of Mental Illness | Thurs 4/29 | 12-1:00p CDT

The complicated nature of mental illnesses can make living or working with a person experiencing a mental illness especially taxing. Learn strategies to respond to problem behaviors, set boundaries, and manage your own stress in this one-hour session with a licensed therapist.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_B25FVubGQ_2p00Q1IS_TUg

[Click to Browse all Courses](#)

Kaiser Permanente's *Thrive Local* community engagement sessions. There is still time to RSVP!

Kaiser Permanente (KP) would like to cordially invite community- based organizations, community clinics, school districts, hospitals, cities, school districts, and public agencies to learn about Thrive Local, which addresses the social needs of low income and underserved members, non-members, and the broader community by building an integrated bi-directional health and social care network for wide community use.

Social determinants of health are the non-medical social factors that contribute to 80 percent of health outcomes. Factors such as access to transportation to pick up medication or food insecurity could affect a person's ability to manage their chronic conditions. We understand that it is essential to treat the whole person by addressing their social determinants.

As KP prepares for the launch of the Community Network, they will be holding community engagement sessions to:

- Understand the landscape to accepting and sending social care bi-directional referrals among community-based organizations, essential in meeting basic needs.
- Learn about the need(s) most challenging to meet for clients.
- Provide an overview of a technology platform.
- Identify areas of alignment, collaboration, and understand the steps to participate.

Please click on link to register.

- [Wednesday, April 14 \(1-2pm\)](#)
- [Friday, April 16 \(12pm-1pm\)](#)

Thanks to our sponsors:

