



NAMI AMADOR SEPTEMBER NEWSLETTER 2020

Upcoming Zoom Meetings:

We look forward to seeing you virtually on:

October 19th at 6:30PM for our Board Meeting, and

**October 27th at 7:00PM for our Family Support
Group Meeting**

**For more information about the meetings, or to
receive the link to join, please call NAMI Amador:**

**(209)256-1293, or send us an email:
namiamador@hotmail.com**

Inside this Issue:

- 9-8-8 Passes!
- Community Announcements
- Connection Group Information
- COVID-19 and Lawyer's Mental Health
- Disaster Driving a Mental Health Crisis

Follow us on Social Media for updates on resuming our in-person meetings.

Twitter: [@NAMIAmador](https://twitter.com/NAMIAmador)

Facebook: www.facebook.com/namiamador

Instagram: [@namiamadorcounty](https://www.instagram.com/namiamadorcounty)

Website: www.namiamador.org

CORONAVIRUS AND MENTAL HEALTH:

Are Natural Disasters Causing a Mental Health Crisis?

After any natural disaster in the United States, FEMA's Crisis Counseling Program helps those whose mental health was affected. However, in recent years, as natural disasters such as hurricanes, tornadoes and wildfires have gotten more severe and frequent, the CCP has been able to reach less and less people, and some don't even know it exists.

Even more importantly, the States who have the most catastrophic of events, such as California's wildfires, use the Crisis Counseling Program to support those who survived the disaster. This program remains essential to combating mental illness that stems from the trauma of living through a natural disaster. Many researchers have warned that these disasters will only get worse due to environmental changes. If this is true, the need for the Crisis Counseling Program will become even greater than it is now.

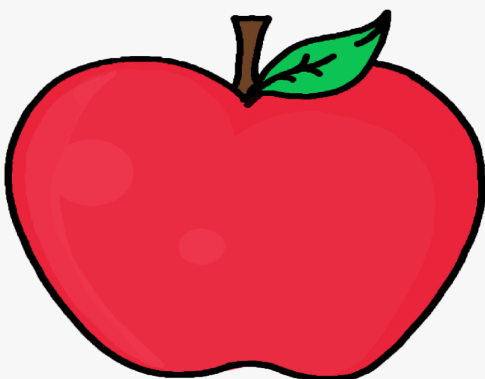
To read more about the CCP and the challenges it faces, [Click Here](#)



Coronavirus and the Classroom

As schools across the Country head back to school, the mental health of teacher's is a growing concern. Not only will they have their regular tasks of grading and teaching their students, they will also have to ensure their classroom is properly sanitized, students are maintaining the proper social distance from one another, and trying to keep their attention through an iPad screen.

There has already been an influx of teachers with depression, anxiety, and other mental health disorders. To learn how to support, or for more information on teachers dealing with the pandemic, [Click Here](#)





9-8-8 Passes as National Suicide Hotline!

The bill is approved by the Senate and is just waiting for the President's signature to establish by *July 16th, 2021*, all calls to 9-8-8 will be automatically transferred to the National Suicide Prevention Lifeline.

Under the Act, States will be able to give resources to the mental health crisis line.

To learn more about the National Suicide Hotline Designation Act,

[Click here](#)

September is Suicide Prevention Month

Suicidal ideas and thoughts are serious. Don't wait to get help. If you or someone you know is struggling, please contact your doctor or

[Visit the National Institution of Mental Health Website](#)

Connection Recovery Support Group:

FREE Group for Adults with mental illness, regardless of the diagnosis; Led by trained individuals who are also in recovery-people who understand the changes and challenges of recovery.

Every THURSDAY by telephone.

For questions, more information, or to register please contact group facilitator Joelle Miller: (209)256.1293



You have options.
Treatments are available.
Talk to your doctor.

Suicide Prevention Month

  National Institute of Mental Health

www.nimh.nih.gov/suicideprevention

Community Announcements:

Check out these upcoming Events and Workshops!

Tell a friend to sign up for Amador County's Code Red for emergency notifications!

Help keep Detert Park clean by participating in park clean-up!



GET INVOLVED JOIN "FRIENDS OF DETERT PARK" IN OUR COMMUNITY CLEAN UP EFFORTS

*volunteer opportunities available
for community members with heart*

ARE YOU INTERESTED IN PARTICIPATING?
CONTACT THE HOMELESS TASK FORCE
COMMUNITY OUTREACH SUB COMMITTEE
IN CONJUNCTION WITH SIERRA WIND

FOR MORE INFORMATION OR IF YOU HAVE ANY QUESTIONS,
CONTACT TRIXXIE SMITH BY PHONE (209)223-1956
OR VIA EMAIL TSMITH@CALVOICES.ORG



700 Court Street
Jackson, CA 95642
209-223-6500
www.amadorsheriff.org

SIGN UP FOR AMADOR COUNTY

EMERGENCY



ALERTS

IMPORTANT



NOTICES

COMMUNITY



ALERTS

CODE RED



Martin A. Ryan
Sheriff

The Amador County Sheriff's Office utilizes the CodeRED emergency notification system to help keep Amador County residents informed. CodeRED quickly delivers telephone calls, text messages and emails. Messages may include information on wildfires, evacuations, criminal activity, missing children, public health, and other important information.

Please stay informed by signing up for CodeRED emergency alerts today!

Sign up today to receive CodeRED Emergency Alerts from the Amador County Sheriff's Office by following these steps:

- Log onto : www.amadorsheriff.org
- Click on the CodeRED logo located at the bottom of the page.
- Review information on page to learn more about CodeRED.
- Click the "[Click here to sign up for CodeRED emergency notifications](#)" button, which will take you to the CodeRED enrollment page.
- Enter your home telephone number, cellular telephone number(s), address and email.
- Enter any other pertinent contact information.
- Add the following numbers to your telephone contact list:
Amador Emergency Alert - 866-419-5000 and Amador Community Alert - 855-969-4636.
- Send email to codered@amadorgov.org if you have questions or problems registering on the CodeRED enrollment page or call 209-223-6384.



Additional Emergency Preparedness Resources:

Amador County OES: www.amadorgov.org/departments/office-of-emergency-services

Amador County Emergency Information Line: 209-223-6333

Cal Fire: www.readyforwildfire.org

Department of Homeland Security: www.ready.gov

HAS COVID-19 KEPT YOU FROM WORKING OR REDUCED YOUR HOURS?

**WE CAN PAY UP TO \$800 OF YOUR
EXPENSES IMPACTED BY COVID, SUCH AS:**

- PAST DUE RENT
- UNPAID CAR PAYMENTS
- BACK UTILITIES – WATER, GARBAGE, GAS, ELECTRIC, TELEPHONE

* Subject to eligibility, while funding lasts

We can help you, but this opportunity won't last long so don't delay!

We need you to gather:

- Your rental agreement and/or car loan statement and/or utility bills
- Your Drivers License and
- Social Security Card or a Passport
- Your last paystub or unemployment statement

If you live in Amador, Calaveras, Mariposa or
Tuolumne County, call (209) 588-1150 to be
directed to your local job center.



MLJT is a WIOA Title I-financially assisted program and is an equal opportunity employer/program.
Auxiliary aids and services are available upon request to individuals with disabilities. CRS 711 (TTY).
MLJT is a proud partner of the America's Job Center of California Network™.

Do you someone seriously financially affected by Coronavirus?
Let them know about Mother Lode Job Training's Expense
reimbursement!



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

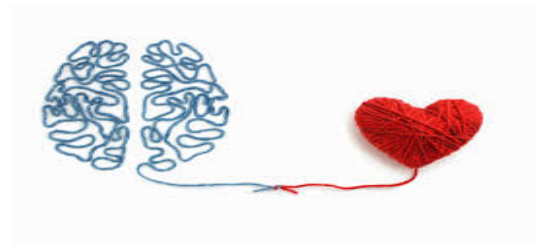
Victory Village Veteran's Center: 209-223-2286

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



Are You CONNECTED?

To Your Community ~ Each Other
Support ~ Services

October 1st, 2020 2:00pm

Amador County

VIRTUAL

**COMMUNITY
RESOURCE FAIR**



**RESOURCES ~ SUPPORT ~ SERVICES
HEALTH ~ WELLNESS**

Join Zoom Meeting

<https://zoom.us/j/94848055138?pwd=SnhSUjZsN3FFNjh3YWt1dmZydGhSdz09>

Meeting ID: 948 4805 5138

Passcode: 665268

+1 669 900 6833 US (San Jose)

This Online Event is FREE and Everyone in the Community is Welcome

Please contact Vanessa Compton for more information: 209-223 6315