



National Alliance on Mental Illness

# NAMI Inland Valley

NEWSLETTER

December 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 December!

As we come to the end of another year, it's a good time to reflect back on the year we've had, and gather some ideas about what we want to focus on next year. The NAMI Inland Valley board is doing just that this month-setting goals for the year to come. One of our goals is to get a chance to get to interact with more of you all. Whether that is through support group or a class, volunteer activities or community events, or training to become a facilitator or teacher, I hope that we will get to see you next year. Also as the year winds down, if you are finding that you need to add some extra cushion to your tax deductions, don't forget that donating to NAMI Inland Valley is 100% tax deductible and all donations stay in our community to serve our community. You can make your donation [here](#).

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 accounting, community outreach, fundraising and/or leadership (just to name a few)? Our board needs your expertise to help us build capacity and move our affiliate to the next level! If you are interested, please contact Barbara Redding @ [brrddng@aol.com](mailto:brrddng@aol.com).**

**Also, if you are interested in volunteering, please contact Eva Beavers at (760) 217- 4109 for more information.**

## **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.

# Mental Health Educational Programs

## Connections Facilitator Training

Class begins December 10 - 11, 2022

For more details, contact: Heather Hayford | Office: 559-224-2469 | [info@namifresno.org](mailto:info@namifresno.org)

## Peer-to-Peer Mentor Class

NAMI Inland Valley will offer a free 8 session Peer-to-Peer Mentor Class beginning, January 9 – February 27, 2023. The class is a recovery-focused course for adults with mental health conditions. The Class will be held on Mondays from 6 – 8 PM at the Ascension Lutheran Church, 22130 Ottawa Rd., Apple Valley, CA 92308.

## Peer-to-Peer Teacher Training

December 13-14, 2022; January 21 – 22, 2023

For more details, contact: Heather Hayford | Office: 559-224-2469 | [info@namifresno.org](mailto:info@namifresno.org)

## Family to Family Class

NAMI Inland Valley will offer a free 8 session Family to Family Class beginning, February 1 – March 22, 2023. The class will be held on Wednesdays from 6 – 8:30 PM at *A CORE SOLUTION*, 14318 California Ave., Suite 110, Victorville, CA 92392. NAMI Family-to-Family is an education program for family members, partners, friends and significant others who have a loved one living with mental illness. The course is designed to help participants understand and support their loved ones, while maintaining their own well-being.

To register for classes, please contact Eva Beavers at (760) 217-4109 or email [info@namiinlandvalley.org](mailto:info@namiinlandvalley.org).

## Peer-to-Peer Teacher Training

December 19 – 20, 2022; January 7 – 8, 2023

For more details, contact: Heather Hayford | Office: 559-224-2469 | [info@namifresno.org](mailto:info@namifresno.org)

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## Support Groups

### 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> Thursday of the month from 6 – 7:30 PM via Zoom. You will need to register in advance only once. Here's the new meeting link:

<https://us02web.zoom.us/meeting/register/tZAVc-GoqzkoHtUlo13DO-luWF1LYFP3B0q4>

After registering, you will receive a confirmation email containing information about joining the meeting. (Meeting ID: 842 4805 2241)

## [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.

Connections Recovery Meetings are held, both in person and on Zoom simultaneously on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month from 6 – 7:30 PM. The in-person meetings will be held at the Ascension Lutheran Church, 22130 Ottawa Rd, Apple Valley, CA 92308. **You will need to register in advance for the Zoom meeting.** Here's the meeting link:

<https://us02web.zoom.us/meeting/register/tZEkc-qorDktGNT9vxaAVFSNNro3j1x-WTgp>

After registering, you will receive a confirmation email.

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

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## [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.

What does your membership get you?

- All new members, and members renewing in 2022, will receive a NAMI Swag Bag
- Discounted access to events and volunteer opportunities

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 set up an account to join or renew. A mail-in application can be downloaded from our website.

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## ***NAMI National News***

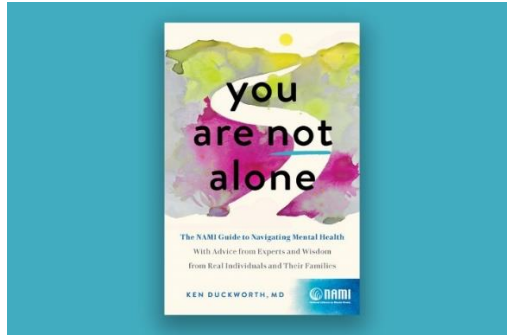
**Keep Up with NAMI  
From the CEO**



In this episode, NAMI CMO Dr. Ken Duckworth speaks with Dr. Joseph Gone, an enrolled member of the Aaniiih-Gros Ventre tribal Nation of Montana, to discuss what healing looks like outside of the traditional western perspective, how we can promote Indigenous wellness, and what we can learn about resilience and hope from Native communities.

[Listen To All Episodes Here](#)

## Get Your Copy of NAMI's First Book "You Are Not Alone!"



NAMI's first-ever book, "You Are Not Alone: The NAMI Guide to Navigating Mental Health" is out! Written by NAMI Chief Medical Officer Dr. Ken Duckworth, the book is the essential resource for individuals and families seeking expert guidance on diagnosis, treatment and recovery. Featuring inspiring, true stories from real people in their own words, the book covers topics such as how to get help, pathways to recovery, the intersection of culture and mental health, and many more important topics to guide any person's mental health journey. Inland Valley has a limited number of books for sale. You can **pick up your copy** for \$29.97 at the in-person Connections Recovery Support Group Meeting. Family Support Group members can call Barbara Redding at (760) 947-2018 for pick-up arrangements. All royalties from the book benefit NAMI and our mission.

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### Share Your Story For NAMI's Next Book



As a follow-up to Dr. Ken Duckworth's National Bestseller, "[You Are Not Alone](#)," Dr. Christine Crawford, our Associate Medical Director, is writing the second NAMI book focused on youth mental health. This book, scheduled for release in fall 2023, will be a resource for caregivers, family members, teachers and clinicians.

We know that the most powerful stories come from those with lived experience. We're interested in speaking with those willing to share their story from these areas:

- Parents of children with mental health conditions.
- Young adults who can share their experience with mental illness during their childhood or adolescence.
- Teachers or other educators who are working toward creating positive mental health environments in their classrooms.

If you know someone who would be interested in speaking with the book research team, please refer them to [azielinski@nami.org](mailto:azielinski@nami.org). They should include their name and an overview of their experience with mental health. Thank you for your assistance in creating the next NAMI bestseller.



## Check Out Our Updated Research Section

The changes made to the Research section of our website include updated information about our [research partnerships](#), [research on NAMI programs](#), [information about participating in research](#), and [past work and publications](#).

[Read More](#)

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## Check Out NAMI's 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
- Suicide Prevention
- Public Safety Professionals
- Stories from Your Peers Spread Awareness.

## 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.



## Watch NAMI's New Video, "PTSD: A Veteran's Mental Health Journey"

Purple Heart-decorated veteran David Kendrick Jr. shares his story of military service and his struggles with PTSD after leaving the military. David discusses his road to recovery and finding a community within NAMI. [Watch It Here.](#)

# 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. Help-seekers can now text “**HELPLINE**” to **62640** to connect with the NAMI HelpLine. The free, peer-support service provides information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public.



### Teen Mental Health | from Teens Themselves

Teens want schools to play a big role in their mental health, and they trust the information they get there, and are open to receiving information at school

**2 in 3** More than 2 in 3 agree schools should teach about what mental health is, including where and how to seek treatment

**56%** 56% say their school thinks that mental health matters

**67%** 67% think schools should offer days off for mental health

## New Teen Poll

A poll conducted by Ipsos on behalf of NAMI finds that most teens are comfortable talking about mental health, but often don't start the conversation. And they want schools to play a big role in their mental health, and they trust the information they get there, but feel like schools are not doing enough.

[Read More](#)

Thanks to our sponsors:





**Join us for NAMI Ask the Expert: The Impact of Sound and Music**  
**When: Thursday, Dec. 8, 2022, 4 p.m. ET (3 p.m. CT, 2 p.m. MT, 1 p.m. PT)**

Our guest expert, Dr. Kiminobu Sugaya, will take us on an exploration of sound and music and its impact on our brain functions. Discover how music therapy addresses the physical, emotional, cognitive and social needs of individuals and gain a better understanding of the many therapeutic benefits of music. Learn how you can use sound and music to promote wellness, manage stress, improve communication and much more.

[Register for 12/08 Ask the Expert](#)

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## ***NAMI California News***

### **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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**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>

## What It's Like To Care About Someone With Mental Illness



### My Son is a Missing Person

"My son has taught me a painful lesson: to accept the things I cannot change."

[Read More](#)



What It's Like to Inherit Trauma

[Read More](#)



Telling Your Partner About Your Mental Health Diagnosis

[Read More](#)



Navigating Secondary PTSD: Surviving the War That Came Home

[Read More](#)



My Son Has Schizophrenia. This is My Advice to Caregivers.

[Read More](#)



**9-8-8 Hotline** 988 is now available to every caller nationwide. 988 provides a readily accessible crisis response system as an essential component of our nation’s strategy for mental health intervention and suicide prevention. This new three-digit number will be an easy-to-remember way for people to connect with help and support during a mental health, substance use or suicide crisis, 24/7, no matter where they live.

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**NEW! ACCESS California Podcast and Video Series!**

ACCESS California would like to share the launch of our new podcast and video series. Below you can find more information. We hope you enjoy!



Our ACCESS 2 Opportunity Podcast (A2O) is all about best practices in the public mental health system. ACCESS has interviewed consumers, leaders, decision-makers, and subject matter experts and we are excited to share this valuable insight with you.

New episodes weekly!

[A2O Podcast](#)

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**[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

**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.

**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.

**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.**

**Why Can't I Just Stop? Understanding Obsessive Compulsive Disorder in Children and Adolescents | Mon 12/5 | 12-1:00p CST**

Children with obsessive compulsive disorder usually know that persistent negative thoughts & compulsive behaviors are not typical and desperately want to stop, but they don't know how. Oftentimes they hide their symptoms from the world out of embarrassment and shame, causing them to feel isolated & misunderstood. Discuss OCD symptoms and causes, the impact on social and emotional development, and what treatment options are available with a licensed therapist. **Sponsored by Polk County Iowa's Behavioral Health and Disability Services agency**

Click to Register [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_TaNsPLkMRZeEwUx7hNdxzw](https://us06web.zoom.us/webinar/register/1316068330420/WN_TaNsPLkMRZeEwUx7hNdxzw)

**Holiday Stress & Self-Care | Wed 12/7 | 12-1:00p CDT**

The "most wonderful time of the year" doesn't always feel that wonderful. Demands on our time and energy often leaving us feeling tired, disappointed, and depressed. Gain practical tips to manage the stress that accompanies the holidays, prioritize self-care, and get the support you need. Let's bring more "peace & joy" back into the holiday season!

Click to Register [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_w0XaB4I6QjKUG9G5nJNnYQ](https://us06web.zoom.us/webinar/register/1316068330420/WN_w0XaB4I6QjKUG9G5nJNnYQ)

**Understanding Bipolar Disorder | Tues 12/6 | 12-1:00p CST**

Everyone experiences ups and downs, but bipolar disorder is different. An accessible guide to understanding the types of bipolar disorder, their symptoms, common misconceptions, and how relationships are impacted. Discuss treatment options and learn practical tips for managing symptoms and helping others in this one-hour seminar.

Click to Register [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_NOGrI6tbRmaX6sVALyF1HA](https://us06web.zoom.us/webinar/register/1316068330420/WN_NOGrI6tbRmaX6sVALyF1HA)

**Understanding Compassion Fatigue & Burnout | Thurs 12/8 | 12-1:00p CST**

Does compassion cause suffering? When does it go too far and how can caregivers protect their own wellbeing? Learn the warning signs, who is at risk, and how to restore your emotional energy. **Sponsored by Francis O. Boggus & Associates**

Click to Register [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_grIA0dniTt6ZSSK\\_9J6L1Q](https://us06web.zoom.us/webinar/register/1316068330420/WN_grIA0dniTt6ZSSK_9J6L1Q)

**Understanding Borderline Personality Disorder | Tues 12/13 | 12-1:00p CDT**

Of the major mental illnesses, borderline personality disorder is among the most stigmatized. Separate myths and facts and explore the signs and symptoms, causes, and treatment of this often-misunderstood diagnosis. Gain practical tips to manage symptoms and support loved ones.

Click to Register [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_FvTlyOzwTm2pkex1ryJ8vw](https://us06web.zoom.us/webinar/register/1316068330420/WN_FvTlyOzwTm2pkex1ryJ8vw)

### **Understanding Oppositional Defiant Disorder | Wed 12/14 | 12-1:00p CST**

It's not unusual for children and teenagers to be defiant, and to question authority on occasion. Discuss how disordered behavior is distinguished from typical child development and explore the diagnostic criteria, causes, and treatment of oppositional defiant disorder in this one-hour seminar.

Click to Register [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_M-s8tuFpRfis0NcKxzGL-Q](https://us06web.zoom.us/webinar/register/1316068330420/WN_M-s8tuFpRfis0NcKxzGL-Q)

### **Understanding Schizophrenia | Tues 12/20 | 12-1:00p CST**

Schizophrenia is a lifelong illness that changes how you think, feel, and act. A combination of hallucinations, delusions, disordered thinking and behavior can be debilitating. Explore the causes, symptoms, co-occurring disorders, and treatment of schizophrenia, and gain practical tips for managing symptoms and supporting loved ones with a licensed therapist.

Click to Register [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_qpyfGknYTM97kxhZs44ww](https://us06web.zoom.us/webinar/register/1316068330420/WN_qpyfGknYTM97kxhZs44ww)

### **Understanding Narcissistic Personality Disorder | Wed 12/21 | 12-1:00p CST**

People often label others as narcissists without having a clear understanding of what this diagnosis really means. Explore the signs and symptoms, causes, and treatment of this often-misunderstood diagnosis. Separate myths and facts and learn how to manage symptoms and support loved ones in this one-hour seminar.

Click to Register [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_MFGhBpUMTLmn99WoQHWJYg](https://us06web.zoom.us/webinar/register/1316068330420/WN_MFGhBpUMTLmn99WoQHWJYg)

### **Family Reactions to Mental Illness | Thurs 12/22 | 12-1:00p CST**

Understanding why people experience things differently can help to ease tension & increase acceptance. Discuss the caregiving experience, the stages of emotional response, and learn how to respond and cope.

Click to Register [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_rsf0opkZT2q2vG3BSa5FXQ](https://us06web.zoom.us/webinar/register/1316068330420/WN_rsf0opkZT2q2vG3BSa5FXQ)

### **Understanding Dissociative Identity Disorder | Wed 12/28 | 12-1:00p CST**

Dissociative identity disorder, once called multiple personality disorder, is characterized by a person's identity dividing into two or more personalities. Explore what causes DID, how it's treated, and the reasons why DID can be difficult to recognize with a licensed therapist.

Click to Register [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_QGI\\_Kn3HQVa9u-XAIHptTw](https://us06web.zoom.us/webinar/register/1316068330420/WN_QGI_Kn3HQVa9u-XAIHptTw)

### **Understanding Munchausen Syndrome by Proxy | Thurs 12/29 | 12-1:00p CST**

At the heart of Munchausen Syndrome by Proxy (now called Factitious Disorder Imposed on Another) is concern that a caregiver is either lying about an illness in a child or dependent adult, or has caused real symptoms in an otherwise healthy person. Learn the signs and symptoms of this disorder and what motivates a caregiver to cause illness in this one-hour seminar.

Click to Register [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_bsC-un-2Qfel3Kkx026DdQ](https://us06web.zoom.us/webinar/register/1316068330420/WN_bsC-un-2Qfel3Kkx026DdQ)

[click to browse all upcoming webinars](#)

## **Contact us:**

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

Phone: (760) 217-4109

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

## **Board of Directors:**

**President:** Jessie Bliss

**Vice President:** Vacant

**Treasurer:** Barbara Redding

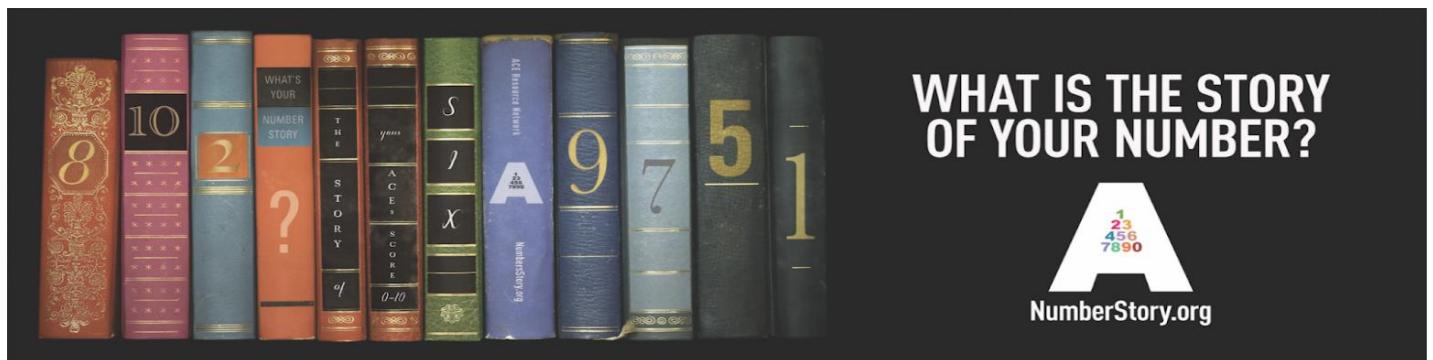
**Secretary:** Rocio Garcia

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

# 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@aceresourcenetwork.org](mailto:sarah@aceresourcenetwork.org).



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## 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 also to sign up for AmazonSmile and select "Nami Inland Valley" as your favorite charity.