



NAMI  
National Alliance on Mental Illness

# Inland Valley

NEWSLETTER

February 2023

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 February!

This month I have been doing some research on happiness. What makes people happiest? How do they decide the world's happiest countries? (Spoiler alert: the US isn't in the top 15.) One thing that keeps coming up as the most important factors for happiness is community, or a sense of belonging. It is our hope at NAMI Inland Valley that we can help you find a community of support. For our members we offer support groups for peers and family members. For our professional partners, we are happy to offer our monthly NAMI and Network meetings. We would be happy to see you at either one in the near future.

Yours in Recovery,

Jessie Bliss, LMFT, Inland Valley President



## [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.

## [General Meetings Survey](#)

NAMI Inland Valley would like to develop general meetings that meet the needs and interests of our membership. Your response to this brief survey will allow us to plan the meetings that you want to attend. Two people who complete this survey will each win a \$25 Amazon gift card. This survey should take less than 5 minutes to complete. Thank you for your participation! Please click the link to begin the survey: <https://forms.gle/wbTXsjUJFaBXf4r5>. We had an issue with the vendor for our previous survey and we ask if you previously answered our survey, then you do so again with the new link. We apologize for the inconvenience.

## **NAMI and Network: Coming in 2023 Exclusively for our Professional Network!**

Are you looking for an opportunity for fellowship with other providers in the High Desert? Are you looking to build your referral network? Do you need a group to consult with on cases? Are you looking to share knowledge with, and gain knowledge from, other specialists in the mental health field? Want to learn more about NAMI services and supports? Starting February 2023, NAMI will be hosting NAMI and Network meetings monthly. Meetings will alternate between Zoom and in person to allow for maximum attendance. Our first meeting will be February 7, 2023 from noon to 1pm on Zoom. To register please follow this [link](#).

## **Mental Health Educational Programs**

### **Peer-to-Peer Teacher Training**

Class begins February 11-12, 2023 |NAMI Peer-to-Peer  
Contact: NAMI San Bernardino – Allie Mink| Office: 626-385-7520 | [allie@namisb.org](mailto:allie@namisb.org)

Class begins February 18-19, 2023 |NAMI Peer-to-Peer  
Contact: NAMI San Bernardino – Allie Mink| Office: 626-385-7520 | [allie@namisb.org](mailto:allie@namisb.org)

### **Family to Family Class Teacher Training**

Class begins April 1-2, 2023 |NAMI Family-to-Family  
Contact: NAMI Kern – Sharon Woolfolk| Office: 661-331-6137 | [namikern@yahoo.com](mailto:namikern@yahoo.com)

Class begins March 25-26, 2023 | NAMI Family-to-Family  
Contact: NAMI Westside Los Angeles – Elizabeth Stephens | Office: 949-280-4986 | [estephens@namila.org](mailto:estephens@namila.org)

### **Connections Teacher Training**

Class begins February 18-19, 2023 | NAMI Connections Recovery  
Contact: NAMI Fresno – Heather Hayford | Office: 559-224-2469 | [info@namifresno.org](mailto:info@namifresno.org)

Class begins March 18-19, 2023 |NAMI Connections Recovery  
Contact: NAMI Kern – Sharon Woolfolk| Office: 661-331-6137 | [namikern@yahoo.com](mailto:namikern@yahoo.com)

### **Family Support Group Facilitator Teacher Training**

Class begins February 11-12, 2023 | NAMI Family Support Group Contact: NAMI Fresno – Heather Hayford | Office: 559-224-2469 | [info@namifresno.org](mailto:info@namifresno.org)

Class begins April 6-7, 2023 | NAMI Family Support Group. Contact: NAMI California – Ashlee Espinoza | Office: 916-567-0163 ext.109 | [ashlee@namica.org](mailto:ashlee@namica.org)

## 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. Here's the new meeting link:

<https://us02web.zoom.us/j/84248052241?pwd=Mmh1NmZPS3ljdj9TeTVpM2xkMXEvQT09>

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 2023, 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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**We are currently recruiting for [Treasurer](#) and [several board positions](#). Do you have experience in bookkeeping, community outreach, fundraising and/or leadership (just to name a few)? We need 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).**

# NAMI National News

## Depression & Anxiety: Mental Health Advocate Goes Viral

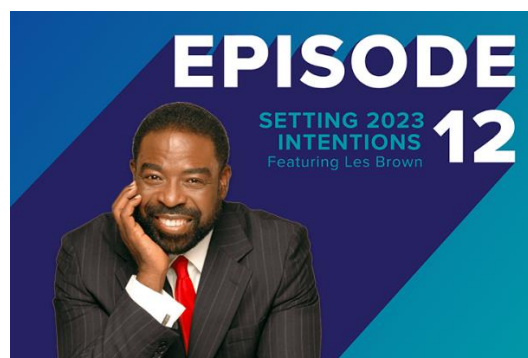


Content note: This video includes a frank discussion of suicide.

Lauren walked into high school and a world of bullying. Living with undiagnosed anxiety and depression, she found herself emotionally reeling. Lauren had recently found an escape in her online makeup videos. Channeling her pain, she decided that she had had enough, and created “Labels,” a video short that put words into action to raise awareness and give voice to teens across the country who were facing a similar reality of bullying and stigma. Things went viral and launched Lauren on a path that brought her more pain, hope and recovery. She found support, a platform and community through NAMI and NAMIWalks. This is her story.

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### Keep Up with NAMI From the CEO

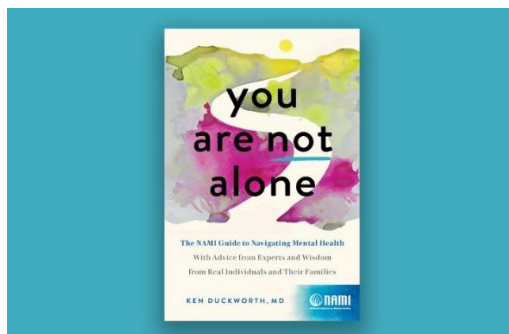


### Listen to the Latest Episode of “Hope Starts with Us”: Setting 2023 Intentions

NAMI CEO Daniel H. Gillison Jr. speaks with motivational speaker and former Ohio State Representative Les Brown about setting mental health intentions

[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 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 NAMI's "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.



### 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.](#)

## 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.

**NAMI**  
National Alliance on Mental Illness

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.

## Seeking NAMI HelpLine Volunteers

As a NAMI HelpLine Specialist, help individuals and families improve their lives and advance recovery by connecting them with essential resources and services.

[Learn More](#)

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## 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](#)

## NAMI California News

### Advocacy

#### 2022-23 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>



#### Subscribe to NAMI on YouTube

In NAMI's latest video, Lauren shares how she created a viral video short to reach other teens struggling with mental health, bullying and stigma. She discusses her emotional journey and how she found community with NAMI.

[Watch and Subscribe](#)

## How I Cope with Mental Illness



### Three Questions to Ask a Prospective Therapist

"It is imperative to choose a therapist that makes you feel comfortable, seen, valued and supported."

[Read More](#)



How to Cope with Insensitive Comments About Your Mental Health

[Read More](#)



How I Stay Above Water

[Read More](#)



Mental Health Resolutions for the New Year

[Read More](#)



Hanging On the Edge: Rock Climbing and the Therapeutic Relationship

[Read More](#)

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**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.



# San Bernardino County's 2022 Community Themes and Strength Assessment Survey (CTSA) is now open!

## The Community Health Survey is here!

We Need Your Voice! Let's Improve Health Together!



### Are you a resident of San Bernardino County?

Please take our community health survey and have your voice heard! Help us understand the issues that affect your health and quality of life.

### Take the survey here

[bit.ly/SBCCommunityHealthSurvey](https://bit.ly/SBCCommunityHealthSurvey)

OR

Scan the QR code with your smartphone camera to be directed to the survey.



Residents completing the survey will be eligible to win a \$100 gift card.

### Together we can make a difference in improving the health of our County!

For more information, please contact the Community Vital Signs Initiative; [CommunityVitalSigns.SanBernardinoCounty@dph.sbcounty.gov](mailto:CommunityVitalSigns.SanBernardinoCounty@dph.sbcounty.gov) or call (909) 486-9537.

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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

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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.

**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 Obsessive Compulsive Disorder | Tues 2/7 | 12-1:00p CST**

OCD manifests differently in different people – and involves much more than anxiety about germs or compulsions to clean. This one-hour webinar provides 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.

Click to Register [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_BsBatcJ3QyK7xW7Zn8FT3A](https://us06web.zoom.us/webinar/register/1316068330420/WN_BsBatcJ3QyK7xW7Zn8FT3A)

**I Don't Need Help: Supporting People Who Can't See Their Mental Illness | Wed 2/8 | 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.

Click to Register [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_YxKLLJ8NRvW\\_U-dtAuicYg](https://us06web.zoom.us/webinar/register/1316068330420/WN_YxKLLJ8NRvW_U-dtAuicYg)

**Responding in a Mental Health Emergency | Thurs 2/9 | 12-1:00p CST**

We know what to do when someone breaks their arm: brace it and go to the hospital. But what should you do when someone is experiencing a mental health emergency? Learn what causes crisis situations and the warning signs, how to respond, and what to do once the crisis has ended.

Click to Register [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_-B3ipFTyQ62D387X1fWyuA](https://us06web.zoom.us/webinar/register/1316068330420/WN_-B3ipFTyQ62D387X1fWyuA)

**Understanding PTSD | Wed 2/15 | 12-1:00p CST**

Trauma impacts everyone differently, depending on the nature of the trauma, presence or lack of social supports, access to treatment, and coping strategies. This one-hour seminar provides an accessible guide to understanding what causes Post Traumatic Stress Disorder, its symptoms, co-occurring disorders, and treatment options. 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\\_1-lux89YSzquu21GASW8jw](https://us06web.zoom.us/webinar/register/1316068330420/WN_1-lux89YSzquu21GASW8jw)

**Understanding Agoraphobia | Thurs 2/16 | 12-1:00p CST**

Often believed to be a fear of leaving the house, agoraphobia is an anxiety disorder that runs much deeper. Join us to develop a more thorough understanding of what agoraphobia is, what causes it, and how it is treated. Learn tips to manage symptoms and support loved ones with a licensed therapist.

Click to Register [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_Z0bpgqe2SiiQ2UjwzHt6VQ](https://us06web.zoom.us/webinar/register/1316068330420/WN_Z0bpgqe2SiiQ2UjwzHt6VQ)

**Supporting Emotional Regulation in Youth: Being a Calming Presence & Making Amends | Mon 2/27 | 12-1:00p CST**

How can we best support children when they get stuck in a storm of big emotions? Learn how to be a calming presence in a child's moment of distress and how to repair damage the storm has done in this one-hour seminar 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\\_N7Z-HQBORXSBRhougKZLVQ](https://us06web.zoom.us/webinar/register/1316068330420/WN_N7Z-HQBORXSBRhougKZLVQ)

**Understanding Schizoaffective Disorder | Tues 2/28 | 12-1:00p CST**

Schizoaffective disorder is a complicated illness that is often confused with other disorders. Explore the diagnostic criteria, signs, and symptoms that differentiate schizoaffective disorder from other illnesses. This one-hour seminar includes information on causation, risk factors, treatment options, and ways to cope if you or a loved one have been diagnosed.

Click to Register [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_6ZzjAfQaRMquK6lQTI3Uw](https://us06web.zoom.us/webinar/register/1316068330420/WN_6ZzjAfQaRMquK6lQTI3Uw)

[click to browse all upcoming webinars](#)

## 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

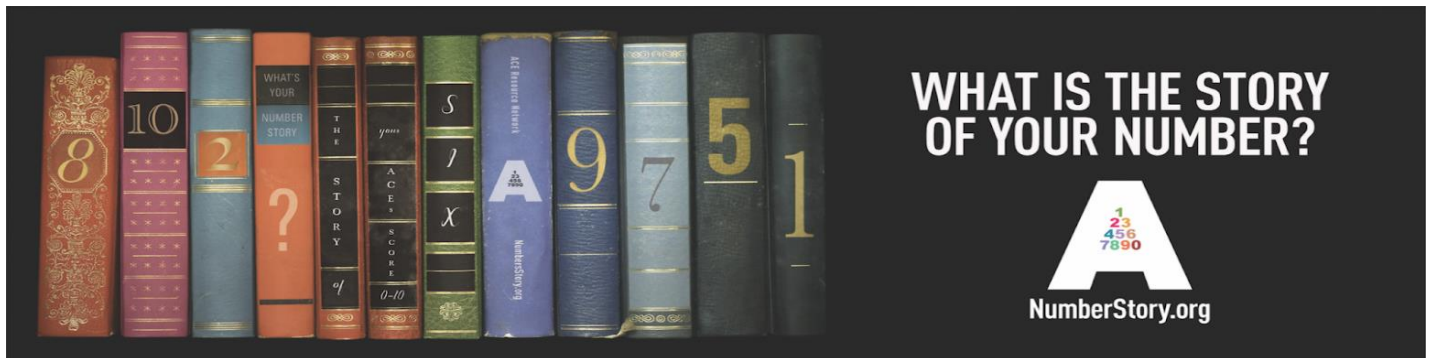
**Secretary:** Rocio Garcia

**Board Members at Large:** Raquel Jennings, Rev. James Harris, 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](http://NumberStory.org) can explore the impacts of childhood adversity, and discover accessible tools for healing and prevention. [NumberStory.org](http://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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