

NAMI AMADOR NEWSLETTER: NOVEMBER 2020



COVID-19 UPDATE:

NAMI Amador's meetings remain virtual during this time. Please call 209-256-1293, and continue to check our website: www.namiamador.org, for updates. We appreciate your patience and are looking forward to seeing all of you again person. Please help keep our community safe by wearing a mask, and social distancing.



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Follow us on social media!

Instagram: @namiamadorcounty

Twitter: @NAMIAmador

Facebook: www.facebook.com/namiamador

Website: www.namiamador.org

Thanksgiving and Mental Health:

Thanksgiving this year will be different for the majority of Americans. Most will be spending it alone with only the members of their household instead of generations and extended family coming together for a home-cooked meal full of family recipes, and a dish from just about everyone. Due to the influx of coronavirus cases, the CDC recommends people stay home this Thanksgiving, and social distance as much as possible if they do decide to go anywhere. While this is to keep us safe, it also poses a risk for an increase in feelings of depression, anxiety, suicide, and loneliness.

An interesting perspective on how to manage those feelings is by recalling cherished memories, and creating an illusion taking you back in time, even if just for a minute. Research shows that this can help one maintain control if they are in a crisis, help lower inflammation, and also improve one's immune system.

If you are unable to gather with family or friends this year, conjure up some of your best memories, and create your own feelings of togetherness and love.

To hear Bob Brody's full story on memories and his mental health, [Click Here](#)

*If you are experiencing thoughts of harming yourself, or are experiencing a mental health crisis, call the National Suicide Prevention Hotline: **800-273-8255**.
Do not wait.



FREE COVID19 TESTING

By appointment only

St. Katharine Drexel Catholic Parish
11361 Prospect Drive
Jackson, CA 95642



**Helping those with concerns about COVID-19
to get tested at no cost to you .**

When is the clinic open? The drive thru clinic is open every other Monday and every Tuesday/Thursday/Friday. Times vary each day with available time slots shown when making an appointment.

Who is eligible? Anyone 18 years and older

Do I need to have symptoms? No, you do not need to have symptoms, been exposed, or feel sick.

How long does it take for results? Depending on volume of testing, results are typically back within 3-5 days.

How to schedule an appointment:

- To register online go to: <https://www.projectbaseline.com/study/covid-19/>



- NOTE:** You will need a **gmail** address to proceed. If you do not have a gmail address, you can create a new one by clicking "Create a Gmail address" and follow the steps OR you can call the COVID19 Help Line for assistance.
- If you do not have a computer or internet access**, call the COVID19 Help Line for assistance at:

COVID 19 HELPLINE: (209) 223-6676

GIVING TUESDAY

December 1, 2020

Starting in 2012, Giving Tuesday is a day that encourages acts of kindness and supporting one another. It is also a day of giving, and many people donate to local organizations in their community as a way to give back. Communities across the Country, and now the world, participate in Giving Tuesday.

This year, NAMI Amador and the rest of Amador County will be a part of Giving Tuesday.

We look forward to you being able to help us give back to Amador County this Giving Tuesday!

If you would like to learn more about Giving Tuesday, and all of the places that are celebrating, please [Visit](#)

WAYS TO GIVE:

There are several convenient ways to donate this Giving Tuesday.

Text: Text NAMI-A to 44321

Check: Checks are accepted, but *MUST* be dated by December 1st *AND* received by December 2nd or the donation cannot be accepted.

Online: Visit www.giveamador.org

**Donations can be given starting November 26th, until December 1st, 2020.*

Mental Health Expertise Missing From President-Elect Biden's COVID-19 Task Force:

The rising levels of depression in young adults due to the pandemic is frightening. Whether they are dealing with the stress of their school closing, losing their job, having to work from home, or a lack of a social life, this age group's mental health is particularly suffering and in need of intervention.

President-Elect Joe Biden has completed a task force to fight Coronavirus, complete with physicians and epidemiologists, but no mental health expert. The results of this may be devastating.

A survey conducted in 50 States reported that 1 in 3 young adults aged 18-24 feels they would be better off dead, and 1 in 10 experiences those feelings everyday. Attention needs to be brought to this mental health crisis occurring under our nose. Young adults are often regarded as being in the prime of their youth, healthy, and able. But they too have hardships, and even if their main fear isn't getting sick, their mental health matters too.

For more information about this crisis, please [Visit](#)

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

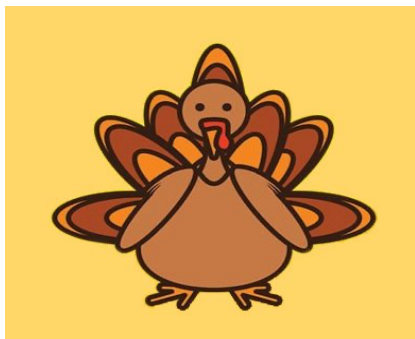
Sierra Wind and Recovery Center: 209-223-1956

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



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

Mandated Reporter Trainings Schedule

Mandated Reporter Trainings

2021 SCHEDULE*

Are you a Mandated Reporter of suspected child abuse or neglect or a member of the community who would like to learn more about how to recognize child abuse?

For the next several months, our trainings have moved into our virtual classroom. Please join us for a **FREE virtual*** training (invite link provided upon RSVP).

Please call
(209) 223-5921
or email
info@amadorcapc.org
to sign up in
advance.

2021 Scheduled Dates 10:00am - 12:00pm

January 14	April 8
February 11	May 13
March 11	June 10

*Open to
everyone!*

**All trainings may be rescheduled or
switched to in-person depending on the
circumstances of COVID-19.*

It's our job as adults to keep kids safe!

Amador Child Abuse Prevention Council
PO Box 815 / 975 Broadway, Jackson, CA 95642
(209) 223-5921
www.amadorcapc.org
www.facebook.com/AmadorChildAbusePreventionCouncil

