

February 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.

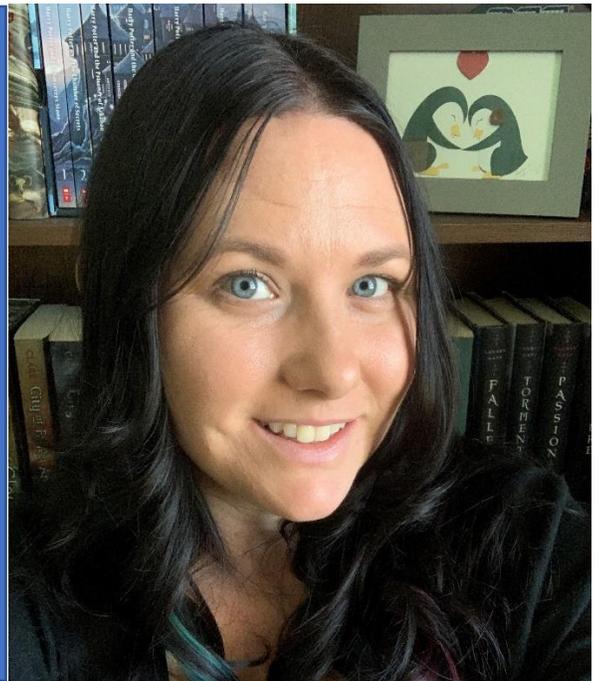
A Note From Our President:

Happy February!

I hope this newsletter finds you and your family well. I had the opportunity to help host a training for new Family Support Group (FSG) facilitators last month and it was a very encouraging experience. We have a lot of people working with NAMI who are passionate about helping others live better lives. I hope those of you who have a loved one living with mental illness will take advantage of the FSGs we are having on Zoom. We are in need of more facilitators for both our Family and Peer support groups. If you are interested, please reach out to us as free training is available. Also, please share this newsletter with your friends and family so we can spread the word about the resources available to our desert community.

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 March 2 – April 20, 2021. The class will be held on Tuesday from 6:30 – 9 PM via Zoom. 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.

Family-to-Family Teacher Training, via Zoom, March 13 - 14

Family Support Group Facilitator Training, via Zoom, February 20 – 21

Please contact Marie Ballew at (760) 217 – 4109 if interested.

Support Groups

PLEASE NOTE: MEETINGS WILL BE VIRTUAL UNTIL FURTHER NOTICE. See registration links below.

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 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.

Zoom registration link: https://us02web.zoom.us/meeting/register/tZcpcOGorzkvHNXggepy0B3-80I2X_uscMtK

Spanish Family Support Group: (Grupo Español de Apoyo Familiar): Reunión del grupo de apoyo familiar para miembros de la familia mayores de 18 años, el tercer miércoles de cada mes a través de una plataforma Zoom. Si desea asistir, llame al (760) 217 – 4109 para obtener un enlace 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.

Zoom registration link:

<https://us02web.zoom.us/meeting/register/tZArcu2hqT8sHNfqbda0okIKX7PrIDSVnKql>

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.

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, email us at info@namiinlandvalley.org or go online to nami.org and set up an account. A mail in application embedded here.

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.
-

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.

Family-to-Family Teacher Training, via Zoom, March 13 - 14

Family Support Group Facilitator Training, via Zoom, February 20 – 21

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

April 13-14, 2021

Join us.

NAMI California's Semi-Annual Capitol Advocacy Day

May 4, 2021

Join us.

Take Our New 30-Second Survey on Black History Month



Each February, we mark Black History Month by reflecting on history, elevating voices from Black members from our communities, and sharing mental health information and resources.

Tell us: What does Black History Month meant to you? Share your thoughts with our new 30-Second Survey.

More time? Answer more questions.

Take the NAMI's Survey on Schizophrenia and Psychosis Conditions

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](#).

[Take NAMI's survey](#).

Apply for Paid Peer Support Positions

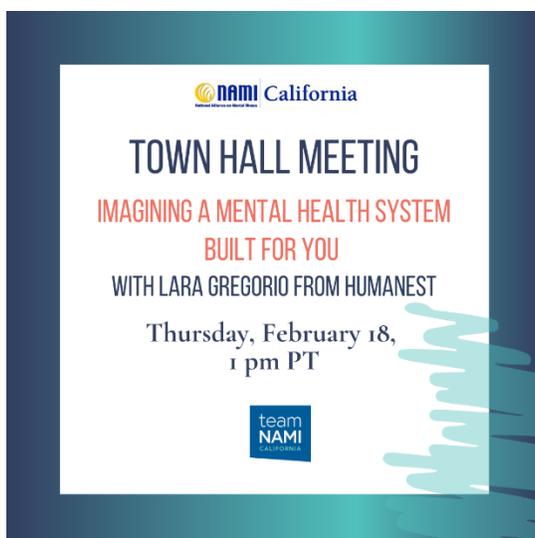


NAMI California is recruiting paid trained peers to help the California Mental Health Services Authority (CalMHSA) in their efforts to offer peer support to Californians impacted by the pandemic.

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](#).

Register for our "Imagining a Mental Health System Built for You" Town Hall Meeting



Our February virtual [Town Hall meeting](#) is booked!

Join us for "Imagining a Mental Health System Built for You," featuring guest speaker Lara Gregorio from Humanest.

Thursday, February 18, 1 to 3 pm PT

[Register today!](#)

(Did you miss our January Town Hall on suicide prevention? [Catch the video replay!](#))

CHALLENGES FAMILIES FACE



Talking to Your Kids About Psychiatric Medications

Whether to take psychiatric medication is a huge decision. Here's an expert's advice on how parents can approach that conversation if their child has mental health issues.

[READ MORE »](#)



The Waiting Room

"Over the course of weeks that turned into days, and months that turned into years, I supported my sister through the world of medications, therapy, treatments and heartbreak."

[READ MORE »](#)



The Mental Health of the Modern Dad

It is essential for us to acknowledge paternal mental health and to encourage dads, and all men, to seek mental health care when they are struggling.

[READ MORE »](#)



Clinging to Hope During My Son's Battle with Addiction

"I'll never forget the day Michael told me he didn't want to live anymore. We were sitting on my bed and tears streamed down my face. He was 15 years old."

[READ MORE »](#)



How to Help Your Child Manage Depression from Coronavirus Isolation

Parents can help their child prevent or manage symptoms of depression by noticing the warning signs, being there for them and encouraging the use of healthy coping skills.

[READ MORE »](#)



Talking to Your Kids About Psychiatric Medications

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The Waiting Room

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[NAMI Now Continued:](#)



Clinging to Hope During My Son's Battle with Addiction

"I'll never forget the day Michael told me he didn't want to live anymore. We were sitting on my bed and tears streamed down my face. He was 15 years old."

[READ MORE »](#)



NAMI Joins 13 Partner Organizations to Transform Mental Health Care

NAMI is proud to join the leaders of 13 partner organizations working together and with state and local governments to chart a new course for mental health in our country.

[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.

[SUBMIT TODAY »](#)



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](#)

ACCESS IS SEEKING AMBASSADORS FROM THE SUPERIOR AND SOUTHERN MHSA REGIONS!

SUPERIOR REGION

Butte, Colusa, Del Norte, Glenn, Humboldt, Lake, Lassen, Mendocino, Modoc, Nevada, Plumas, Shasta, Sierra, Siskiyou, Tehama, and Trinity

SOUTHERN REGION

Imperial, Kern, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Tri-City (Pomona, Claremont, La Verne), and Ventura

Have questions or need help with the application?

Email Tiffany Carter, MS, Statewide Advocate Liaison, at access@calvoices.org

[Apply Today](#)

ACCESS California wants YOU!

Are you a client/consumer with personal lived experience in criminal or juvenile justice systems?

Are you interested in advocating for better behavioral health outcomes and service for individuals involved with the criminal justice system?

Do you live in the Superior or Southern Region of California?

ACCESS is seeking individuals throughout California's Superior and Southern Regions, who identify as mental health clients/consumers and have lived experience with the justice system to participate in our program as subject-matter experts. These ACCESS Ambassadors provide insight and guidance to our program on mental health policy matters, attend ACCESS-sponsored

trainings and state-level events, and perform local-level outreach, engagement, networking, and advocacy in their home communities.

Ambassadors serve as regional representatives of the ACCESS program, expanding mental health advocacy across the state. By recruiting and training other stakeholders in their communities, Ambassadors help us establish and strengthen local advocacy networks, increase stakeholder participation in the community planning process, and ensure county mental health systems incorporate client/consumer voice and choice in local-level policy planning, programming decisions, and services delivery.

ACCESS Ambassadors are paid for performing specific training, outreach, engagement, and advocacy activities. **DEADLINE TO APPLY: JANUARY 13, 2021.**

Amazon Smile

Did you know that you can generate donations while shopping for your valentine, 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.



Contact us:

Email: info@namiinlandvalley.org

Phone: (760) 217-4109

Board of Directors:

President: Jessie Bliss

Vice President: Kevin Mahany

Treasurer: Barbara Redding

Secretary: Rocio Garcia

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

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>

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 will open in late February.

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.**

[Understanding PTSD: Tues 2/16 from 12-1:00p CST](#)

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_WrmAlyKkSJ2gLh9AiNxkTw

Communication Do's & Don'ts: Thurs 2/18 from 12-1:00p CST

Understanding how mental illness impacts thinking and behavior helps to reduce frustration & stress, and improves outcomes for everyone. Learn simple tools to manage conflict and express feelings, verbal and non-verbal messaging, cognitive reframing and active listening techniques in this one-hour session.

Click to

register https://zoom.us/webinar/register/1316068330420/WN_OM0MhAI9Rt6ssmsPYybTIQ

Understanding ADHD: Tues 2/23 from 12-1:00p CST

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.

Click to register https://zoom.us/webinar/register/1316068330420/WN_I4jm4jyDTkWXxiXvRZXTsq

Problem Solving: Thurs 2/25 from 12-1:00p CST

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_FDp34hIXRHC3HGWL8uV-0w