

NAMI AMADOR: DECEMBER NEWSLETTER



CORONAVIRUS UPDATE:

WITH NO SIGNS OF LETTING UP, THE VIRUS IS THE WORST IT'S BEEN SINCE THE BEGINNING OF THE PANDEMIC. THEREFORE, NAMI AMADOR'S MEETINGS WILL CONTINUE TO MEET VIRTUALLY. OUR CONNECTION RECOVERY SUPPORT GROUP MEETS BY A WEEKLY PHONE CALL, AND OUR FAMILY SUPPORT GROUP IS A ZOOM MEETING ON THE 4TH TUESDAY OF EACH MONTH. PLEASE CALL US AT 209-256-1293, FOR MORE INFORMATION OR TO REGISTER.

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What is your New Years' Resolution?

With the Holiday season coming to an end, 2021 gives us hope for a better year. Despite the pandemic, a grueling , exhausting Presidential election, political parties tearing apart friendships and families, not being able to celebrate Holidays with family or friends, and wearing a mask everywhere, 2020 showed us that together we can get through anything. We have supported one another, stayed strong, and kept moving forward no matter what. Let' s making this next year an even better one regardless of what it throws at us. Because together, we are Amador strong. ♥

A Special Note Regarding Open Board Positions...

Dear NAMI Amador Members,

I sincerely hope this letter finds you all in good health and spirits, given the trying circumstances we have all been facing this year.

The NAMI Amador Board would like to invite you to volunteer or to recommend someone for the following Board positions for NAMI Amador in 2021.

Current Board Members:

<i>President:</i>	Janet Caton	Open for voting
<i>Vice President:</i>	Open Position	Open for voting
<i>Treasurer:</i>	Open Position	Open for voting
<i>Secretary:</i>	Shilpa Rasmusson	Open for voting
<i>Board Member:</i>	Stacey Larson	
<i>Board Member:</i>	Joelle Miller	

The NAMI Amador Board has been working very hard to keep NAMI Amador going. It hasn't been easy to do so since everything became virtual. However, we have managed to keep our Connection Support Group going via telephone call and the Family Support Group via Zoom. The monthly Board meetings have been and will continue to meet via zoom for the foreseeable future.

The NAMI Amador Board invites you to volunteer, or recommend someone for any position you may see fit for the year 2021.

If no one volunteers, all the current Board positions will be happy to continue for the year 2021. We will have a General Meeting in February 2021 where all are required to attend. During this required-by-law meeting, a vote will be held.

Please send in your recommendations by January 7th, 2021. They can be sent via email: namiamador@hotmail.com, or by mail: PO Box 482, Jackson, CA 95642.

*Please note that only NAMI Amador Members (as of February 2021) will be able to vote. So if you're not already registered as a member with us, but you'd like to make a difference to our community, this is your chance to make your opinion/vote count! You can become a member online via our website www.namiamador.org, by downloading the application and mailing it in with a check for the membership fee.

We look forward to hearing from you soon.

Wishing you all a Merry Christmas and Happy Holidays!

Shilpa Rasmusson
Secretary, NAMI Amador



Thank you!

THANK YOU FROM NAMI AMADOR!

A SPECIAL THANKS TO EVERYONE WHO GAVE TO NAMI AMADOR DURING THIS YEAR'S GIVING TUESDAY. WE TRULY APPRECIATE IT. IT IS OUR MISSION TO PROVIDE AMADOR COUNTY WITH MUCH NEEDED SUPPORT AND RESOURCES FOR THOSE AFFECTED BY MENTAL ILLNESS, AND YOUR DONATIONS HELP US HELP SO MANY PEOPLE. THANK YOU AGAIN!



This year's NAMI Walks will most likely be virtual again. Please stay tuned for updates!

Peer-to-Peer Classes to
Return in 2021!

NAMI Amador is
happy to announce we
will be holding our 8-
week course this year.

Introducing MomCHAT!



MomCHAT provides support to mothers at critical points during pregnancy and postpartum in an effort to reduce or eliminate mental health challenges from occurring or becoming severe.

Your wellness team will include a Peer Navigator and Private Practice Therapist who will provide you with:

- Service coordination
- Linkage to resources
- Individual therapy
- Group Therapy
- Education
- Skill building
- Goal setting
- Mentoring
- Advocacy

ELIGIBILITY

Amador County
residents who are
0-28 weeks
pregnant

REFERRAL INFORMATION

Stephanie Hess
MHSA Program Coordinator
(209) 223-6308
momchat@amadorgov.org

Jessica Cobb
Peer Navigator
(209) 223-1956
jcobb@calvoices.org

A PARTNERSHIP BETWEEN CAL VOICES AND AMADOR COUNTY BEHAVIORAL HEALTH



Depression during and after pregnancy is real. Many tragedies have occurred due to untreated depression in both pregnant and post-partum women. This group will provide much needed support for expecting and new mothers in Amador County.

2021 Parity Law Expands Mental Health Coverage!

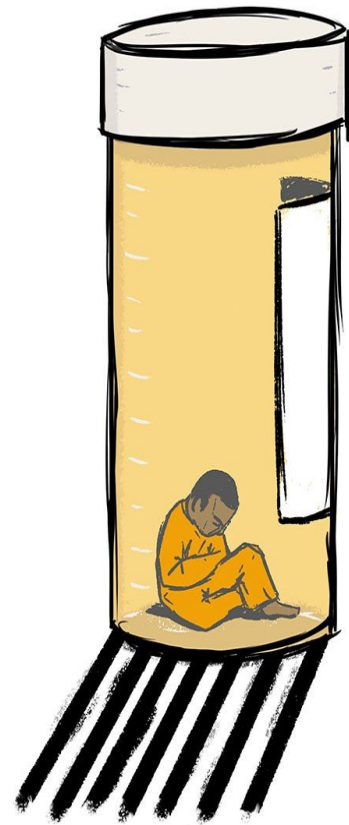
Prior to 2021, medical insurance companies only covered, and were only required by law to cover, 9 major mental illnesses. Lots of California residents could not afford to get the coverage they needed, and even opted for public health insurance over their private plans in order to get the coverage they needed-which probably meant they had to downgrade on the quality of their physical health coverage instead. In 2021, a new law will go into effect expanding the list of mental illnesses insurance companies will be required to cover. It has been a fight to get this law passed, and because of it so many Californians will be able to get the support and resources they need to improve and maintain their mental health. Please [Click Here](#) for more information.

Mental Health and the Prison System: Public Safety Trumps Mental Health

A defense attorney is advocating for his client's mental health by making an argument to the Judge to let her out on electronic monitoring while awaiting her trial date in order to receive mental health treatment. The woman is accused of stabbing an RN at a mental health hospital, during an involuntary stay. Her treatment included a sentencing suggestion from her treatment providers, but it was never completed. The Judge presiding over the case would like the report updated before he makes his decision, saying, "It doesn't make sense to keep someone in jail when their mental health has been stabilized by medication, but there has to be a balance in protecting the community," then asking for an updated report.

Her attorneys are trying to get the report completed, but in the meantime, the Judge is, "Not just going to send her home because she appears OK today."

For more information on this story, [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: (209) 256-1293



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