



NAMI
National Alliance on Mental Illness

Inland Valley

NEWSLETTER

July 2022

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 July!

I hope everyone had a happy and safe Fourth of July and that you are finding ways to beat the heat. It seems that each week there is some new piece of news that gives reason to despair. What do you do when the world seems bleak? When I'm feeling down, I take some time to practice self compassion. I acknowledge my feelings. I tell myself it is ok to feel that way. I let myself feel. But doesn't that lead you to staying in a bad mood you ask? No. Because after I allow myself to feel what I need to feel, I take some time to practice gratitude. I recognize what I have to be thankful for. I acknowledge it. I appreciate it. I encourage you to spend some time sitting in gratitude this month.

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 capacity and move our affiliate to the next level! If you are interested, please contact Barbara Redding @ brrddng@aol.com.

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.

Mental Health Educational Programs

NAMICA State Training:

Online Family-to-Family Teacher Training:

- July 26 – 27; 9 AM – 5 PM both days

Call Eva Beavers at (760) 217-4109 for registration information.

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 and 4th Thursday of the month from 6 – 7:30 PM via Zoom until further notice. You will need to register in advance only once. Here's the new meeting link:

<https://us02web.zoom.us/meeting/register/tZEpcuCqrzqtGdD8f--KEz7qOxcYs-rXJ9yR>

After registering, you will receive a confirmation email containing information about joining the meeting.

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 2nd and 4th Thursday of the month from 6 – 7:30 PM via Zoom until further notice. **You will need to register in advance.** 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.

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.

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 2022, 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.

NAMI National News

NAMI 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 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.

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](#)

First-Ever Youth Mental Health Forum

NAMI will be partaking in MTV Entertainment Group's Mental Health Youth Action Forum with the Biden-Harris Administration, Selena Gomez and Rare Beauty's Rare Impact Fund. NAMI's Director of Youth & Young Adult Initiatives, Barb Solish, is mentoring a group of impressive young adults as they create a national storytelling campaign that they will present to the Biden-Harris Administration and industry partners.

[Learn More Here](#)

NAMI California News

Help Not Handcuffs: A Day in the Life, “Mental Health Emergencies and Police Response,” Webinar

This webinar, moderated by NAMI CEO Dan Gillison, will continue the discussion from the popular March 8th Help Not Handcuffs session featuring Ernie Stevens and Joe Smarro from “Ernie and Joe: Crisis Cops.” Dirk Butler from the Center for Policing Equity and Ron Bruno from CIT International will also be joining the conversation to address collective solutions for justice diversion and compassionate crisis response. Tuesday, July 19, 7 – 8:30 p.m. EST [Register Today](#).

The HBO “Ernie and Joe: Crisis Cops” documentary is available for virtual screening from July 17- July 24 for all registrants.

Save the Date!

Saturday, Nov. 5, 2022

Save the Date

MENTAL HEALTH for all

namiwalks
YOUR WAY
Inland Empire

Diamond Valley Lake
2615 Angler Ave.
Hemet CA

Contact Eva Beavers if you are interested in joining our team at (760) 217-4109

Advocacy

2022 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.

2022 NAMICA Annual Conference
August 25 – 26, 2022
Newport Beach Marriott Hotel & Spa



We are offering special conference registration rates for groups of 5 or more. Please contact Eugenia@namica.org for more information.

[Register](#)



Kids, Teens and Mental Health

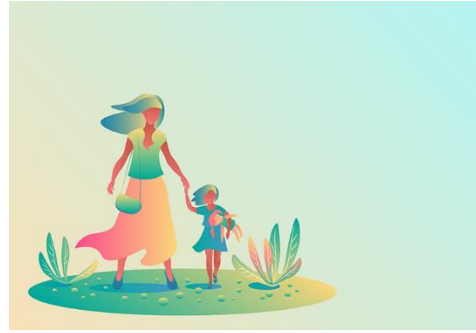


I Didn't Treat My Son's Mental Illness. Now, We Both Face the Consequences.
"Had I trusted and sought out available help for him, I wouldn't have needed to fill an entire journal with apologies."

[Read More](#)



To Improve Student Mental Health, We Need More Than Crisis Response
[Read More](#)



Recognizing My Daughter's (and My Own) Anxiety Warning Signs
[Read More](#)



The Story of an Adolescence, Interrupted
[Read More](#)



How Parents Can Support their College Students' Mental Health
[Read More](#)

[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](https://www.instagram.com/mentalhealthdiaries2)

Podcast: The Mental Health Diaries
Patreon: Mental Health Diaries



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](#)

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](#)

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=71a26e1851fb9c23ae6bee4e7a57ae570ff1d31cd63e9146fcc7d6c4035e8bdc161ebd58f46acf52880e1362a0c23dcd336d0d1b75c8ab>

Thanks to our sponsors:



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 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

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.

Coming July 16th, nationwide availability of the 9-8-8 Hotline for people who experience a suicidal, substance use or 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.

I Don't Need Help: Supporting People Who Can't See Their Mental Illness | Thurs 7/7 12-1:00p CDT

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.

Register at https://us06web.zoom.us/webinar/register/1316068330420/WN_YVDF07_WRreFz7eWnmwxKg

Relationships, Family, and Mental Health | Tues 7/19 12-1:00p CDT

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.

Register at https://us06web.zoom.us/webinar/register/1316068330420/WN_XyXqzkiqQ1iF61YhTqYaWw

Setting Healthy Boundaries in Relationships | Wed 7/20 12-1:00p CDT

Maintaining a balance between taking care of loved ones and setting healthy boundaries for yourself can be challenging. Learn how to express your own needs without guilt, strike a healthy balance between caregiving and self-care, and tips for negotiating compromises with a licensed therapist.

Register at https://us06web.zoom.us/webinar/register/1316068330420/WN_vYG9isUzRX-5KvkkZWnLCw

Early Attachment: Why Emotional Bonds Matter | Wed 7/20 5:30-6:30p CDT

Attachment theory is among the most popular concepts in children's mental health. Explore the stages of attachment, what secure attachment looks like, and the impact of insecure attachments in this one-hour webinar.

Register at https://us06web.zoom.us/webinar/register/1316068330420/WN_KwSCsmFcQvKLTsbD8KoYXQ

Communication Do's & Don'ts | Thurs 7/21 12-1:00p CDT

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 at https://us06web.zoom.us/webinar/register/1316068330420/WN_zGNeHh8iSpaJJTxIbi0MEQ

Understanding Dissociative Disorders | Tues 7/26 | 12-1:00p CDT

Dissociation changes your sense of time and identity, and makes people feel disconnected from their thoughts, feelings, and memories. It's a normal phenomenon that most people experience at some point, though some will develop a dissociative disorder that requires treatment. Explore the types of dissociative disorders, their symptoms, prevalence & causation, and how they're treated.

Register at https://us06web.zoom.us/webinar/register/1316068330420/WN_QLA_r_MKKSEqJ8eYsmi_Mzg

Understanding Obsessive Compulsive Disorder | Wed 7/27 12-1:00p CDT

OCD manifests differently in different people – the disorder involves much more than anxiety about germs or compulsions to clean. 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.

Register at https://us06web.zoom.us/webinar/register/1316068330420/WN_7lvSUVDXTb2Z7PUvFE5xWw

Managing Emotions through Connection | Wed 7/27 5:30-6:30p CDT

How does the emotional support we do / do not receive as children impact our ability to manage emotions as adults? Learn the types of emotional support children need from infancy through adolescence, and the tools caregivers need to provide what each stage needs.

Register at https://us06web.zoom.us/webinar/register/1316068330420/WN_wSjrUD5WSkC7GVcVB5G8Mw

Understanding ADHD | Thurs 7/28 12-1:00p CDT

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 with a licensed therapist.

Register at https://us06web.zoom.us/webinar/register/1316068330420/WN_sTvzJ6JKQmayx4WMNcdqzw

[Click to browse all upcoming webinars](#)

Contact us:

Email: info@namiinlandvalley.org

Visit our website: 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 and Eva Beavers

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@acerourcenetwork.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.