

DEDICATED TO MENTAL WELLNESS

SERVING WESTERN RIVERSIDE COUNTY:

Riverside, Corona, Eastvale, Norco

Jurupa Valley, Moreno Valley

and Mira Loma

**NAMI Western Riverside
GENERAL MEETING**

7:00-8:30pm

RIVERSIDE POLICE DEPARTMENT

10540 Magnolia Avenue,
Riverside, CA 92505

**Monthly meetings are held the
first Monday of each month,
except for holidays
(NO GENERAL MEETING IN JULY)**

**August 7, 2017 MEETING
Schizophrenia in Adults**

Presented by

Gerald McGuire, MD

*Due to the Labor Day Holiday
General Meeting will be on
Thursday, September 7th*

**September 7, 2017 MEETING
RUHS – Behavioral Health
Crisis Stabilization Unit**

Presented by

Peggy Wiley, LCSW

**October 2, 2017 MEETING
Bipolar Disorder in Adults**

Presented by

Gerald McGuire, MD

**November 6, 2017 MEETING
Bipolar Disorder in Children**

Presented by

Aalamgeer Ibrahim, MD

**JOIN A NAMI SUPPORT GROUP
Check Schedule
NAMIWesternRiverside.org**

NAMI Western Riverside is a non-profit 501c3 affiliate of NAMI National, the largest grassroots mental health organization dedicated to improving the lives of families as well as persons living with mental illness.

NAMI On Capitol Hill

Making a difference through Advocacy

Cal-i-for-nia! Cal-i-for-nia! California was just one of the many state chants heard as NAMI disembarked chartered busses that brought them to the Capitol steps in Washington D.C.! Over 1,000 NAMI members and supporters descended upon Capitol Hill as part of the kick-off at the NAMI Conference held June 28, 2017- July 1, 2017. "HILL DAY" was an important event on the NAMI conference agenda that gave attendees an opportunity to introduce NAMI to their legislators and build a positive connection for future communication and support regarding important mental health issues that affect the nation.

The exhilarating plenary meeting held at 7:45am on NAMI's Hill Day included Mary Gillberti, JD & CEO of NAMI, U.S. Senator John Cornyn (R-Texas) and U.S. Senator Chris Murphy (D-Conn.). Their supportive speeches served to get everyone fired up and ready for the exciting challenge of "taking the hill and being heard!"

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NAMI members were accompanied to Capitol Hill by NAMI CEO Mary Gillberti. Members posed in front of the Capitol building before attending planned advocacy meetings with their legislators.

5 Ways to Maximize Results With Your Psychiatrist

When seeking help for your bipolar disorder, follow these tips to improve your care:

#1 Define the problem beforehand

Prior to your appointment take some time to think about what you're wanting help with. Bipolar disorder symptoms and issues can change each meeting so defining exactly what you want help with will save time to spend more valuable resources on getting the precise help you're after.

#2 Respect the time

Try and keep the chatting with your psychiatrist to a minimum and instead talk about the important things pertinent to your issues. Along these lines, if there are several issues, bring up the most important topics at the start of the appointment, instead of near the



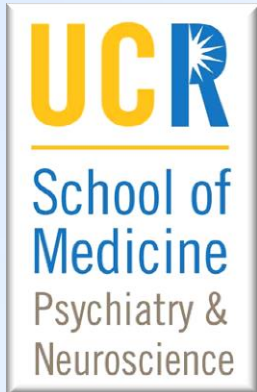
end of the meeting when there isn't enough time to discuss.

#3 Be detailed in your history

In order for the doctor to help you, you need to provide enough appropriate information. This could mean a detailed history, records from prior treatments, a list of current medications and dosages (which includes non-psychiatric and over-the-counter medicines, as well as alternative supplements). If you keep a daily health journal, bring that too.

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Special Thanks



For Supporting
NAMI Western Riverside
at the
2017 NAMI
CONFERENCE



NAMI CALIFORNIA CONFERENCE

Newport Beach, CA
August 25-26, 2017
See more at:
namica.org/conference

**REGISTRATION
Closes
August 11, 2017**

NAMI on Capitol Hill

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However, it was the previous day's preparation workshop that gave everyone the information on issues and Capitol Hill etiquette. For those who had never embarked on an experience such as this, it gave them time to develop the confidence and voice needed for their important discussion on mental health issues and talking points. Most importantly, everyone was given instruction on how to share their personal stories with Senators and Representatives in a concise manner.

Hill Day issues and talking points included:

- Protecting Medicaid & Mental Health Coverage
- Supporting the Decriminalization of Mental Illness
- Supporting Military and Veterans' Mental Health
- Supporting Early Intervention for Psychosis
- Supporting Research and Early Intervention
- Supporting Mental Health Family Caregivers

NAMI lobbyists were broken into groups to attend previously acquired appointments with their respective state legislators. Morning appointments were scheduled for NAMI California to speak to representatives from Senator Dianne Feinstein's office and Senator Kamala Harris' office. The group representing CA for those meetings was so large that lobbyists were forced to share their stories in the open lobby of the Hart Senate Office Building! NAMI was well received and empathetically heard by the staff member representing these senators. Several NAMI members stepped up to tell



Representing NAMI Western Riverside was Board President Dr. Jo Anne Umezurike, UCR Intern Toshia Yamaguchi, UCR Intern Karla Lozano, NWR Peer Coordinator Ester Raha Nyaggah and Jessica Oakes.

their stories and give a face and voice to mental health concerns.

NAMI Western Riverside (NWR) met with Representative Mark Takano's Legislative Assistant Chay Halbert. Taking time constraints into consideration, the NWR group chose to discuss the need for "Protecting Medicaid & Mental Health Coverage," "Supporting Military and Veterans' Mental Health" and Supporting Research and Early Intervention." Even though Representative Takano is a supporter of NAMI, veteran's mental health and affordable mental health care in general, this meeting was essentially a platform to build a connection for continued support in the future. The NAMI Western Riverside group agreed that the "Hill Day" experience was inspiring and the first of many steps in increasing support and mental health awareness! NAMI's "Hill Day" was advocacy at its best!

Maximize Results with Your Psychiatrist

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Knowing the amount of sleep, what you're eating, the amount of exercise etc... can be extremely beneficial.

#4 Don't expect miracles

Try to keep your expectations fair. Since everyone is different, their situation is different and experiences with bipolar disorder vary, then you can't assume your psychiatrist will magically understand your problem. Work with him or her by giving a comprehensive view of what you're going through and keep some patience. Also, if you're asking for advice, then either follow this advisement or explain your reasons why you choose not to. Communication is key.

#5 Be honest about medication compliance

You are only harming yourself if you choose to not tell the truth about if you're taking your medication and at the proper dosage. If you don't agree with the prescription ordered for you or you are having a problem with it, it's vital you address this issue with your psychiatrist. If you're not honest with medication compliance, your doctor could prescribe more medication or at a higher dosage than what is required.

Source: "New Models of Psychiatrist- Patient Relationships," kevinturnquist.org

Mental Health Awareness Month Celebration

The 3rd Annual NAMI Western Riverside Balanced Life Balanced Mind Expo celebration of Mental Health Awareness Month was held on May 20, 2017 at Intercoast College. This event is an opportunity for fun and entertainment that allows us to speak about the seriousness of mental illness in a way that gives hope and highlights resources for those in search of recovery. NAMI's goal is to defy the stigma of mental illness by having an event that encourages open communication about living a Balanced Life that leads to a Balanced Mind.

Over 100 people were in attendance and enjoyed this special event. This year a talent show was added to the festivities that included music, games, free food, free raffle drawings, and great information booths! Through the arts (singing, dance and musical instruments), the talent show contestants were challenged with giving a performance dedicated to Mental Health Month. Out of the six contestants, first, second and third place prizes were presented to winners.

Event participants enjoyed guest speakers Hector Estrada, Clinical Therapist at the Riverside Police Department Community Outreach and Cheyenne English – Director, Women Who Hide/Wigs N' Weaves & the Natural You (A sub-division of Street Positive). A Yoga demonstration with audience participation was presented by Andrew Saxena and Venecia Avina. NAMI In Our Own Voice presenter Ester Raha Nyaggah gave an inspiring presentation that opened everyone's hearts to the struggles of mental illness and the hope of recovery. The event concluded with a Drum Circle led by Jose Aguilera.

NAMI Western Riverside would like to thank all the participants, volunteers and especially the resource supporters and sponsors of the 2017 Balanced Life Balanced Mind Expo! We look forward to seeing you next May!



3rd Annual Balanced Life BALANCED MIND EXPO

2017 Talent Show Winners



First Prize Winner

Kiana Douglas
Singer



Second Prize Winner

Jericka Roshell
Poet



Third Prize Winner

Valentine Douglas
Pianist



**October 28th
Diamond
Valley Lake
Marina in
Hemet**

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NEEDED
Join Our Team!
(951) 369-2721

Did you know
Volunteering is
considered
a form of
work
experience?



**Become a
NAMI
Volunteer
Today!**

Call:
951-369-2721

Or
Visit

NamiWesternRiverside.org

**NAMI Balanced Life
Balanced Mind Expo
Sponsors:**



Thank You!

MENTAL HEALTH & CRISIS SERVICES IN RIVERSIDE COUNTY

CRISIS NUMBERS

Adult Services:

Western Region	951.358.4705 951.738.2400
Mid-County Region	951.791.3300
Desert Region	760-863-8455 951.849.7142 760.921.5000

Mental Health Numbers

Western Region:

Blaine Street Clinic	951.358.4705
Children's Treatment Services	951-358-4549
FACT of Corona	951.273.0608
Jefferson Wellness Center	951.955.8000
Main Street Clinic	951.738.2400
Wellness & Recovery for Mature Adults	951.509.2400

Mid-County Region:

Hemet Clinic	951.791.3300
Lake Elsinore Adult Services	951-471-4645
Mt. San Jacinto Children's	951.487.2674
Perris Mental Health Clinic	951.443.2200

Desert Region:

Banning Clinic	951.849.7142
Blythe Clinic	760.921.5000
Cathedral City Older-Adult Services	760.863.8455 760-773.6767

Children, Adult, Crisis & Residential Services	760.773.6767
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Emergency Treatment Services (ETS)	951.358.4881 951.358.4882 951.358.4883
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Inpatient Treatment Facility (ITF)	951.358.4700
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Oasis Rehabilitation Center (OCS)	760-863-8600
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CARES Line (Community Access, Referral, Evaluation & Support Line)	800.706.7500
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Public Guardian	951-955-1540
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24 Hours Detox Referral Line	800.499.3008
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Patient Rights	800.350.0519
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Family Advocate Program	800.330.4522
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Adult Protective Services	800-491-712
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Helpline, Suicide Crisis	951.686.4357
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Child Protective Hotline	800.422.4453
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National Suicide Prevention Lifeline	800.273.8255
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Family Services Association	951.686.3706
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NATIONAL ALLIANCE ON MENTAL ILLNESS	
NAMI California	916.567.0163
Riverside	951.369.2721
Coachella	888.881.6264
Temecula	951.672.2089
Mt. San Jacinto	951.765.1850

California Department of Mental Health	
	800.896.4042

What is the **NAMI Homefront** Education Program?

NAMI Homefront is a free, six-session education program for family, friends and partners of Military Service Members and Veterans with mental health conditions. It focuses on the unique needs of military and veteran communities, such as post-deployment and post-discharge transitions.

The course is designed to help family members understand and support their loved one while maintaining their own well-being. The trained teachers of this course are also family members who have experience with military culture and know what it's like to have a loved one living with a mental health condition.

We are currently looking for teachers for this course.

Prospective Co-Teachers must be family members (parents, siblings, adult children, spouses or partners) of individuals who have mental illness. There is no prerequisite that a prospective teacher has to have taken NAMI Homefront or have previous teaching experience.

Register to learn more. Call 951.369.2721

Mental Health Education Classes Begin in September

REGISTER TODAY

NAMI Western Riverside

Family-to-Family
Free, evidence-based, 12-week educational course for family members and friends of people living with mental illness.

& Peer-to-Peer Education Classes

A free course consisting of ten **classes** and is taught by a team of trained mentors who are experienced at living well with mental illness. It is for persons with serious mental illnesses who are interested in establishing and maintaining their wellness and recovery.

Registration Required Call 951.369.2721

NAMI MEMBERSHIP APPLICATION

Support NAMI Western Riverside

Yes, I want to join my voice with NAMI by becoming a member!

When you join now, you become a member of your local NAMI Affiliate, your NAMI State Organization and the national NAMI organization.

PLEASE PRINT

Title: Mr. Mrs. Ms. Dr.

Primary Member First Name:

Primary Member Last Name:

Address:

City, State, Zip:

Phone:

Email:

Membership Dues

- \$5 Open Door Membership (for low income)
- \$40 Individual Membership
- \$60 Household (for Individuals at same address)
- \$ DONATION

Names of individuals covered under Household membership:

Payment Information: \$ Check \$ Cash

Send this form and your payment to NAMI Western Riverside County P.O. Box 4145, Riverside, CA 92514

You can join online with a credit card or PayPal at <http://www.namiwesternriverside.org/join-nami>