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**NAMI**  
National Alliance on Mental Illness

# Amador Peer to Peer

## Support for People with serious mental illness and disorders

**NAMI Peer to Peer** is a free, 8-session education program providing education about mental illness, emotional and practical support, independent problem solving, and relapse prevention.

**Led by** NAMI State certified mentors and instructors, each class builds upon the prior one, so participants must sign up and attend all 8 sessions.

NAMI offers its Peer-to-Peer Education Program free of charge to participants, beginning every **Thursday, September 9 until October 28 from 6:00 to 8:00 p.m.** For more information and how to register, please contact **NAMI Amador at (209) 256-1293** or email us at: [namiamador@hotmail.com](mailto:namiamador@hotmail.com).



### Participant Perspectives

*"NAMI Peer-to-Peer gave me hope when I was close to giving up. I realized that things can and do get better and that my mental health condition doesn't define me. I learned how to speak up for myself, build a strong support network and make plans for my future. I felt welcome and like I was among friends. Most importantly, I felt heard and understood."*

*"It was really nice being with people who understood."*



Contact us to register for a NAMI Peer-to-Peer class!



**NAMI** National Alliance on Mental Illness



**NAMI Amador**  
National Alliance on Mental Illness

**NAMI Amador**  
PO Box 482  
Jackson, CA 95642  
(209) 256-1293

[namiamador@hotmail.com](mailto:namiamador@hotmail.com)

### NEW LOCATION!

Peer-to-Peer 2021 will be held at Amador  
First Five:

**975 Broadway Avenue,  
Jackson, CA 95642**

# Family to Family Fall 2021!

Thursdays: Sept 9 - Oct 28, at  
6:00 pm.



- ◇ NAMI's Family to Family is a FREE 8-session education program for family, friends and significant others of adults with mental health conditions. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. Other topics covered include communication, problem solving, treatment and recovery.
- ◇ **The course is designed to** increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition. NAMI Family-to-Family is an evidence-based program (EB). For information on the research base for the program, visit [nami.org/research](http://nami.org/research).
- ◇ NAMI offers the NAMI Family-to-Family Education Program free of charge to participants, beginning **Thursday, September 9**. For more information and how to register, please contact **Stacey Larson** at (209) 304-0868, Terri Works at (209) 418-5615 or email us at: [namiamador@hotmail.com](mailto:namiamador@hotmail.com).



## Participant Perspectives

*"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers...it has helped me to understand better and communicate more effectively with my brother."*

*"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."*

Located at ATCAA Amador County:  
10590 Hwy 88  
Jackson, CA 95642





**nami**

National Alliance on Mental Illness

**Amador**



## Education and Advocacy Monthly Meeting

**4<sup>th</sup> Tuesday of each month:**

**General Meeting: 5:30-6:40PM**

**Family Support & Mini Connection: 7:00-8:30PM**

- Occasional guest speakers, discussion on services, information about our education and advocacy efforts, classes and reports on local issues.

**NEW LOCATION:** Amador First Five  
975 Broadway Avenue Jackson, CA 95642

*Come join us! Open Meetings*

*Beginning June 22<sup>nd</sup>.*

Sponsored by NAMI Amador and Amador County Behavioral Health with  
Mental Health Services Act funding



WELLNESS • RECOVERY • RESILIENCE

PO Box 482 Jackson CA 95642

[www.namiamador.org](http://www.namiamador.org)

209-256-1293



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National Alliance on Mental Illness

**Amador**



## **NAMI Amador Connection Recovery Support Group**

**FREE** Group for Adults with mental illness, regardless of the diagnosis; Led by trained individuals who are also in recovery.

### **EVERY THURSDAY:**

10:00-11:30AM at

**SIERRA WIND RECOVERY CENTER: 10354 Argonaut Ln, Jackson, CA 95642**

&

1:00 to 2:30PM at

**THE SENIOR CENTER: 229 New York Ranch Rd., Jackson CA 95642**

*Talk to people who understand*



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NAMI Amador: PO Box 482, Jackson CA 95642 209-256-1293.  
Visit us at [www.namiamador.org](http://www.namiamador.org)

Sponsored by NAMI Amador and Amador County Behavioral Health with Mental Health Services Act Funding.



## Resources and Announcements:

### 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**

### *Announcements:*

**JOIN US FOR OUR UPCOMING MEETINGS!**

**Board Meeting: 9/14 @ 6:30 PM** via Zoom (call for info);

**KVGC Radio Spot: 9/14 @8:30 AM** hosted by Stacey Larson

**General meeting: 9/28 @5:30 PM** First Five followed by our Support Group at 7:00 PM.



Americans find themselves needing mental health care, with no way to get it

The number of people needing mental health care treatment as the pandemic shows no signs of slowing down is only increasing. However, due to costs and lack of resources, many are unable to receive it. The challenges seem to be particularly hard for people with mood disorders, a recent survey conducted by NAMI on mood disorders revealed.

“For one, many people with mood disorders are unemployed and uninsured”, says [David Lloyd](#), a senior policy adviser at the mental health advocacy group the Kennedy Forum.

“Some of these conditions — they’re particularly disabling [and] can result in people being unemployed,” he says. Losing insurance that way is not uncommon. Without insurance, a job, or support, it is almost impossible for some to find mental health care, and it has only gotten worse during COVID-19. To read more about this issue, [Click Here](#)

## Man who Ran Over Family Won't Face Criminal Charges

A man in Tampa, FL who was suffering from symptoms of untreated schizophrenia, went into a police station and asked the police to lock him up before he hurt anyone. Days later, he ran over a man, killing him, and injuring his two children as they took a bike ride for some ice cream. Although he will be committed to a maximum security mental health facility for the remainder of his life, he will not face criminal charges because he was found “incapable of reason” at the time of the incident. Mikese Morse tells the family of the victim in Court, “I just want to apologize to your family and friends, I want to apologize for the pain I’ve caused,” “I really really regret not getting the help I needed before this had to happen, and I know my words don’t mean that much, but I want you to know I really am sorry.” For the full story, [Click Here](#).

