

January 2022

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

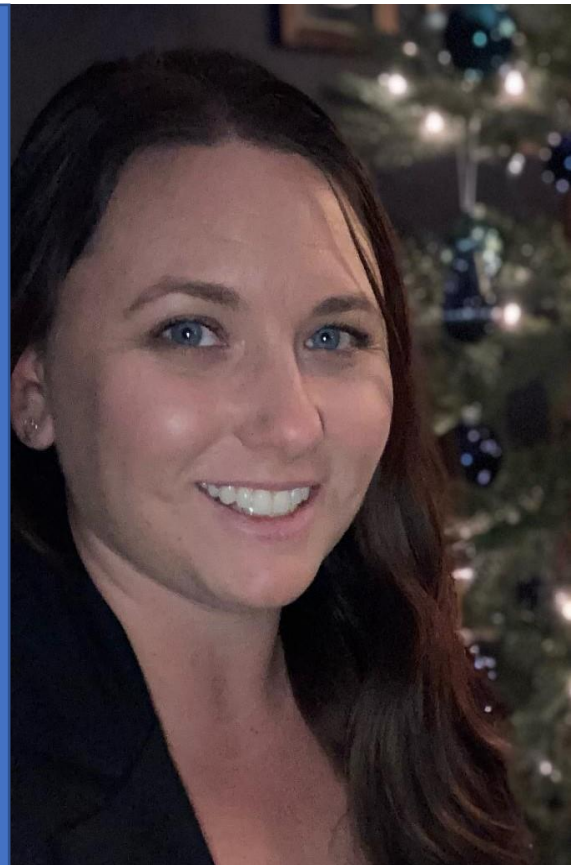
Para la traducción al español, guarde el PDF en su computadora y luego presione Ctrl y haga clic en <https://translate.google.com>. Haga clic en Documento y siga las indicaciones.

Happy New Year!

I'm not a big fan of New Year's Resolutions; however, I am a fan of taking some time to meditate on the things that I want for the coming year. So for our community this year, I hope for courage. Courage to try new things. Courage to live and love authentically. Courage to seek help for ourselves when we need it. And courage to offer help to those in need that we can. I hope this will be the year that you participate in a NAMI support group or educational class; that you make a tax deductible donation to support our work; that you share NAMI with family member, friend, coworker, or neighbor who would be interested in our work; or the year that you. To donate, please visit the following link: <https://namiinlandvalley.org/donations>

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.

## Upcoming Education Classes:

### Clase en línea de familia a familia (Online Spanish Family to Family Class)

NAMI Family to Family es un programa educativo gratuito de 12 sesiones para miembros de la familia, asociados, amigos y otras personas importantes que tienen un ser querido con una enfermedad mental. El curso está diseñado para ayudar a los participantes a comprender y apoyar a sus seres queridos mientras mantienen su propio bienestar. El curso incluye información sobre enfermedades como la esquizofrenia, el trastorno bipolar, la depresión mayor y otras afecciones de salud mental.

La clase comienza, del 14 de enero al 4 de abril de 2022, de 9:30 a.m. a 12:00 p.m. a través de Zoom. Para registrarse, haga clic en este enlace: <https://forms.gle/HVDAYXJwptCuV61G9>  
Para más información llame al: (909) 666 - 3612.

### NAMICA State Training:

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

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

**Location:** Ascension Lutheran Church is located at 22130 Ottawa Road, Apple Valley, CA.

**NOTE: BEGINNING January 2022, THE FAMILY SUPPORT GROUP WILL MEET IN PERSON THE 2<sup>ND</sup> THURSDAY OF THE MONTH AND VIA ZOOM ON THE 4<sup>TH</sup> THURSDAY. EMAIL [INFOR@NAMIINLANDVALLEY.ORG](mailto:INFOR@NAMIINLANDVALLEY.ORG) FOR A LINK OR 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.

## 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

**Location** Ascension Lutheran Church is located at 22130 Ottawa Road, Apple Valley, CA.

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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 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](#)

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## **Saving Those Who Save Others Workshop from NAMI and the Firefighter Behavioral Health Alliance (FBHA)**

Tell your Senators that you want more mental health coverage, better mental health services, and to reduce the discrimination against people with mental health or substance use conditions in health insurance.

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## **NAMI California News**

NAMICA needs your help. Several critical bills have been introduced in the California State Assembly and State Senate that can improve the lives of individuals, families and communities impacted by mental illness.

### **What can you do?**

- Find out about the legislation under consideration.
- Sign our letters of support;

[\*\*Click here for a complete overview of NAMICA's positions on 2021 state legislation.\*\*](#)

## [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.](#)

### Advocacy

Our actions  
make a  
difference.



#### [NAMI CA Petitions: Support Crisis Services and Mental Health Education](#)

Help us support critical state legislation to fund a statewide director of crisis services; CIT training for law enforcement; and mental health education for grades 1-12.

[Find out more and sign our petitions.](#)



#### **Listening to the Whispers of Mental Illness Before They Turn into Shouts**

“The shouts of a mental illness are resounding when reality is too heavy for us to deal with.”

[Read More](#)



How the “Laziness Myth” Affects Those with Mental Illness

[Read More](#)



Learning to Identify and Self-Manage Mania

[Read More](#)



How to Prepare for Your Psychiatric Appointment

[Read More](#)



Finding Reality Through Cartooning

[Read More](#)

**NAMICon 2022**  
Together for Mental Health

**Call for Proposals is open!**


### NAMICon 2022 Call for Proposals

NAMI is seeking workshop proposals for NAMICon 2022, June 15–18 in Atlanta, Ga, that encourage mental health education and innovation and are informed by theory, research and practice.

[Learn More](#)

**Schizophrenia Research Study at NIMH**

- Enrolling adults 18+ years of age
- Inpatient study, usually 6-months
- Inpatient evaluations are provided at no cost
- Travel and transportation provided

**Join A Study, Contact: 1-888-674-6464**  National Institute of Mental Health

**Loma Linda University Community Needs Assessment Focus Groups:** NAMI Inland Valley is partnering with Loma Linda University School of Public Health to conduct focus groups in our community. The purpose of the needs assessment is to hear from you about what our community does well, struggles with, and areas where we could use additional support. The groups will take place by the end of February 2022, will be 60-90 minutes in length, offered both in person and via Zoom, and participants will either receive lunch or a gift card for their participation. Keep an eye on your email for more specific information on when these focus groups will be taking place.



## 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](#)

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## [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!](#)

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### Thanks to our sponsors:



**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>

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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 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
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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.

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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.



**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 Compassion Fatigue & Burnout | Tues 1/4 | 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 with a licensed therapist. Register Here

[https://us06web.zoom.us/webinar/register/1316068330420/WN\\_8VH8CTocSku3iiLJUK9oKQ](https://us06web.zoom.us/webinar/register/1316068330420/WN_8VH8CTocSku3iiLJUK9oKQ)

### **Understanding Bipolar Disorder | Wed 1/5 | 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 with a licensed therapist. Register Here

[https://us06web.zoom.us/webinar/register/1316068330420/WN\\_3YWCfs2mRtOZCFnXnuYR6Q](https://us06web.zoom.us/webinar/register/1316068330420/WN_3YWCfs2mRtOZCFnXnuYR6Q)

### **Communication Do's & Don'ts | Thurs 1/6 | 12-1:00p CST**

Understanding how mental health impacts thinking and behavior helps to reduce frustration & stress, 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\\_oR2B7NVUTBuk1k8LznK3yQ](https://us06web.zoom.us/webinar/register/1316068330420/WN_oR2B7NVUTBuk1k8LznK3yQ)

### **Understanding ADHD | Tues 1/11 | 12-1:00p CST**

Attention deficit hyperactivity disorder (ADHD) is more than 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 supporting loved ones during this one-hour seminar with a licensed therapist. Register Here

[https://us06web.zoom.us/webinar/register/1316068330420/WN\\_vl-Qw-dMTI-PZvqad4MEMA](https://us06web.zoom.us/webinar/register/1316068330420/WN_vl-Qw-dMTI-PZvqad4MEMA)

### **I Don't Need Help: Supporting People Who Can't See Their Mental Illness | Wed 1/12 | 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\\_8L07f7ObQJ2s1DoZkuVEHQ](https://us06web.zoom.us/webinar/register/1316068330420/WN_8L07f7ObQJ2s1DoZkuVEHQ)

### **Stress: Signs, Symptoms, Management, and Prevention | Thurs 1/13 | 12-1:00p CST**

The term 'stress' is used loosely in our culture. What does it really mean and how vulnerable are you? Understand the biology of stress and explore realistic and practical ways to manage distress in this one-hour seminar with a licensed therapist. Register Here

[https://us06web.zoom.us/webinar/register/1316068330420/WN\\_el1wyqu-SOGhk\\_iYeC\\_3Sg](https://us06web.zoom.us/webinar/register/1316068330420/WN_el1wyqu-SOGhk_iYeC_3Sg)

[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

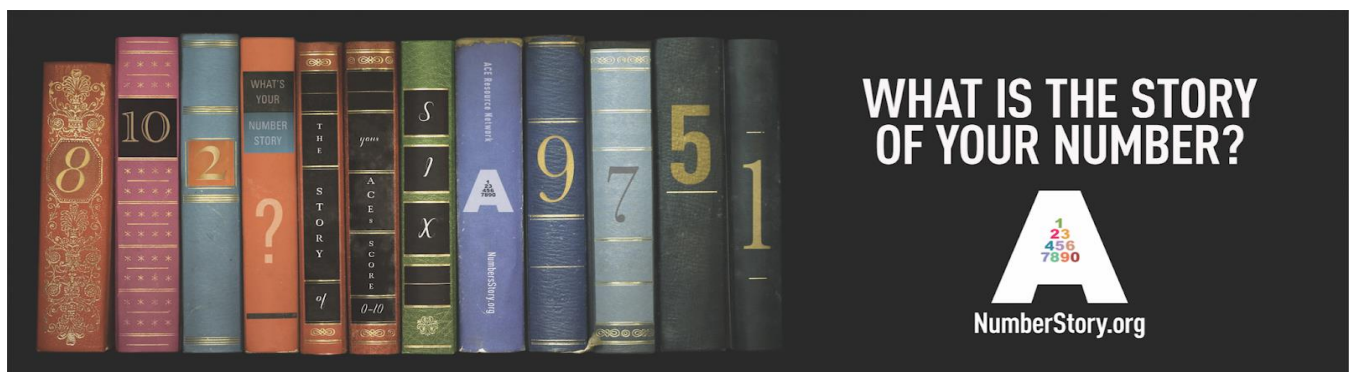
**Board Members at Large:** Raquel Jennings, Adriana Najo, Rev. James Harris and Eva Beavers

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## 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).



**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.