

September 2021

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.

Hello Everyone,

Happy September!

Does September remind anyone else of the movie "You've Got Mail"? The part where they talk about fall starting and buying new pencils? Today I need to take some time for myself. As things are getting busy again in life, it's good to take a moment to breathe. I found a few Fall affirmations that I'd like to share with you in hopes they will help you to relax and recharge a bit:

- I let nature teach me the passionate art of letting go in order to make way for renewal.
- I take a gentle cue from the falling leaves, trusting that everything is falling into place. It is my time to slow down, to make space. I vow to do less rushing and more living, less reacting and more deep breathing, less proving and more sweetening.
- I adjust the way that I have been seeing. I see this season through the lens of grace: a miracle painted on every golden leaf. I begin my own transformation in accordance with the shifting winds. I, too, listen to the pull of the earth and gaze with wonder in every direction.

Yours in Recovery,

Jessie Bliss, Inland Valley President



Upcoming Education Classes:

Peer-to-Peer Class:

NAMI Peer-to-Peer Class, September 13 – November 8, 2021. The class will be held on Mondays, from 6 – 7 PM at the Ascension Lutheran Church, 22130 Ottawa Rd., Apple Valley, CA 92308. (There will not be a class on Monday, October 4.) This class is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. This class provides a safe, confidential space for mutual support and growth, experience, compassion and understanding from people who relate to your experiences. Please call Eva Beavers at (760) 217 – 4109 if you are interested in attending or email infor@namiinlandvalley.org. A wait list is forming.

[Clase de Familia a Familia \(Online Spanish Family to Family Class\)](#)

NAMI Family to Family es un programa educativo gratuito de 12 sesiones para miembros de la familia, socios, amigos y otras personas importantes que tienen un ser querido con una enfermedad mental. El curso está diseñado para ayudar a los participantes a comprender y apoyar a sus seres queridos mientras mantienen su propio bienestar. El curso incluye información sobre enfermedades como la esquizofrenia, el trastorno bipolar, la depresión mayor y otras afecciones de salud mental.

Comienza la clase, 11 de octubre de 2021, 6:30 PM – 9 PM via Zoom. Registrar aquí: <https://forms.gle/7kNh3ptp5mQhdzSw7> Para mas informacion llame: (909) 666 – 3612.

[Connections Facilitator Training](#)

October 22-24, 2021- OSHPD MS Peer Training and Placement Program. Hosting Affiliate is NAMI San Bernardino. If interested please contact our Program Director, Eva Beavers at (760) 217-4109.

[Peer to Peer Leader Training](#)

November 20 2021, Hosting Affiliate is NAMI San Bernardino. If you are interested in teaching a Peer-to-Peer Mentor Class, please contact our Program Director, Eva Beavers at (760) 217-4109.

[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

Location: Ascension Lutheran Church is located at 22130 Ottawa Road, Apple Valley, CA.

[Spanish Family Support Group: \(Grupo Español de Apoyo Familiar\):](#) Esta reunión del grupo de apoyo familiar es para miembros de la familia mayores de 18 años y se lleva a cabo cada tercer miércoles del mes a las 6 p.m. a través de una plataforma Zoom. Si desea asistir, utilice este enlace para registrarse con anticipación:

<https://us02web.zoom.us/meeting/register/tZEkcU6urjstHtGnISq6IKHBOuijSHiRHi6x>

Después de registrarse, recibirá un correo electrónico de confirmación con información sobre cómo unirse a la reunión.

[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

Location Ascension Lutheran Church is located at 22130 Ottawa Road, Apple Valley, CA.

NAMI Inland Valley Board Meeting

2nd Monday of the month from 4:30 – 6 PM,

The meeting is held at 14318 California Ave., Suite 110, Victorville, CA 92392. The meeting is open to the public from 5 – 6 PM. We are currently recruiting for several board member positions. If interested, please email Barbara Redding at info@namiinlandvalley.org.

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.

September Is Suicide Prevention Awareness Month

September is a time to raise awareness on this stigmatized, and often taboo, topic. In addition to shifting public perception, we use this month to spread hope and vital information to people affected by suicide. For more information, follow this link: <https://nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month>

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.
-

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](#)

NAMI California News

NAMICA needs your help. Several critical bills have been introduced in the California State Assembly and State Senate that can improve the lives of individuals, families and communities impacted by mental illness.

What can you do?

- Find out about the legislation under consideration.
- Sign our letters of support;

[Click here for a complete overview of our positions on 2021 state legislation.](#)

NAMI California Conference 2021 October 14 – 15, 2021



Our virtual event will feature workshops on advocacy; individuals and families impacted by mental health conditions; criminal justice; early intervention/prevention; and engaging diverse communities.

[Register for the free virtual conference](#)



Please join us for **NAMI Walks Inland Empire** virtual event this year- on Saturday, October 9th!

If you would like to join our team the “**Roadrunners**”, click on this link, <https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.participant&participantID=366571> and then click on “Roadrunners”, “Join Our Team”, and setup your account to register.

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 — in developing the new BHA Blueprint for Behavioral Health, a model for behavioral health in California. [Find out more and watch the video replay of the press event for its recent release.](#)



Multicultural Symposium

Save the date for our next Multicultural Symposium!

Wednesday, October 13
9 am to 3 pm

Agenda and speakers to be announced soon for the virtual event! [Watch the video replay](#) of last year's event.)

[Register now.](#)

Advocacy



NAMI CA Petitions: Support Crisis Services and Mental Health Education

Help us support critical state legislation to fund a statewide director of crisis services; CIT training for law enforcement; and mental health education for grades 1-12.

[Find out more and sign our petitions.](#)

Saving Those Who Save Others Workshop from NAMI and the Firefighter Behavioral Health Alliance (FBHA)

This virtual event -- reserved for firefighters, EMS personnel, chaplains, and dispatchers -- will focus providing first responders with behavioral health and suicide awareness.

Saturday, September 25, 8 am PT. [Register online.](#)

Multicultural Symposium

Save the date for our next Multicultural Symposium! Wednesday, October 13 9 am to 3 pm. Agenda and speakers to be announced soon for the virtual event! ([Watch the video replay](#) of last year's event.) [Register now.](#)



TOP STORY



[Serious Mental Illness Recovery: The Basics](#)

While recovery looks different for different people, there are general strategies that can help anyone looking to manage their illness.

[READ MORE »](#)

TREATMENT



[The Transdiagnostic Dimensional Approach: Another Way of Understanding Mental Illness](#)

This approach views mental illness as an extreme version of common experiences, rather than as distinct experiences.

[READ MORE »](#)



[Buddhist-Derived Therapies for Borderline Personality Disorder](#)

Third-wave cognitive behavioral therapies (Buddhist-derived psychotherapies) can improve a person's sense of self and play an important role in treating BPD.

[READ MORE »](#)



[I Am in Charge of My Treatment Plan](#)

"I would come to learn that my involvement in my care was essential to my recovery."

[READ MORE »](#)



[The Truth About Dissociative Identity Disorder](#)

"With the help of a therapist, I began to find ways to safely tolerate the trauma that was previously unknown to me that I held in my body."

[READ MORE »](#)

MENTAL HEALTH + NAMI NEWS



[Updated Youth Content](#)

In this section, you can find information, tips and resources for kids, teens and young adults facing mental health conditions.

[EXPLORE YOUTH CONTENT »](#)



[2021 Mood Disorder Survey](#)

NAMI releases results from the new national survey regarding attitudes and impacts of mood disorders on individuals, caregivers and the general public.

[READ MORE »](#)



[Spread the Word About the NAMI Blog](#)

The NAMI Blog is our way of getting tips, research, information and messages of hope to you.

[EXPLORE THE NAMI BLOG»](#)



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. In seeking this information, ACCESS has engaged with mental health clients and stakeholders as well as mental health agencies and providers across California. As California is a collective of diverse communities, all with different priorities and needs, it is imperative to assess the status of public mental health services throughout the state from the stakeholders' perspective. You can read all of our findings and recommendations in the link below!

[READ THE FULL REPORT](#)

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

[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

Podcast: The Mental Health Diaries

Instagram, Facebook, and Twitter:
@mentalhealthdiaries2

Patreon: Mental Health Diaries

Contact us:

Email: info@namiinlandvalley.org

Phone: (760) 217-4109

Board of Directors:

President: Jessie Bliss

Treasurer: Barbara Redding

Vice President: Kevin Mahany

Secretary: Rocio Garcia

Board Members at Large: Raquel Jennings, Adriana Najo and Rev. James Harris

Member Survey We are surveying our members and program participants for input on Inland Valley's programs. Please complete this survey so that your voice will be heard and so that we can better serve our community with NAMI programs! To access the survey, **place your mouse over the link and press Ctrl and click at the same time or copy and paste this link into your browser:**

<https://www.surveymonkey.com/r/G9RB9CQ>

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>

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](#)** guide provides information on how hotlines operate, signs & symptoms of addiction, treatment options, and contact information for free helplines.
4. **[State-Funded Rehab Guide](#)** helps people find free state-funded rehab centers and treatment options near them.
5. **[Drug Effects Calculator](#)** gives an estimated time of how long it might take for someone using a particular drug to sober up.

The admissions team is available 24/7 call (866) 950-0630.

NAMI San Gabriel is hosting the annual presentation series 'How to survive and thrive when mental illness affects you and your family'

NAMI San Gabriel Valley and Pacific Clinics are hosting a free education webinar series beginning Sept 21st. Please find attached a flyer with dates and titles of the lectures. Each lecture requires a different registration and the title of the lecture on the flyer is a link for registration. The links are on the pdf attachment not on the poster below.

Here is the link to the lecture series: <https://namisangabrielvalley.org/programs/presentations/>

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 Trauma | Tues 9/21 | 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 affects physical & mental health with a licensed therapist. Register Here

https://zoom.us/webinar/register/1316068330420/WN_Z0B6D_SAS8W1QPxuldeg4g

[Covid Trauma: How Do We Heal? | Wed 9/22 | 12-1:00p CDT](#)

The COVID-19 pandemic has negatively affected many people's mental health. How do we heal from its impact? This seminar explores what trauma is and how Covid trauma impacted us. Discover practical steps to start the healing process in this one-hour session. Register Here

https://zoom.us/webinar/register/1316068330420/WN_MykyOUBIQg6nVno2VGS_Cg

Understanding PTSD | Thurs 9/23 | 12-1:00p CDT

Trauma impacts everyone differently, depending on the nature of the trauma, presence or lack of social supports, participation in treatment and coping mechanisms. An accessible guide to understanding what causes Post Traumatic Stress Disorder, it's symptoms, co-occurring disorders and treatment options. Learn practical tips for managing symptoms and helping others in this one-hour webinar led by a licensed therapist. Register Here

https://zoom.us/webinar/register/1316068330420/WN_mWU6s4-iROe_Ee64rv_ILA

Understanding SAD | Tues 9/28 | 12-1:00p CDT

Do the winter months get you down more than you think they should? This one-hour session includes information on the signs and symptoms of seasonal affective disorder (SAD), how to identify when symptoms are worsening, treatment options and tips for supporting loved ones who are struggling.

Register Here https://zoom.us/webinar/register/1316068330420/WN_4DQoUZ4DQZ6K8oKQkUioTg

Understanding ADHD | Wed 9/29 | 12-1:00p CDT

Attention deficit hyperactivity disorder (ADHD) is not just about 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 helping others in this one-hour webinar. Register

Here https://zoom.us/webinar/register/1316068330420/WN_SW14RtUbTHuXw1ygDOmJiA

Talking to Children About Mental Illness | Thurs 9/30 | 12-1:00p CDT

Children are curious about their environment and the people around them. How do we answer their questions related to mental health? Learn how help children understand what mental illness is and is not, and how to answer their questions with a licensed therapist. Register Here

https://zoom.us/webinar/register/1316068330420/WN_-37-B1AzT36Ncfk_uQ3xcA

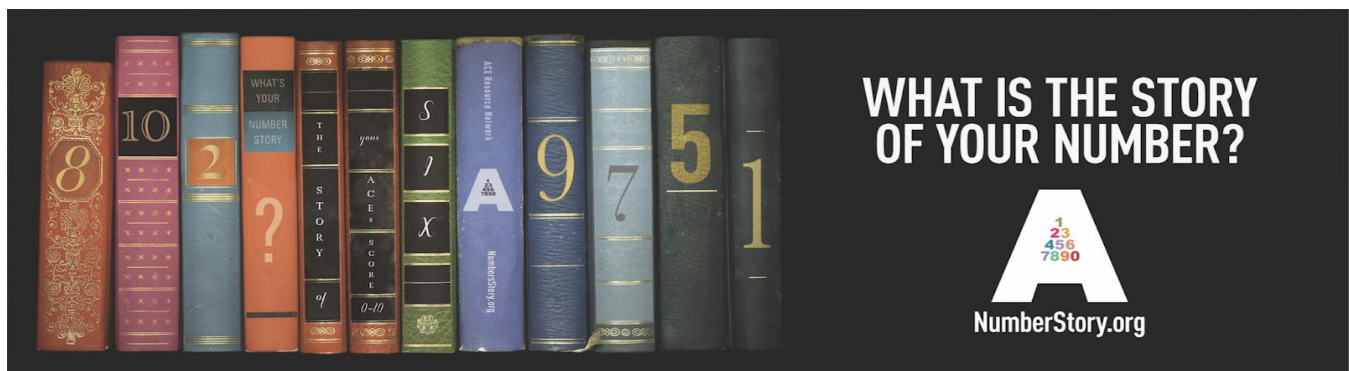
Coming Soon! 9-8-8 Hotline. Soon Californians will be able to dial a new three-digit number when seeking help for a mental health crisis.

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.

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.



Thanks to our sponsors:

