

May 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 May!

This month is nationally recognized as Mental Health Awareness month and NAMI's theme for this year is "Together for Mental Health". It is more important than ever that we use our voices to advocate for access to care and quality care for all. How do you do that? You can share your story at a support group or with a friend. You can share mental health facts, stories, or infographics on your social media pages with #together4MH. Talk to our local politicians or community advisory boards to prioritize mental health. Do some research on organizations that advocate for mental health and choose to purchase from them. If you are passionate about mental health, we are currently looking for board members and volunteers to assist with our mental health advocacy and education efforts. Please reach out if you are curious.

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.

NAMICA State Training:

Have you attended a Family-to-Family Class and are you interested in teaching a class? NAMICA is offering Family to Family Teacher Trainings on:

- May 19 – 20

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

Support Groups

NOTE:

As rising fuel costs are placing a hardship on many families, the Board of Directors decided to hold both of our Connections Recovery and Family Support Group Meetings via Zoom until June 2022.

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. **We needed to create a new meeting link, so everyone will need to register again.** Here's the new meeting link:

<https://us02web.zoom.us/meeting/register/tZEpcuCgrzqtGdD8f--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. Here's the meeting link:

<https://us02web.zoom.us/j/83048725384?pwd=YINFQTMvdmptMlo1d21EaFVxcnIrZz09>

Also, check our website, www.namiinlandvalley.org for meeting links. Call (760) 217-4109 for more information.

Thanks to our sponsors:



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 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 or go online to nami.org to renew or set up an account to join. A mail-in application is embedded on our website.

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.

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](#)



nami.org/convention

TOGETHER
for Mental Health

Virtual June 14–16
NAMICon 2022

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 in the upcoming weeks.

[Register Now](#)

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.](#)

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 During Mental Health Month



The graphic features a green background with a white megaphone icon on the left. The text 'Tell Congress:' is written in white on a dark blue diagonal banner. The main message 'We need more mental health professionals!' is in large white font. Below it, the hashtag '#MentalHealthMonth Advocacy Challenge' is written in white. The ACT4 Mental Health logo is in the bottom right corner.

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

2022 NAMICA Annual Conference Super Early Bird Registration August 25 – 26, 2022 Newport Beach Marriott Hotel & Spa

[Super Early Bird Registration deadline is April 30 for online registration](#)

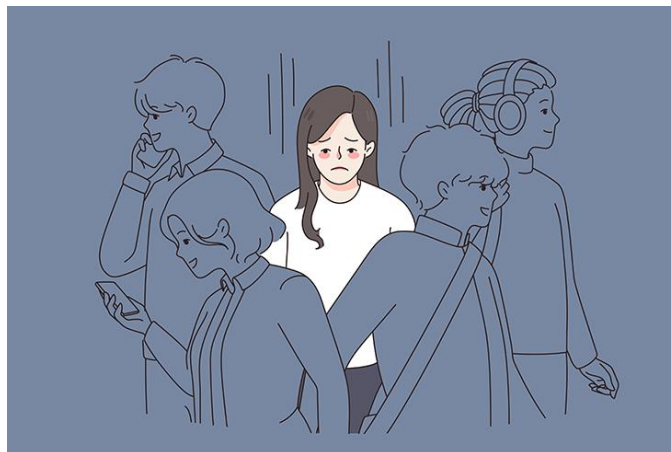
[CLICK HERE](#)

For information on booking a reservation at
Newport Beach Marriott Hotel & Spa

[CLICK HERE](#)



Stopping Stigma: Representing Mental Illness Accurately



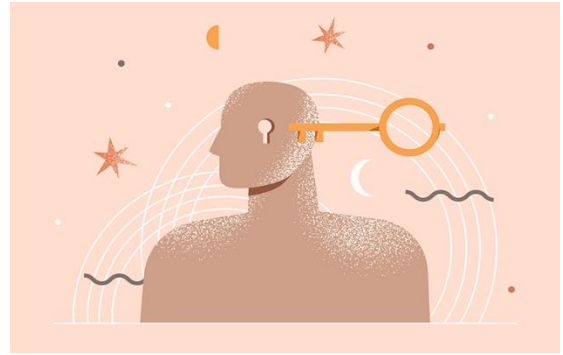
The Problem with Preaching Gratitude

"When dealing with the challenges of mental illness, it can be difficult to feel and express gratitude."

[Read More](#)



Unpacking Narcissism and Stigma
[Read More](#)



Three Lessons I Learned from a Decade in
Therapy
[Read More](#)



DID Stories Are Riddled with Stigma: I Want to
Tell a More Accurate One
[Read More](#)



Fighting Internalized Stigma and Changing
My Attitude
[Read More](#)

TOGETHER

for Mental Health

May is Mental Health Awareness Month

#Together4MH

Learn More

nami.org/mentalhealthmonth

[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



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](#)

[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!](#)

[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>

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.

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.

Responding to a Mental Health Emergency | Mon 5/9 | 12-1:00p CDT

We know what to do if someone breaks their arm - brace it and go to the hospital. But what do you do if someone is experiencing a mental health emergency? Prepare yourself by learning what causes crisis situations, the warning signs, how to respond and what to do once the crisis has ended.

Register

Here https://us06web.zoom.us/webinar/register/1316068330420/WN_KVvnMGNQ2SV4QVhzk82JA

Understanding Trauma | Tues 5/10 | 12-1:00p CDT

Trauma is defined by the emotional and psychological effect an event has on people, and less by the event itself. Explore the science of trauma and discuss how trauma impacts physical & mental health with a licensed therapist.

Register

Here https://us06web.zoom.us/webinar/register/1316068330420/WN_y2bYIRiZQ0WfUhbAcMYEQ

Understanding Suicide | Wed 5/11 | 12-1:00p CDT

It is often believed that talking about suicide or asking someone if they feel suicidal will encourage suicide attempts, when in reality directly discussing suicide is the key to prevention. Explore the causes of suicide, the warning signs, and how to cope in this one-hour seminar with a licensed therapist.

Register Here https://us06web.zoom.us/webinar/register/1316068330420/WN_Won-ZjnQQZezF4bMzn4pnw

Empowering Loved Ones | Thurs 5/12 | 12-1:00p CDT

Understanding how to effectively support friends and family members with mental health disorders is essential. This one-hour seminar is led by a licensed therapist and includes information on the complications of mental illness, the four dimensions of recovery, and an introductory guide to developing a recovery plan.

Register

Here https://us06web.zoom.us/webinar/register/1316068330420/WN_ActJfeVSS52rO1laowyk5Q

Understanding Schizophrenia | Tues 5/17 | 12-1:00p CDT

Schizophrenia is a lifelong illness that changes how you think, feel, and act. A combination of hallucinations, delusions, disordered thinking and behavior can be debilitating. Explore the causes, symptoms, co-occurring disorders, and treatment of Schizophrenia, and gain practical tips for managing symptoms and supporting loved ones with a licensed therapist.

Register

Here https://us06web.zoom.us/webinar/register/1316068330420/WN_1_aV2ximSPijg1SdrIFLUQ

Understanding Dissociative Identity Disorder | Wed 5/18 | 12-1:00p CDT

Dissociative identity disorder, once called multiple personality disorder, is characterized by a person's identity dividing into two or more personalities. Explore what causes DID, how it's treated, and the reasons why DID can be difficult to recognize with a licensed therapist. Register

Here https://us06web.zoom.us/webinar/register/1316068330420/WN_sZgktu2-QhSPIAse3pzOKg

The Science Behind Mental Health | Thurs 5/19 | 12-1:00p CDT

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.

Register Here https://us06web.zoom.us/webinar/register/1316068330420/WN_PCCS7D-2TVmbMvOSODZzog

Understanding Borderline Personality Disorder | Tues 5/24 | 12-1:00p CDT

Of the major mental illnesses, borderline personality disorder is among the most stigmatized. Separate myths and facts and explore the signs and symptoms, causes, and treatment of this often-misunderstood diagnosis. Gain practical tips to manage symptoms and support loved ones with a licensed therapist. Register

here https://us06web.zoom.us/webinar/register/1316068330420/WN_wCLEvQdNRaGjKeK_BgH2w

Understanding Narcissistic Personality Disorder | Wed 5/25 | 12-1:00p CDT

People often label others as narcissists without having a clear understanding of what this diagnosis really means. Explore the signs and symptoms, causes, and treatment of this often-misunderstood diagnosis. Separate myths and facts and learn how to manage symptoms and support loved ones with a licensed therapist. Register

Here https://us06web.zoom.us/webinar/register/1316068330420/WN_K5pRJKW_QAeoJLyYJa4urQ

Common Family Reactions to Mental Illness | Thurs 5/26 | 12-1:00p CDT

Understanding why people experience things differently can help to ease tension & increase acceptance. Discuss the caregiving experience, the stages of emotional response, and learn how to respond and cope in this one-hour seminar with a licensed therapist.

Register

Here https://us06web.zoom.us/webinar/register/1316068330420/WN_P3h4tbEaTnaoGrijXfbhmw

[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

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.

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.

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.