



NAMI  
National Alliance on Mental Illness

# Inland Valley

NEWSLETTER

June 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 June!

I would like to take some time this month express our gratitude to all the wonderful therapists, counselors, and life coaches that are part of our community. We have been having an increase in group participation and it is because you are allowing us to advertise in your spaces and encouraging your clients to come in. In both our Peer and Family groups, we discuss the importance of having support, and we hope that we can continue to support each other in the important work that we do. Thank you all! I'd also like to express my gratitude for our dedicated group of teachers and facilitators. NAMI Inland Valley would literally not exist without you. We are in need of more teachers and facilitators to continue to grow and meet the increasing demand in our community. All teachers and facilitators receive on going training and support. If you are interested, please reach out to us.

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](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.

# Mental Health Educational Programs

## Peer to Peer Class:

NAMI Inland Valley will offer an 8 session Peer recovery-focused course for adults with mental health conditions. This class is a great resource for information on mental health and recovery. The class will be held on Wednesdays, July 6 – August 24, 2022, from 6 – 8 PM at the Faith Lutheran Church, 9600 7<sup>th</sup> Avenue, Hesperia, CA 92345. Call Eva Beavers at (760) 217-4109 for registration information.

## NAMICA State Training:

Online Connections Facilitator Training:

- June 18 – 19

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 via Zoom until June 23, 2022. You will need to register in advance. Here's the new meeting link:

<https://us02web.zoom.us/meeting/register/tZEpcuCgrzgtGdD8f--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 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month from 6 – 7:30 PM via Zoom until June 23, 2022. **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](http://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
- Access to members only 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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## *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.
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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.

# 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](#)



As one of the largest community gatherings of mental health advocates in the U.S., NAMICon provides an incredible opportunity to bring awareness, resources and solutions to a wider audience of people affected by mental health conditions — both nationally and globally.

Your registration fee includes ALL virtual activities for June 14–16. The programming for Tuesday, June 14, will be dedicated to our NAMI State Organizations and NAMI Affiliates. We are excited to announce the first day plenary speaker for NAMICon 2022, **actor, author and mental health advocate Mayim Bialik**. More detailed schedule information will be posted on [nami.org/convention](https://nami.org/convention) in the upcoming weeks.

[Register Now](#)

## 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](#)

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### **NAMI Ask the Expert: The AAP and AFSP Blueprint for Youth Suicide Prevention: Opportunities to Support Youth and Families.**

Thursday, June 9, 4 - 5:30 p.m. ET

In this webinar, experts from the American Academy of Pediatrics (AAP), American Foundation for Suicide Prevention (AFSP) and National Institute of Mental Health (NIMH) will address how clinicians, adults working with youth in school and community settings, families and peers can play a critical role in identifying and supporting youth at risk for suicide. They will go on to present the Blueprint for Youth Suicide Prevention and outline key strategies to prevent suicide in clinics and communities. [Register Today](#)

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## *NAMI California News*

### **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.](#)

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## 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.



## Improve Mental Health Care



Tell Congress:

**We need more mental health professionals!**

#MentalHealthMonth Advocacy Challenge

NAMI has never needed your voice more. Our country is facing unprecedented numbers of people experiencing symptoms of mental health conditions. **But people are struggling to find mental health professionals – and ones who take their health insurance – when they need help.**

Unfortunately, some health plans – including Medicare – don't cover care from certain types of mental health professionals. **That's why your members of Congress need to hear from you that we need more mental health professionals.**

Click the button below to learn more and take action.

**TAKE ACTION**

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



2022 Annual  
State Conference

August 25 and 26  
Newport Beach Marriott  
Hotel and Spa

We are offering special conference registration rates for groups of 5 or more. Please contact [Eugenia@namica.org](mailto:Eugenia@namica.org) for more information.

[Register](#)

## What Are the Warning Signs?



### Understanding the Early Warning Signs of Mental Illness

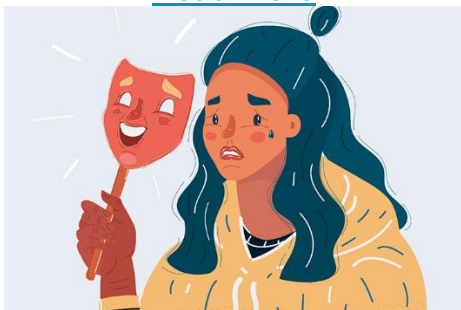
"Having a plan to address your symptoms and specific needs will allow you to move forward more effectively."

[Read More](#)



Early Intervention Could Have Changed My Life

[Read More](#)



Life with High-Functioning Depression: Functional Does Not Always Mean Healthy

[Read More](#)



Warning Signs and Possible Causes of a Bipolar Episode

[Read More](#)



Missing the Early Warning Signs: My Son's Journey with Schizophrenia

[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](http://www.mentalhealthdiaries.net)  
Instagram, Facebook, and Twitter:  
@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](#)

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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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**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](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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**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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**We are two months away from the 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.**

### Understanding Oppositional Defiant Disorder | Tues 6/7 | 12-1:00p CDT

It's not unusual for children and teenagers to be defiant, and to question authority on occasion. Discuss how disordered behavior is distinguished from typical child development and explore the diagnostic criteria, causes, and treatment of oppositional defiant disorder in this one-hour seminar with a licensed therapist. Register

here: [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_2xO2DVQcSwO9OQyuvMLy6Q](https://us06web.zoom.us/webinar/register/1316068330420/WN_2xO2DVQcSwO9OQyuvMLy6Q)

## **Depression & Suicide in Young People: What Communities Need to Know | Wed 6/8 | 12-1:00p CDT**

Depression in children and teenagers is often undiagnosed and untreated because symptoms are mistaken for normal emotional changes. But with early identification & intervention, we can decrease the risk of suicide in depressed youth. Discuss the biological, environmental, and psychological factors that contribute to youth depression and suicide, as well as the signs and symptoms with a licensed therapist. Register here:

[https://us06web.zoom.us/webinar/register/1316068330420/WN\\_48w4ZekUTfqIzHbZ-DbuoA](https://us06web.zoom.us/webinar/register/1316068330420/WN_48w4ZekUTfqIzHbZ-DbuoA)

## **Understanding Personality Disorders | Tue 6/21 | 10 – 11a PDT**

Personality describes everything about you, and personality disorders can be challenging to manage. In addition to dealing with the illness itself, people often struggle with the myths and stigma surrounding personality disorders. Explore the categories of personality disorders, their symptoms, causes, and treatment. Register here:

<https://www.eventbrite.com/e/understanding-personality-disorders-free-webinar-tickets-328062422537?aff=ebdsoporgprofile>

## **Understanding Schizoaffective Disorder | Wed 6/22 | 10 – 11a PDT**

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. Register here:

<https://www.eventbrite.com/e/understanding-schizoaffective-disorder-free-webinar-tickets-328074418417?aff=ebdsoporgprofile>

## **Understanding Self-Harm: Cutting, Self-Injury, and Self-Mutilation | Thur 6/23 | 10 – 11a PDT**

Self-injury is a complex behavior that is difficult to understand if you haven't experienced it yourself. Explore what self-harm is and is not, the reasons why people purposefully hurt themselves, and the symptoms to look for. Register here:

<https://www.eventbrite.com/e/understanding-self-harm-cutting-self-injury-and-self-mutilation-free-tickets-328079814557?aff=ebdsoporgprofile>

## **Understanding Body Dysmorphic Disorder | Tue 6/28 | 10 – 11a PDT**

Body Dysmorphic Disorder is defined by negative self-image and misperceptions about appearance. Preoccupation with perceived flaws can result in anxiety, depression, and social isolation. Register here:

<https://www.eventbrite.com/e/understanding-body-dysmorphic-disorder-free-webinar-tickets-328879947777?aff=ebdsoporgprofile>

[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, 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.