



NAMI  
National Alliance on Mental Illness

# Inland Valley

NEWSLETTER

April 2022

Please visit us on the web! [www.namiinlandvalley.org](http://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.

Happy April!

Have you ever had one of those days where from the moment your feet hit the floor, you just know it's going to be one of those days? What do you do on those days to turn them around? I find that I need to dig deep into my coping skills bag: Play my favorite music. Have a cup of tea. Watch the birds play in my yard. Lean on my support team. I hope that on those days, you can lean on us to support you. Our support groups are transitioning back online for a short time, because those gas prices are out of hand. We hope that if getting to group has been cost or time prohibitive, that you will be able to join us; to gain support or give support to someone who may be struggling.

Yours in Recovery,

Jessie Bliss, LMFT, Inland Valley President



**We are currently recruiting for several board positions. Do you have experience in the field of finance, accounting, law, administration, community outreach, fundraising and/or leadership (just to name a few)? Our board needs your expertise to help us build our capacity and move our affiliate to the next level! If you are interested, please contact Barbara Redding @ [brrddng@aol.com](mailto:brrddng@aol.com).**

## **NAMI Inland Valley Board Meeting**

The board meeting is held on the 3<sup>rd</sup> Thursday of the month from 11:30 AM – 1 PM, at 14318 California Ave., Suite 110, Victorville, CA 92392. The meeting is open to the public from 12 – 1 PM.

## NAMICA State Training:

Have you attended a Family-to-Family Class and are you interested in teaching a class? NAMICA is offering Family to Family Teacher Trainings on:

- May 19 – 20

Are you interested in becoming a support group facilitator or class teacher? NAMICA has upcoming facilitator and Peer to Peer Teacher classes. Call Eva Beavers at (760) 217-4109 for registration information.

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## Support Groups

### NOTE:

As rising fuel costs are placing a hardship on many families, the Board of Directors decided to hold both of our Connections Recovery and Family Support Group Meetings via Zoom until June 2022.

Because we are not able to set up a recurring meeting in Zoom for both the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month, **two separate meeting links were created for each support group meeting.** Please register in advance for these meetings.

### Family Support Group:

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 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month from 6 – 7:30 PM

#### 2<sup>nd</sup> Thursday Meeting Link:

<https://us02web.zoom.us/meeting/register/tZUrdu-hqDIjE9I2HsRrGgV0qfnLkod8yQ4g>

#### 4<sup>th</sup> Thursday Meeting Link:

<https://us02web.zoom.us/meeting/register/tZMuduuuqiliHNJMWkp9-YMmu8G776PxdW0Q>

### Connections Recovery Support Group:

For adults (18+) living with a mental health condition. This group promotes:

- Social connection and support.
- Compassion, mindfulness, self-care and communication.
- And is led by a facilitator who themselves live with mental illness.

Meetings are held on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month from 6 – 7:30 PM. **For the month of April only, the 2<sup>nd</sup> meeting of the month will be held on Wednesday.**

#### 2<sup>nd</sup> Wednesday Meeting Link:

<https://us02web.zoom.us/j/83048725384?pwd=YINFQTMvdmpMlo1d21EaFVxcnIrZz09>

4<sup>th</sup> Thursday Meeting Link: Link will be sent out later.

Also, check our website, [www.namiinlandvalley.org](http://www.namiinlandvalley.org) for meeting links. Call (760) 217-4109 for more information.

## Spanish Family Support Group:

Grupo de apoyo familiar en español: la reunión del grupo de apoyo familiar es para miembros de la familia, mayores de 18 años, que tienen un ser querido que padece una afección de salud mental, donde los miembros de la familia pueden hablar con franqueza sobre sus desafíos y ayudarse mutuamente a través de su sabiduría aprendida. La reunión se lleva a cabo cada tercer viernes del mes de 9:30 am a 11:00 am, en ACORESolution, 14318 California Ave., Suite 110, Victorville, CA 92392. Para obtener más información, llame a Adriana Najó al (909) 666 -3612.

## NAMI Inland Valley Membership

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 to 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](mailto:info@namiinlandvalley.org) or go online to [nami.org](http://nami.org) to renew or set up an account to join. A mail-in application is embedded on our website.

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## **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.

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## NAMI Homefront

We are excited about the upcoming launch of **NAMI Homefront Resources for Military Service Members, Veterans and Their Families**, a free online suite of resources designed to increase understanding, communication, wellness and advocacy skills.

With this new resource center, we have expanded the reach of NAMI Homefront to caregivers, family members and military service members and veterans with information about mental health conditions, various treatment options, effective strategies to help manage stress, tips to improve communication skills, approaches to increase overall wellness and more. Look for more information in advance of the launch the week of Veterans Day, including a promotional toolkit with sample email copy, social media posts and an informational one-sheet to share with your networks and in your local communities.

# Support NAMI National's Advocacy Actions

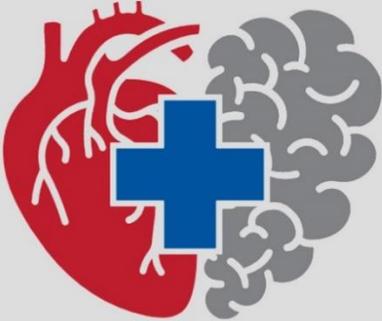
Click below to sign up for:

[Advocacy actions and updates from NAMI National and to sign letters in their action center](#)



If you or someone you know needs help,  
contact NAMI HelpLine at

**1-800-950-NAMI (6264)**  
or  
**info@nami.org**



## New NAMI Helpline Chat Feature

The NAMI HelpLine is available Monday – Friday, 10 a.m. – 10 p.m. ET via the “Chat with us” web widget for those who would rather type than talk.

[Learn More or Find Help](#)

## NAMI Launches Hearts+Minds Initiative

This program educates and empowers individuals to better manage their health – mentally and physically. The new and updated NAMI Hearts+Minds website will soon rollout updated content and materials. [Learn more](#)



nami.org/convention

**TOGETHER**  
for Mental Health

Virtual June 14–16  
**NAMICon 2022**

As one of the largest community gatherings of mental health advocates in the U.S., NAMICon provides an incredible opportunity to bring awareness, resources and solutions to a wider audience of people affected by mental health conditions — both nationally and globally.

Your registration fee includes ALL virtual activities for June 14–16. The programming for Tuesday, June 14, will be dedicated to our NAMI State Organizations and NAMI Affiliates. General attendees are invited to begin their convention experience with our opening plenary on Wednesday, June 15. More detailed schedule information will be posted on [nami.org/convention](https://nami.org/convention) in the upcoming weeks.

[Register Now](#)

# NAMI California News

## BHA Blueprint for Behavioral Health Release

We've been proud to work with the Behavior Health Action coalition — more than 50 statewide organizations united to raise awareness about behavioral health issues in California that was co-founded by NAMI California — [Find out more and watch the video replay of the press event for its recent release.](#)

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## Advocacy

### 2022 State Legislation

NAMI California conducted a thorough review of proposed legislation pertaining to mental health. Visit our [website](#) to see NAMI California Policy Priorities and read a brief description of proposed legislation, including our position. We appreciate the opportunity to share this information to help inform legislative review and action.

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### **Mental Health Crisis Prevention Tax Contribution Fund Line 445 on the California Form 540**

With the 2022 income tax filing deadline quickly approaching, help NAMI California encourage tax filers to help provide California Law Enforcement with the proper support to safely engage with a person experiencing a mental health crisis through the **Mental Health Crisis Prevention Tax Contribution Fund** — Line 445 on the California Form 540. Contributions help support and expand successful implementation of mental health crisis intervention best practices and strategies statewide.

To amplify NAMI's efforts, consider sharing the **NAMI California Affiliate Toolkit**, with your friends, family, personal, and professional networks. The Affiliate Toolkit offers a curated collection of social media posts and collateral. So, whether you post on Twitter, Facebook or Instagram, you can help support mental health and strengthen public safety. Mental health is more important now than ever before, so please help us get tax filers to give a little of what they are getting back to support health and safety for all Californians!

[Learn More](#)

# 2022 NAMICA Annual Conference Super Early Bird Registration August 25 – 26, 2022 Newport Beach Marriott Hotel & Spa

[Super Early Bird Registration deadline is April 30 for online registration](#)

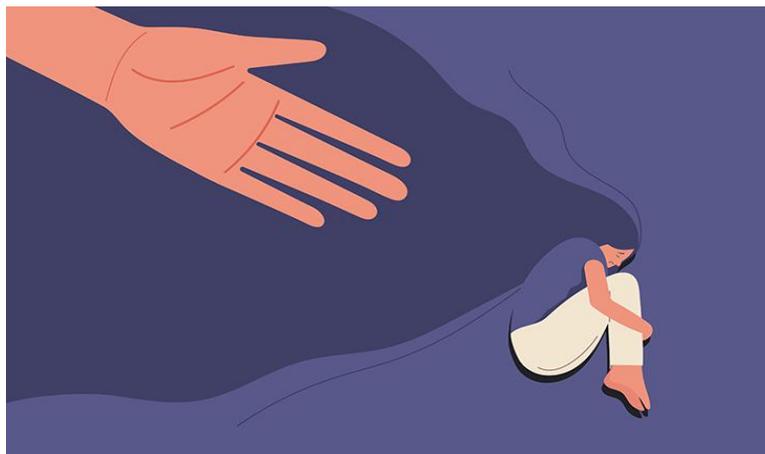
[CLICK HERE](#)

For information on booking a reservation at  
Newport Beach Marriott Hotel & Spa

[CLICK HERE](#)



## Reimagining Mental Health Care



### How Advocates Can Push for A Crises Standard of Care

"People who experience a mental health crisis deserve a mental health response, not a criminal justice response."

[Read More](#)



Addressing the Lack of Diversity in the  
Mental Health Field

[Read More](#)



Every First Responder Deserves Solace

[Read More](#)



Reimagining Mental Health in Schools

[Read More](#)



## New mobile app! My Mental Health Crisis Plan

SAMHSA recently released a new mobile app, "[My Mental Health Crisis Plan](#)," To learn more about this app [click here](#)

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## 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. You can read all of our findings and recommendations in the link below!

[READ THE FULL REPORT](#)

## Thanks to our sponsors:



## Make your voice heard by completing this survey!

This survey contains four sections, all of which relate to criminal justice and mental health services.

The following stakeholders are encouraged to complete the survey:

- Individuals with Lived Experience of Mental Health/ Behavioral Health and Criminal Justice Involvement
- Family Members of Adults/TAY/Youth with Lived Experience of Mental Health/Behavioral Health and Criminal Justice Involvement
- Local Mental Health System Leadership and Community Based Service Providers
- State Mental Health Agency Leadership

ACCESS California is raffling **\$20 Amazon gift cards** to ten lucky individuals who complete this survey!

[TAKE THE SURVEY!](#)

**Advocate Magazine:** 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=71a26e1851fb9c23ae6bee4e7a57ae570ff1d31cd63e9146fcc7d6c4035e8bdcbc161ebd58f46acf52880e1362a0c23dcd336d0d1b75c8ab>

## **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](https://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.

You can now use the Amazon Shopping app on your mobile phone to sign up for AmazonSmile and select "Nami Inland Valley" as your favorite charity. Do you want to help make a difference while you shop in the Amazon app, at no extra cost to you? Simply follow the instructions below to select "Nami Inland Valley" as your charity and activate AmazonSmile in the app. They'll donate a portion of your eligible mobile app purchases to us.

How it works:

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programs & Features
3. Select "Nami Inland Valley" as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app

**Mental Health Diaries**, an up and coming weekly mental health blog and podcast by the *Mental Health Influencer Foundation*. For a list of topics and dates go to <https://beacons.page/mentalhealthdiaries> . (Mental Health topics are discussed in Spanish.)

Blog: [www.mentalhealthdiaries.net](http://www.mentalhealthdiaries.net)  
Instagram, Facebook, and Twitter:  
@mentalhealthdiaries2

Podcast: The Mental Health Diaries  
Patreon: Mental Health Diaries

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**American Addiction Centers** offer free resources to help individuals who struggle with their mental health and substance use:

1. **Free Virtual Support Meetings** allow individuals to join free online 12-step AA/NA meetings that are hosted weekly by a person in recovery.
2. An infographic on **The Heightened Risk of Substance Use Associated With Mental Illness**.
3. **Drug and Alcohol Abuse Hotlines**
4. **State-Funded Rehab Guide** helps people find free state-funded rehab centers and treatment options.
5. **Drug Effects Calculator** gives an estimated time of how long it might take to sober up.

The admissions team is available 24/7 call (866) 950-0630.

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**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.**

### **Communication Do's & Don'ts | Thurs 4/7 | 12-1:00p CST**

Understanding how mental health impacts thinking and behavior helps to reduce frustration, and improves outcomes for everyone. Learn simple tools to manage conflict and express feelings so that you are heard, with a licensed therapist.

Register

Here [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_EYDpciOGT5mRdqShKx4caw](https://us06web.zoom.us/webinar/register/1316068330420/WN_EYDpciOGT5mRdqShKx4caw)

### **Understanding Mental Health | Tues 4/12 | 12-1:00p CST**

What is the difference between 'mental health' and 'mental illness'? This one-hour seminar provides an accessible guide to understanding what mental health is, the categories of mental illness, and how they're treated. Separate myths & facts and learn strategies to combat stigma and help others with a licensed therapist.

Register

Here [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_bQijXa3RTj6YFJwgThpWTw](https://us06web.zoom.us/webinar/register/1316068330420/WN_bQijXa3RTj6YFJwgThpWTw)

### **I Don't Need Help: Supporting People Who Can't See their Mental Illness | Wed 4/13 | 12-1:00p CST**

Why do people sometimes reject help? Discuss the reasons why people refuse mental health care and how to respond & cope in this one-hour seminar with a licensed therapist.

Register

Here [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_OxJmwISbTcKF0TPpPsWP3w](https://us06web.zoom.us/webinar/register/1316068330420/WN_OxJmwISbTcKF0TPpPsWP3w)

**Understanding Dissociation & Dissociative Disorders | Tues 4/26 | 12-1:00p CDT** Dissociation changes your sense of time and identity, and makes people feel disconnected from their thoughts, feelings, and memories. It's a normal phenomenon that most people experience at some point, though some will develop a dissociative disorder that requires treatment. Explore the types of dissociative disorders, their symptoms, prevalence & causation, and how they're treated with a licensed therapist. Register Here

[https://us06web.zoom.us/webinar/register/1316068330420/WN\\_bs9MJkSATjqao03cUNHUUQ](https://us06web.zoom.us/webinar/register/1316068330420/WN_bs9MJkSATjqao03cUNHUUQ)

**Understanding Hoarding | Wed 4/27 | 12-1:00p CDT**

Hoarding is a compulsive behavior that involves much more than keeping extra papers around. This seminar explores the reasons people hoard, common symptoms of hoarding, and the impact hoarding has on both the individual and the family. Explore treatment options and tips for communicating with someone who hoards with a licensed therapist. Register Here

[https://us06web.zoom.us/webinar/register/1316068330420/WN\\_ansQNciRRG-T936FYZ3K8g](https://us06web.zoom.us/webinar/register/1316068330420/WN_ansQNciRRG-T936FYZ3K8g)

**Understanding Obsessive Compulsive Disorder | Thurs 4/28 | 12-1:00p CDT**

OCD manifests differently in different people – the disorder involves much more than anxiety about germs or compulsions to clean. An accessible guide to understanding this often-misunderstood diagnosis, including symptoms of OCD, co-occurring disorders, and treatment options. Learn practical tips for managing symptoms and helping others with a licensed therapist. Register Here

[https://us06web.zoom.us/webinar/register/1316068330420/WN\\_UM\\_wGxpDQ12Rwk3tBz\\_p4w](https://us06web.zoom.us/webinar/register/1316068330420/WN_UM_wGxpDQ12Rwk3tBz_p4w)

[Click to browse all upcoming webinars](#)

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**Contact us:**

Email: [info@namiinlandvalley.org](mailto:info@namiinlandvalley.org)

Visit our website: [www.namiinlandvalley.org](http://www.namiinlandvalley.org)

Phone: (760) 217-4109

**Board of Directors:**

**President:** Jessie Bliss

**Treasurer:** Barbara Redding

**Vice President:** Vacant

**Secretary:** Rocio Garcia

**Board Members at Large:** Raquel Jennings, Rev. James Harris and Eva Beavers

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**Coming Soon! 9-8-8 Hotline.** Soon Californians will be able to dial a new three-digit number when seeking help for a mental health crisis.

# Impacts of Adverse Childhood Experiences (ACEs) inspires launch of Number Story national public awareness campaign

The impacts of Adverse Childhood Experiences (ACEs) - potentially stressful events or circumstances that occur during childhood and adolescence - can last throughout adulthood, and can even affect generations. They are among the most important health crises today, yet many who are impacted remain unaware. An expansive national public awareness campaign launching this week aims to change that.

The campaign's theme is "The Story of Your Number," a reference to understanding the story behind one's ACE score, and how this empowers individuals to take action. Visitors to [NumberStory.org](https://NumberStory.org) can explore the impacts of childhood adversity, and discover accessible tools for healing and prevention. [NumberStory.org](https://NumberStory.org) can also be used as a tool to educate staff, clients, patients, and partners through its videos. For more information, contact Sarah Marikos, ACE Resource Network Executive Director, at [sarah@acerourcenetwork.org](mailto:sarah@acerourcenetwork.org).



**Notice:** The information presented in this newsletter is believed to be from reliable sources. However, no responsibility is assumed by NAMI Inland Valley, or the writers, for inaccuracies in the resources that are published.

## Hosted by NAMI: Crisis Conversations: A Problem-Solving Convening

Friday, April 29, Noon – 4:15 p.m. ET

Register for this free live, virtual event aimed at elevating the voices of individuals and families with lived experience to identify the critical gaps and barriers in the current system of care.

[Register Today](#)