



JANUARY 2021

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MENTAL WELLNESS MONTH 2021



Our Family Support Group and Connection Recovery are being held virtually and via telephone during the pandemic. Please call us at 209-256-1293 for more information.



We would love to hear from you! Email us at namiamador@hotmail.com, or give us a call at 209-256-1293. Also follow us on Social media:

Facebook: facebook.com/namiamador

Twitter : @NAMIAmador

Instagram: @namiamadorcounty

UPCOMING LEARNING OPPORTUNITIES:



A short documentary film about LGBT veterans, trauma, and recovery.

Join us to learn about LGBT Veteran's strength and resilience 10 years after Don't Ask Don't Tell Repeal

This two-hour event includes the film screening, Q&A with the film producer, and sharing of culturally-responsive mental health resources including suicide prevention and LGBT Veteran Care in the community and Veterans Affairs Health Care Systems in the Pacific Southwest MHTTC Region 9 of California, Arizona, Hawaii, and the Pacific Islands.

January 28, 2021

3:00 - 5:00 p.m. PT/1:00 - 3:00 p.m. HT

REGISTER TODAY: bit.ly/psmhmttc-jan28screening ►










For more information about the Pacific Southwest MHTTC, please visit our website: mhmttcnetwork.org/pacificsouthwest

The mental health of our LGBTQ community, and our Veterans, is already very susceptible to mental illness. Join to watch an incredible eye-opening film that takes a look at the aftermath of the repeal of the "Don't Ask, Don't Tell," policy.

Community Announcements:

How will the COVID-19 vaccine be distributed and when?



<u>Phases</u>	<u>Timetable</u>	<u>Populations</u>
 Phase 1a	Mid-December To Late February	<ul style="list-style-type: none">• Hospital staff• Medical first responders• Long-term care staff and residents• All other health care providers
		
 Phase 1b	Early February To Late March	<ul style="list-style-type: none">• Critical infrastructure workers• Emergency Services• K-12 teachers and school staff• People 75+
		
 Phase 1c	After Completion of Phases 1a & 1b	<ul style="list-style-type: none">• All older adults not included in Phase 1b• All other critical infrastructure workers not covered in Phase 1b• People with high-risk conditions
		
 Phase 2	After Completion of Phase 1c	<ul style="list-style-type: none">• All other persons 16 years or older and not already recommended for vaccination in Phases 1a, 1b, or 1c
		
 Phase 3	After Phase 2	<ul style="list-style-type: none">• Everyone residing in Amador County who did not receive the vaccine in previous phases

Mental Health Wellness Month 2021!

Tips for maintaining your mental wellness all year long.

#1: TAKE TIME TO DO THINGS YOU ENJOY!

Don't forget to stop and smell the flowers.

#2. TAKE CARE OF YOUR SPIRIT

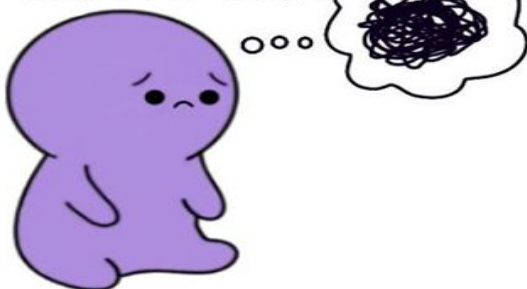


#3. TAKE SOME ME TIME: Making time for yourself is so important!

#4. PHYSICAL ACTIVITY: Work up a sweat and release some endorphins!

#5. CONNECT WITH OTHERS! It may seem impossible during the pandemic, but Zoom calls and social distanced gatherings are a good way to keep up your mental wellbeing.

CHECK UP ON YOUR
LOVED ONES FROM
TIME TO TIME.



SEND A TEXT / MEME /
GOOFY GIF

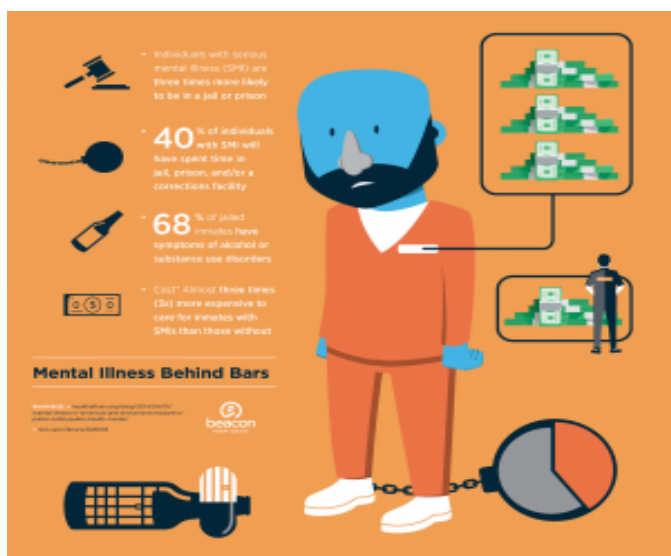


Children's Hospitals See an Increase In Child Mental Health Crisis':

Across the Country, Hospitals are experiencing an increase in the number of children being admitted due to a mental health crisis. During the pandemic, it has been hard to make sure each kid receives a bed and the proper treatment they need. But children are not just undergoing mental health issues, they are attempting suicide at an alarming rate. Parents everywhere are aware that their children have been going through many changes within the past year like going through virtual learning, after school activities being cancelled, and not being able to hang out with their friends, which is why it is so important to make sure children are receiving the support they need. To most parents, their child's mental health emergency comes as a surprise. If we paid attention to the right signs and signals we would be able to prevent many of these incidents from happening. To learn more about signs and prevention tips for children's suicide, see the resource page at the end of this newsletter.

NEBRASKA TO IMPLEMENT MENTAL HEALTH COURT:

Instead of sending inmates to prison, this Nebraska County is going to send them to mental health court, which is described as a "problem-solving court that will stabilize participants and treat their mental health issues rather than send them to jail." Mental Health Court will be offered to those offenders who have nonviolent felony charges, and also struggling with a major mental health diagnosis. The new initiative was brought by those who believe that incarceration is not solving the "root of the problem." Those in the program will be monitored to make sure they have proper housing, enough food, and maintaining their sobriety/making progress with their condition, and cooperating. There is no time limit, or time frame in which one has to complete the program. This will be the first Mental health Court in Nebraska, and one of the first across the nation. Way to go, Nebraska!



Community 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: (209)256-1293



WELLNESS • RECOVERY • RESILIENCE

Programs of NAMI Amador are supported in part by a California Mental Health Services Act contract with the Amador County Behavioral Health Department. NAMI Amador is a legal entity separate and distinct from NAMI, Inc. NAMI Amador is a California non-profit Corporation, and Federal tax exempt public charity, ID #: 87-0708427