

January 2023

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.

Happy New Year!

In January we typically look at setting resolutions, thinking about our "whats". I spend time thinking about my why- why am I doing this work. The holidays are always a bittersweet time of year for me. I lost my partner to suicide 7 years ago a few days before Christmas. He is a big one of my why's. I know both the pain he was going through as well as the pain that I went through. That is why I am committed to NAMI. I am committed to getting those who need support access to support. I am committed to advocacy efforts to ensure that those who need services can access services. I am committed to getting leaders in positions of power that understand the importance of mental health issues and the needs in our communities. So while you are reflecting on your "whats" for the upcoming year, I also encourage you to consider your why. I look forward to NAMI being part of your 2023.

Yours in Recovery,

Jessie Bliss, LMFT, Inland Valley President



[NAMI Inland Valley Board Meeting](#)

The 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.

[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://www.surveymonkey.com/r/KT3839L>

[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 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](#)

January 21 – 22, 2023

For more details, contact: Heather Hayford | Office: 559-224-2469 | 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.

[Connections Teacher Training](#)

January 14th-15th (9am-5pm PST)

For more details, contact: Heather Hayford | Office: 559-224-2469 | info@namifresno.org

[Peer-to-Peer Teacher Training](#)

January 7 – 8, 2023

For more details, contact: Heather Hayford | Office: 559-224-2469 | info@namifresno.org

[Family Support Group Facilitator Teacher Training](#)

January 28-29th (9am-5pm PST)

For more details, contact: Heather Hayford | Office: 559-224-2469 | info@namifresno.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 2nd 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/meeting/register/tZAVc-GoqzkoHtUlo13DO-luWF1LYFP3B0g4>

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 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.** 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 for meeting links. Call (760) 217-4109 for more information.

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

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)? 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.

NAMI National News

NAMI National's Government Relations, Policy & Advocacy team wants to personally thank you for your advocacy in 2022. Because of advocates like you, we continue to improve the help and support available for people affected by mental health conditions.

Policymakers heard us. For the first time in decades, the President included mental health as part of the State of the Union Address and launched a unity agenda focused on four key areas, one of which was mental health. Congressional committees focused on bipartisan efforts to address our nation's mental health crisis. Among many more successes, here are a few highlights of what your advocacy contributed to in 2022:

- After years of advocacy and planning, 988 became available nationwide. Your advocacy led to a **10x increase in federal funding for the 988 Lifeline** in 2022 over 2021. Just last week, that funding grew again – [increasing from \\$24 million in 2021 to more than \\$500 million in 2023](#).
- \$1 billion to help schools hire and retain school mental health professionals and build a pipeline of future professionals over the next five years.
- \$1.01 billion for the Mental Health Block Grant program, a \$153 million increase and the first time the block grant has surpassed \$1 billion. The program allows states to fill gaps in needed mental health services.
- Several NAMI-supported provisions were included in the [Fiscal Year 2023 omnibus package](#) that Congress passed just this past week. This bill included extending telehealth flexibilities for two years to allow many people to continue to access mental health care remotely, expanding the mental health workforce in Medicare and improving care for justice-involved youth re-entering the community, among many other provisions.

Keep Up with NAMI From the CEO

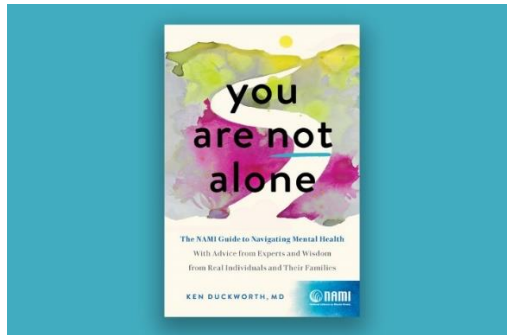


Listen to the Latest Episode of “Hope Starts with Us”

In this episode of NAMI's podcast, NAMI CEO Daniel H. Gillison Jr. speaks with Music Mogul, Entrepreneur, Philanthropist and NAMI Ambassador Master P about the recent loss of his daughter to substance use. Together, they talk about grief, faith, healing in the Black community and turning pain into purpose. (The podcast is available on many major directories and players, including [Apple Podcasts](#), [Amazon Music](#), [Spotify](#), [Stitcher](#), [Podcast Addict](#), [Podcast Index](#), [Podchaser](#), [Pocket Casts](#), [Deezer](#), [Listen Notes](#), [Player FM](#) and [RSS](#). A video version will also appear on [YouTube](#).)

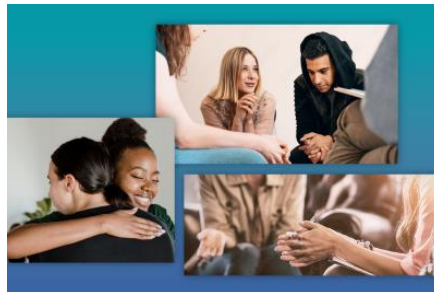
[Listen To All Episodes Here](#)

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.

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. 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
- Public Safety Professionals
- Suicide Prevention
- 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.

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.



Submit your proposal for NAMICon 2023!

Do you live with mental illness? Are you a caregiver or family member of someone with a mental illness? Are you a mental health provider or NAMI grassroots leader? Do you work or study in the education system or criminal justice system? Don't miss this opportunity to share **your** mental health journey, innovative work or expertise. NAMI is seeking session proposals for NAMICon 2023. This will take place in-person, May 24-27 in Minneapolis, MN...but it doesn't end there! Tune in online, June 6-8, for your favorite sessions along with new & exclusive content. Proposal deadline: **Jan. 31, 2023.**

View submission guidelines on NAMICon's Call for Proposal Page

[Call for Proposals](#)

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.

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>

Reflecting on Our Mental Health

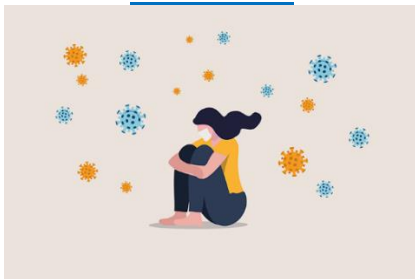


How to Help Yourself and Others with Suicidal Ideation
"Survival is something to celebrate but so is the journey."

[Read More](#)



**Emotional Recovery from Psychosis:
Trusting and Believing in Yourself Again**
[Read More](#)



**Thoughts on The Pandemic, Trust Issues
and Trauma Survivors**
[Read More](#)



**Expressive Arts Therapy: A Sensory
Approach to Trauma Healing**
[Read More](#)



**The Importance of Prioritizing Emotional
Wellness over Academic Achievement**
[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.



FORENSIC/JUSTICE INVOLVED PEER SUPPORT SPECIALIZATION SURVEY

This survey asks for your feedback on the minimum qualifications and core competencies for the Forensic/Justice Involved peer support specialization, as well as barriers to employment for peers with a history of involvement in the criminal legal system.

This is your opportunity to make your voice heard! We will share feedback from this survey with the Department of Health Care Services (DHCS), the California Behavioral Health Planning Council (CBHPC), the California Mental Health Services Authority (CalMHSA), the Council on Criminal Justice and Behavioral Health (CCJBH), and other relevant state and local entities to inform the development and implementation of this specialization.

DEADLINE TO COMPLETE: JANUARY 16, 2023



Raffle Prizes Available!

Cal Voices will raffle off **three** \$50 Amazon gift cards to survey respondents.

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

Instagram, Facebook, and Twitter:

@mentalhealthdiaries2

Podcast: The Mental Health Diaries

Patreon: Mental Health Diaries

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.

Relationships, Family, and Mental Health | Thurs 1/5 | 12-1:00p CST

The complicated nature of mental illnesses can make relationships challenging, and caregiver stress — the emotional and physical stress of caregiving — is common. Learn strategies to set boundaries, respond to difficult behavior, and manage your own stress in this one-hour webinar with a licensed therapist.

Click to Register https://us06web.zoom.us/webinar/register/1316068330420/WN_-WtEVBC3T5iE1ANLRIIOXg

Understanding ADHD | Tues 1/10 | 12-1:00p CST

Attention deficit hyperactivity disorder (ADHD) is more than hyperactive people and short attention spans. Explore the causation, symptoms, and treatment options for ADHD and gain practical tips for managing symptoms and supporting loved ones with a licensed therapist. **Sponsored by Nancy Shafer**

Click to Register https://us06web.zoom.us/webinar/register/1316068330420/WN_KnKHx5zBT9SCmW8v2XB_EQ

Understanding Anxiety | Tues 1/11 | 12-1:00p CST

Occasional anxiety is an expected part of life. But anxiety disorders involve more than temporary worry. An accessible guide to understanding what causes anxiety disorders and the types of anxiety, their symptoms, common misconceptions, and how relationships are impacted. Discuss co-occurring disorders, treatment options, and learn practical tips for managing symptoms and helping others with a licensed therapist.

Click to Register https://us06web.zoom.us/webinar/register/1316068330420/WN_-fbY3eDITsCUtBI9P25ILw

The Science Behind Mental Health | Thurs 1/12 | 12-1:00p CST

Diagnosing mental illness isn't like diagnosing other chronic diseases. Are mental health disorders best understood as physical illnesses that affect the brain? Or do these disorders belong in a category all their own? An accessible guide to understanding the causes, treatment and prevention of mental illness. Separate myths and facts on this often-misunderstood topic. **Sponsored by Crowns Club**

Click to Register https://us06web.zoom.us/webinar/register/1316068330420/WN_imujWWOKQ_C7wooN2cvEHQ

Powerful Words: Language to Build Children's Self-Esteem | Mon 1/16 | 12-1:00p CST

In the world of social media, youth often feel pressured to live up to impossible standards, and these unrealistic expectations often leave them feeling hollow & depressed. Learn how to respond when youth are feeling discouraged and what words of encouragement you can use to help young people feel positive about themselves, regardless of challenges they may face, or how others may view them. **Sponsored by Polk County Iowa's Behavioral Health and Disability Services agency**

Click to Register https://us06web.zoom.us/webinar/register/1316068330420/WN_Pwcy6W8zQXGpaUZP2AxyRA

[click to browse all upcoming webinars](#)

Contact us:

Email: info@namiinlandvalley.org

Phone: (760) 217-4109

Visit our website: www.namiinlandvalley.org

Board of Directors:

President: Jessie Bliss

Vice President: Vacant

Treasurer: Barbara Redding

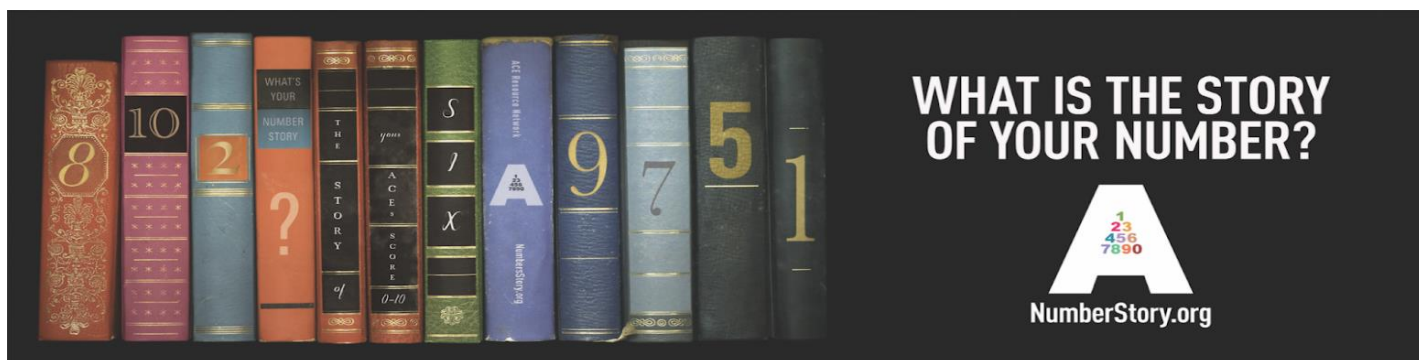
Secretary: Rocio Garcia

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 can explore the impacts of childhood adversity, and discover accessible tools for healing and prevention. 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.



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 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.

Thanks to Our Sponsors:



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Helping Others Soar

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