



NAMI AMADOR: APRIL NEWSLETTER



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Every third Wednesday of the month at 8:30 A.M. NAMI will be on KVGC to fill us in with information, resources, and community events happening around us. We look forward to being able to reach out to people who haven't heard of us before. Make sure to tune in!



child abuse 
PREVENTION MONTH

NAMIWalks Northern California: 2021

This year, NAMI Amador will be holding an in-person walk from the parking lot at 975 Broadway Avenue to Sutter Hospital. Join us from **9am-12pm, Saturday, May 22nd**. We will be providing water, masks, and hand sanitizer for all. We hope to see you there!

-Of course, social distancing measures will be in place.

1 in 5 Adults
experience mental illness
each year in the U.S.

1 in 6 Youth
aged 6-17 experience a mental
health disorder each year in the U.S.

Walk with us

to raise awareness and funds that support free,
top-rated programs and services for our community.

Register to donate to Amador County's Team Believe at www.namiwalks.org/norcal. Register to walk at First Five Amador!





namiWalks

MENTAL HEALTH
for all

YOUR WAY

2021

RECOGNITION PROGRAM



\$100
Event T-Shirt



\$250
Bucket Hat, Water Bottle or Tank Top



\$500
Beach Blanket or Baseball Tee

\$1,000
Quad Chair or Polo



\$1,500
Speaker Cooler or Full Zip Hoodie



\$2,000
Cutter & Buck Jacket or Herschel Duffel Bag



- NAMIWalks recognition gifts \$250+ are based on the participant's donations turned in by the deadline (four weeks post-event). Recognition gifts are not cumulative; however, all participants who raise \$100 or more will receive a NAMIWalks T-shirt.
- NAMI reserves the right to substitute a gift of equal or greater value or to change the recognition program at any time.
- Redemption certificates must be redeemed within four weeks of receipt.

CVS to offer In-Store Mental Health Counseling!

CVS' pilot program, which launched in January, operates in diverse communities where mental health treatment is scarce. Now, along with getting vaccinations and wellness checks, people will be able to receive mental health treatment. The program is now active in 12 stores across Tampa, FL, Houston, TX, and Philadelphia, PA, with plans to expand that number to 34 by the end of the year.

This program is a huge step in leading the fight to stamp out stigma surrounding mental illness and overall mental health. To read more, please [Click Here](#)



Designer Kenneth Cole has formed his own fight to stamp out stigma surrounding mental illness by starting the Mental Health Coalition. Due to the harmful stigma associated with mental health treatment, 2 out of 3 people struggling with mental illness do not seek help. MHC aims to change this, and for mental health awareness month in May, will be launching, "Every Day in May," an Instagram TV series which will "host a '121' conversation featuring a cross section of iconic actors, musicians, athletes and influencers aiming to foster a more informed, empathetic and inclusive dialogue around mental health." To learn more about this amazing initiative, please [Click Here](#)



RESOURCES FOR YOU.....

Phone Numbers:

NAMI Amador: 209-256-1293

Amador County Behavioral Health: 209-223-6412

Substance Abuse and Mental Health Services

Administration's National Hotline: 1-800-662-HELP

Sierra Wind and Recovery Center: 209-223-1956

Victory Village Veteran's Center: 209-223-2286

Senior Center: 209-223-0442

For more information on our **Family Support Group** please contact group facilitator **Terri:** (209) 418-5615, or **Stacey:** (209)304-0868

For more information on our **Weekly Connection Support Group** contact group facilitator **Joelle Miller** and **Debbi Kempker:** (209)256-1293



What if we changed the question?

Instead of asking, "What's wrong with you?"
What if we asked, "What happened to you?"

Understanding the Impacts of Childhood Trauma

Wednesday
May 26
5:30-6:30 pm

**This event is being scheduled online via Zoom, until in-person gatherings are resumed.*

This educational event is for business owners, parents, educators, anyone working with children or adults, customer service representatives, first responders, medical providers, everyone in our community, and YOU!

Our earliest experiences shape our lives far into adulthood.

Please join us to understand how childhood trauma affects not only our physical and mental health, but also how it impacts our families, places of work, and our community.

This presentation will help you to:

- Understand different kinds of trauma and how those can affect our physical and mental health
- Learn about the vulnerability from and effects of toxic stress and adverse childhood experiences (ACEs) on brain and nervous system development
- Better understand the long-lasting implications of historical and generational trauma on individual and family well-being
- Make a subtle but profound shift in our approach to trauma
- Discover how to better understand our own pasts, as well as how to interact with and support others who have experienced adversity, responding in ways that build and strengthen our resiliency
- Find out what we can all do to dramatically improve health and well-being for this and future generations and to build community resilience

Please know this can be a sensitive subject for some, we will do our best to create a safe space, and also please take care of yourself as you need to during this presentation.

Free to attend, no prior training or knowledge necessary.

TO SIGN UP PLEASE RSVP HERE:

Call (209) 223-5921 or send an email to info@amadorcapc.org.

A Zoom link will be provided to you. To learn more about Resilient Amador, visit amadorcapc.org/resilient-amador.

Building a Resilient Amador

