

Happy February!

Welcome back to the newsletter. The board has used the month of January to plan some offerings for our community and I'm so excited to share them with you! Also, if you've been checking your mail, you've probably noticed that all our election day materials are coming in. Keep reading for more information on Prop 1 from NAMI.



## NEW CLASSES ARE STARTING SOON!

We are excited to be offering two classes to help our community learn more about mental health, support, and advocacy- **NAMI Family-To-Family** and **NAMI Peer-To-Peer**. Both classes are **free**, are taught by trained persons with **lived experience**, and are **8 weeks** in length.

- **F2F- Feb 27-Apr 23, 2024 6-830pm via Zoom**
- **P2P- Apr 17- Jun 5, 2024 6-8pm in person**

Keep reading to learn more and find the registration links.

## JOIN NAMI INLAND VALLEY TODAY!

We are currently recruiting for several board positions. Do you have experience, formal or informal, in community outreach, fundraising, or leadership? We need you to help us move our affiliate to the next level!

Did you know that our board is made up of volunteers who live and work in the High Desert? We are passionate about **#MentalHealthForAll** in our community. If you are interested, please email us for an application: [info@namiinlandvalley.org](mailto:info@namiinlandvalley.org).

Our board meeting is held on the 3rd 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.**



[Like us on Facebook!](#)

## NAMI Family-To-Family

An 8-session education program for family members, partners or friends with a relative or loved one with a mental health condition, even if the condition is not diagnosed. Designed to help family members and friends understand and support their loved one while maintaining their own well-being. Participants improve their self-care and communication skills, learn problem-solving techniques and how to better advocate for their family member.



## NAMI Peer-To-Peer

Eight-session mental health, wellness and recovery course open to any adult (18+) with a mental health condition. Leaders share information, facilitate discussions and teach participants new skills that lead to self-awareness and personal growth. Participants learn how to strengthen relationships, balance changing health care needs and better understand their mental health and recovery.



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## Attend a support group this month and bring a friend!

### Family Support Group

For adult (18+) family members 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 Thursday** of the month from **6 – 7:30 PM** via Zoom. You will need to [register in advance](#). **This is a new link for 2024!!**

### Connections

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 in person and on Zoom simultaneously on the **2nd and 4th 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.

## NAMI California is proud to support Proposition 1

[www.namica.org/proposition-1](http://www.namica.org/proposition-1)

NAMI California

Proposition 1 reforms and strengthens the Mental Health Services Act (MHSA), providing funding for services and resources to those living with the most severe mental illness, while also significantly increasing treatment beds, providing much-needed resources for mental health care. NAMI California proudly collaborated with the legislature and Governor Newsom to ensure that the needs of those experiencing serious mental illness and their families were included in the modernization efforts and that enhanced state oversight is prioritized.

### 6 Reasons NAMI California supports Proposition 1:

1. Makes necessary updates to the MHSA, providing funding for services and resources to those living with the most severe mental illness.
2. Enhances state oversight of counties, guaranteeing they are accountable for investments generated through the bond and that voter approval is required for any future amendments.
3. Cements critical resources within the legislative framework to ensure the original MHSA intent remains intact, including funding prioritized for outreach and engagement and stigma reduction and prevention.
4. Increases funding in the Behavioral Health Supports and Services funding bucket, while also funding supportive services such as family engagement and psychoeducation.
5. Provides additional resources for housing, including both community and acute care settings, which address the unique challenges faced by veterans grappling with behavioral health issues.
6. Significantly increases treatment beds, providing funding for 11,000 behavioral health beds and 27,000 outpatient beds to meet the needs of those experiencing severe mental illness.

## BECOME A MEMBER TODAY

NAMI Inland Valley remains committed to serving our members. Your membership helps sustain our work and drive the change we need in our community.

[Join Here](#)



 760-217-4109

 [Info@namiinlandvalley.org](mailto:Info@namiinlandvalley.org)

 [namiinlandvalley.org](http://namiinlandvalley.org)