



NAMI  
National Alliance on Mental Illness

# Inland Valley

NEWSLETTER

March 2023

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

Follow us on Facebook:

<https://www.facebook.com/namiinlandvalley>

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 March!

As we head into Spring and thinking of new beginnings, I'd like to draw your attention to a couple new things that are happening with NAMI IV. First, we are participating in NEDA's Eating Disorder Awareness Week. Visit our Facebook page and [nationaleatingdisorders.org](http://nationaleatingdisorders.org) to learn more about the various ways that eating disorders impact a person's life. Speaking of Facebook... Did you know that NAMI Inland Valley is on Facebook? Like and follow us for more information about NAMI IV happenings, information about mental health and how to support ourselves or our loved ones. Finally, if you are one of our professional partners, don't forget to register for our NAMI and Network meeting.

Yours in Recovery,

Jessie Bliss, LMFT, Inland Valley President



## NAMI Inland Valley News

### Board Information

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.

**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).**

## **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/wbTXsjUJFaBXfF4r5>.

## **NAMI and Network: Exclusively for our Professional Network!**

Our next NAMI and Network meeting will be held March 15, 2023 from 12-1pm at Victor Community Support Services at 15400 Cholame Rd Victorville CA 92392. Lunch will be provided. Please RSVP here: <https://forms.gle/xcRzYQHqJ9ghKwWP9>

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? We'd love to have you at our next NAMI and Network meeting.

## **Mental Health Educational Programs**

### **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 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 April 6-7, 2023 | NAMI Family Support Group |Contact State Office for more details.

Contact: NAMI California – Ashlee Espinoza | Office: 916-567-0163 ext.109 | [ashlee@namica.org](mailto:ashlee@namica.org)

Class begins March 18-19, 2023 | NAMI Family Support Group |Contact NAMI Westside Los Angeles for more details.

Contact: NAMI Westside Los Angeles – Elizabeth Stephens | Office: 949-280-4986 | [estephens@namila.org](mailto:estephens@namila.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.

# NAMI National News

## Keep Up with NAMI

From the CEO

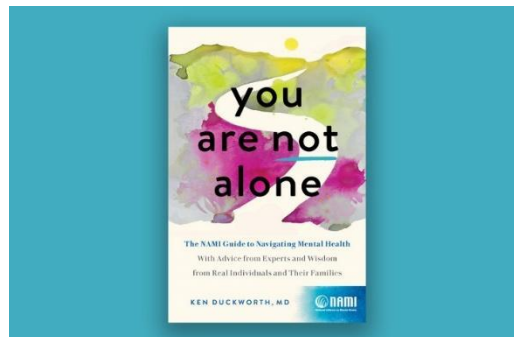


### Listen to the Latest Episode of “Hope Starts with Us”: Super Bowl of Mental Health - Athlete Well-Being

Just ahead of Super Bowl Sunday, NAMI CEO Daniel H. Gillison Jr. speaks with former NFL players Marcus Smith II, Soul Cole and Zach Moore about their personal journeys with sports and mental health, how the incident with Damar Hamlin has affected the NFL community, and how everyone can play a role in supporting young athletes’ well-being. In honor of Black History Month, they also discuss the further stigmas faced around Black male mental health both on and off the field.

[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.

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## 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.
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## 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.

The image shows the NAMI logo at the top, with the text "National Alliance on Mental Illness" underneath. Below the logo, the text reads: "If you or someone you know needs help, contact NAMI HelpLine at 1-800-950-NAMI (6264) or info@nami.org". The background is a dark blue gradient with a faint geometric pattern.

### 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](#)

### 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](#)



### 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](#)

### TOGETHER AGAIN!

Get ready for an energizing in-person and online experience celebrating all the unique and important voices — including yours — who are creating positive change in mental health.

[Register here](#)

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## NAMI California News

### 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>



# NAMI Blog: Aspects of Mental Health That We Don't Talk About



## Hygiene Indifference: The Symptom We Don't Talk About

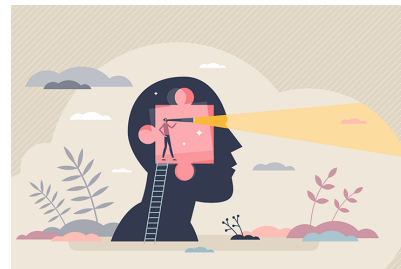
"As a health care professional and someone living with depression, I can speak to the very real manifestations of this symptom."

[Read More](#)



## My Schizophrenia Checklist

[Read More](#)



## The Power and Value of Insight

[Read More](#)



## How I Navigated Gender and Sexuality with Multiple Personalities

[Read More](#)



## 4 Tips for Sharing Your Mental Health Journey on Social Media

[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.

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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.

## **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, Eva Beavers and William Lamas

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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).



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