



NAMI  
National Alliance on Mental Illness

# Inland Valley

NEWSLETTER

November 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 November!

Is everyone ready for the holiday season and to practice some gratitude? I want to challenge you all to take some time this month and journal, or meditate, about the following things: a lesson you have learned in life, a person you love, a hobby or activity you get to participate in, a challenge you have overcome, something you are proud of, someone who helped you, and a comfort you enjoy. Often times we get so busy in the hustle and bustle of life that we don't take time to focus on the good that we have going on in our life. So take some time this month and reflect on the good things in life.

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 accounting, 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).**

**Also, if you are interested in volunteering, please contact Eva Beavers at (760) 217- 4109 for more information.**

## **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

## Familia-a-Familia Leader Training (Spanish)

Class begins January 9-10, 2023

For details, contact: NAMI California – Ashlee Espinoza | (916) 567-0163 ext.109 | [programs@namica.org](mailto:programs@namica.org)

## Peer-to-Peer Leader Training

Class begins November 17-18, 2022

For more details, contact: NAMI GLAC – Sylvia Gil | 323-351-0999 | [sgil@namiglac.org](mailto:sgil@namiglac.org)

## 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.

## 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](mailto:info@namiinlandvalley.org).

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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.

For the months of November through December 2022, meetings are held on the 2<sup>nd</sup> 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/tZAVc-GoqzkoHtUlo13DO-luWF1LYFP3B0q4>

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 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](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*

Keep Up with NAMI

From the CEO

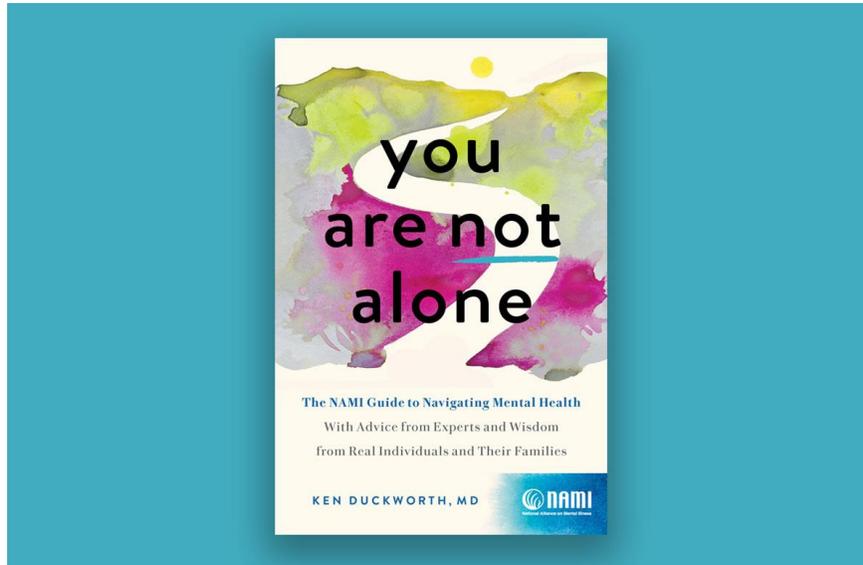


Hope Starts With Us: Depression and Three Generations of Black Men Healing

This week's podcast guests share their experience with depression and navigating resources over the years, across different generations.

[Read More](#)

## 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 out! Written by NAMI Chief Medical Officer Dr. Ken Duckworth, the book 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.



### Check Out Our Updated Research Section

The changes made to the Research section of our website include updated information about our [research partnerships](#), [research on NAMI programs](#), [information about participating in research](#), and [past work and publications](#).

[Read More](#)

## 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.

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### Register for Upcoming Webinars

#### **Enhancing Immunity to Build Resilience: An Innovative Preventative Health Program**

Thursday, Nov. 10 at 4:00 pm EST

While we know that people with behavioral health disorders are more likely to contract viral illnesses and become sicker from them, there are strategies that can enhance immunity and resiliency. Come to this session to learn about an innovative program that teaches how the immune system works and self-care wellness skills for enhanced immune health. [Register Today](#)

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### 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. 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.

**Teen Mental Health | from Teens Themselves**

Teens want schools to play a big role in their mental health, and they trust the information they get there, and are open to receiving information at school

**2 in 3** More than 2 in 3 agree schools should teach about what mental health is, including where and how to seek treatment

**56%** 56% say their school thinks that mental health matters

**67%** 67% think schools should offer days off for mental health

## New Teen Poll

A poll conducted by Ipsos on behalf of NAMI finds that most teens are comfortable talking about mental health, but often don't start the conversation. And they want schools to play a big role in their mental health, and they trust the information they get there, but feel like schools are not doing enough.

[Read More](#)

**NAMI Ask the Expert**  
National Alliance on Mental Illness

**Enhancing Immunity to Build Resilience: An Innovative Preventative Health Program**

Nov. 10, 2022, 4 p.m. ET

### Join us for NAMI Ask the Expert: Enhancing Immunity to Build Resilience: An Innovative Preventative Health Program

When: Thursday, Nov. 10, 2022, 4:00 p.m. ET (3 p.m. CT, 1 p.m. PT)

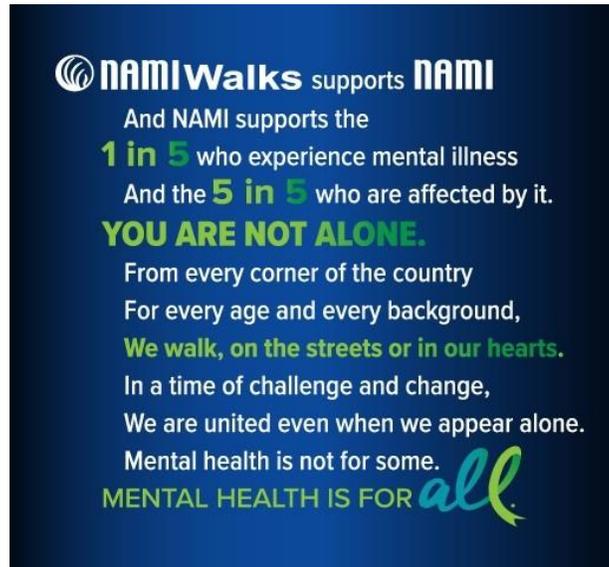
[Register Now](#)

Our expert guests, Dr. Peggy Swarbrick and Jessica A. Jonikas, will discuss an innovative, preventive health program that promotes immune health and its impact on mental health and resiliency. Gain insights as they share real-life stories of this intervention and learn skills and strategies that foster immune health and resiliency. This is especially important for those with mental health conditions

**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.

# NAMI California News

## NAMIWalks 2022



We had a great day at Diamond Valley Lake! Thank you all who attended! There is still time to make a donation by visiting this link: <https://www.namiwalks.org/team/54067>

## 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.

### Thanks to our sponsors:



## What I Wish I'd Known



### What I Wish I'd Known About Caregiving: 7 Tips To Navigate Mental Health Challenges in Your Family

"Our family has learned a lot about teamwork, self-care, support and acceptance."

[Read More](#)



What I Wish I'd Known About Therapy: How to Use CBT and DBT

[Read More](#)



Five Schizophrenia Coping Skills I Can't Live Without

[Read More](#)



Surviving Motherhood and Mental Health: What I Wish I Knew When Life Went Off-Script

[Read More](#)



What I Wish I Had Known About Stigma: I Don't Want to be "Normal"

[Read More](#)

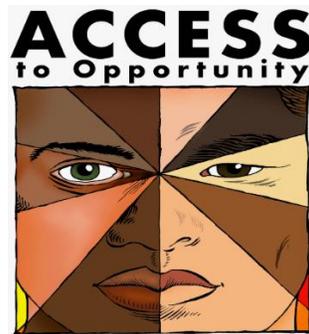
**9-8-8 Hotline** 988 is now available to every caller nationwide. 988 provides a readily accessible crisis response system as an essential component of our nation’s strategy for mental health intervention and suicide prevention. This new three-digit number will be an easy-to-remember way for people 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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**NEW! ACCESS California Podcast and Video Series!**

ACCESS California would like to share the launch of our new podcast and video series. Below you can find more information. We hope you enjoy!



Our ACCESS 2 Opportunity Podcast (A2O) is all about best practices in the public mental health system. ACCESS has interviewed consumers, leaders, decision-makers, and subject matter experts and we are excited to share this valuable insight with you.

New episodes weekly!

[A2O Podcast](#)

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**The Council on Criminal Justice and Behavioral Health (CCJBH) is currently seeking support from behavioral health organizations and stakeholders to develop and implement Medi-Cal utilization Listening sessions throughout the state of California.**

These listening sessions are aimed at understanding and analyzing health service access and Medi-Cal utilization rates among Behavioral Health and Justice Involved (BH/JI) populations.

To support this important initiative, please complete the Community Partner Interest Form below.

[\*\*Community Partner Interest Form\*\*](#)

**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>

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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)

Podcast: The Mental Health Diaries

Instagram, Facebook, and Twitter:

Patreon: Mental Health Diaries

@mentalhealthdiaries2

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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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**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 | Tues 11/8 | 12-1:00p CST**

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 with a licensed therapist.

Click to Register [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_QgxqF7jT2is-ZirEnMlmg](https://us06web.zoom.us/webinar/register/1316068330420/WN_QgxqF7jT2is-ZirEnMlmg)

**Understanding Agoraphobia | Wed 11/9 | 12-1:00p CST**

Often believed to be a fear of leaving the house, agoraphobia is an anxiety disorder that runs much deeper. Join us to develop a more thorough understanding of what agoraphobia is, what causes it, and how it's treated. Learn tips to manage symptoms and support loved ones in this one-hour seminar.

Click to Register [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_yM-9zsh8RRGXq4KixnKO6w](https://us06web.zoom.us/webinar/register/1316068330420/WN_yM-9zsh8RRGXq4KixnKO6w)

**Mental Health & Mental Illness: What's the Difference? | Thurs 11/10 | 12-1:00p CST**

While these terms are often used interchangeably, mental health and mental illness are not the same -- and this misunderstanding can cause us to overlook the signs that someone needs help. Discuss what mental health is, the categories of mental illness, and how they're treated. Separate myths & facts with a licensed therapist.

Click to Register [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_5dmUTE5QSR2SEoP\\_ct488A](https://us06web.zoom.us/webinar/register/1316068330420/WN_5dmUTE5QSR2SEoP_ct488A)

### **Understanding Dissociative Disorders | Tues 11/15 | 12-1:00p CST**

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.

[Click to Register https://us06web.zoom.us/webinar/register/1316068330420/WN\\_6QF6xXzrTWe\\_16d2FCJI-w](https://us06web.zoom.us/webinar/register/1316068330420/WN_6QF6xXzrTWe_16d2FCJI-w)

### **The Psychological Origins of Stigma & Bias | Wed 11/16 | 12-1:00p CST**

How does cultural bias impact treatment, prevention, and recovery? Discuss the origins of understanding mental illness, how misinformation is spread, and how stigma impacts individuals and communities. Learn tips for correcting negative perceptions in this one-hour seminar.

[Click to Register https://us06web.zoom.us/webinar/register/1316068330420/WN\\_C9gFvD1pR0yoVL8c8jSxMw](https://us06web.zoom.us/webinar/register/1316068330420/WN_C9gFvD1pR0yoVL8c8jSxMw)

### **Understanding Schizoaffective Disorder | Thurs 11/17 | 12-1:00p CST**

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. This one-hour seminar includes information on causation, risk factors, treatment options, and ways to cope if you or a loved one have been diagnosed with schizoaffective disorder.

[Click to Register https://us06web.zoom.us/webinar/register/1316068330420/WN\\_Spme1WOJS9SctV2TFu\\_6UA](https://us06web.zoom.us/webinar/register/1316068330420/WN_Spme1WOJS9SctV2TFu_6UA)

### **Understanding Hoarding | Mon 11/21 | 12-1:00p CST**

Hoarding is a compulsive behavior that involves much more than keeping extra papers around. This seminar explores the reasons people hoard, common symptoms of hoarding, and the impact hoarding has on both the individual and the family. Discuss treatment options and tips for communicating with someone who hoards with a licensed therapist.

[Click to Register https://us06web.zoom.us/webinar/register/1316068330420/WN\\_GPS7iQ85RUmw4r3nyOjbXw](https://us06web.zoom.us/webinar/register/1316068330420/WN_GPS7iQ85RUmw4r3nyOjbXw)

### **Understanding Obsessive Compulsive Disorder | Tues 11/22 | 12-1:00p CST**

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 in this one-hour seminar.

[Click to Register https://us06web.zoom.us/webinar/register/1316068330420/WN\\_QhJzCBKsQUeY4BLPxSBVxg](https://us06web.zoom.us/webinar/register/1316068330420/WN_QhJzCBKsQUeY4BLPxSBVxg)

### **Communication Do's & Don'ts | Wed 11/23 | 12-1:00p CST**

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 with a licensed therapist.

[Click to Register https://us06web.zoom.us/webinar/register/1316068330420/WN\\_afT5gP\\_kSK6FleFiabdMTg](https://us06web.zoom.us/webinar/register/1316068330420/WN_afT5gP_kSK6FleFiabdMTg)

### **Talking to Kids about Mental Health | Mon 11/28 | 12-1:00p CST**

Children are curious about their environment and the people around them. How do we answer their questions about mental health? Learn how to help children understand what mental illness is and is not, and how to answer their questions. Sponsored by Polk County Iowa's Behavioral Health and Disability Services agency.

[Click to Register https://us06web.zoom.us/webinar/register/1316068330420/WN\\_YutsEvj8TqeUgZQp621k4g](https://us06web.zoom.us/webinar/register/1316068330420/WN_YutsEvj8TqeUgZQp621k4g)

### **Understanding PTSD | Wed 11/30 | 12-1:00p CST**

Trauma impacts everyone differently, depending on the nature of the trauma, presence or lack of social supports, access to treatment, and coping strategies. This one-hour seminar provides an accessible guide to understanding what causes Post Traumatic Stress Disorder, its symptoms, co-occurring disorders, and treatment options. Learn practical tips for managing symptoms and helping others.

[Click to Register https://us06web.zoom.us/webinar/register/1316068330420/WN\\_b2yns19oRTOiSs8BHL-VIA](https://us06web.zoom.us/webinar/register/1316068330420/WN_b2yns19oRTOiSs8BHL-VIA)

[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).



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## 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](http://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.