



**Educate,
Empower
Engage**

at the

**NAMI
National
Convention**

in

Washington, DC

June 28 – July 1, 2017

See more at:

nami.org/Convention

Congratulations NAMI Program Graduates

NAMI Western Riverside is happy to welcome seven new Peer-to-Peer Mentors and seven Support Group Facilitators to its family of education and support volunteers.



NAMI Peer-to-Peer Mentor graduates included Ismael Bribiesca, Erika Alles, Michele Ybarra, Melanie Hervey Johnson, Selvino Moscare, Regina Spann, and John McCue.

The NAMI Family Support and NAMI Connections Recovery Support group training was taught by Mark Faber (far left). Graduates were John McCue, Ish Bribiesca, Selvino Moscare, Leif Schmit-Kallas, (seated) Regina Spann, Jazmin Arenas and Toya Vick.



NAMI Western Riverside realizes that teaching and supporting others in these programs is a great volunteer commitment. We are thankful for their passion to share what they have learned to help others and eliminate the stigma of mental illness. Congratulations graduates and we look forward to seeing you in the classroom or support group in Fall!

Attention NAMI Members

NAMI Program Training Opportunity Family-to-Family & IOOV (In Our Own Voice)

NAMI Western Riverside will be hosting F2F & IOOV training classes in August 2017. Contact your NAMI Affiliate for a training recommendation. Call NAMI Western Riverside at (951) 369-2721 or visit www.namiwesternriverside.org and check under Programs for program description and application.

treated, usually with a combination of psychotherapy and medications (for specific symptom relief, such as for the common accompanying depressive feelings). People with PTSD should seek out a therapist or psychologists with specific experience and background in treatment posttraumatic stress disorder.

- PsychCentral Online:

<https://psychcentral.com/disorders/ptsd/>

Learn more about PTSD at the NAMI GENERAL MEETING PTSD & Anxiety Disorders in Children

Presented June 5, 2017 by

Dr. Takesha Cooper, MD

Visit www.NAMIWesternRiverside.org

PTSD

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be accompanied by depression, substance abuse, or anxiety. Symptoms may be mild or severe — people may become easily irritated or have violent outbursts. In severe cases, they may have trouble working or socializing. In general, the symptoms seem to be worse if the event that triggered them was initiated by a person — such as a murder, as opposed to a flood.

Ordinary events can serve as reminders of the trauma and trigger flashbacks or intrusive images. A flashback may make the person lose touch with reality and reenact the event for a period of seconds or hours, or very rarely, days. A person having a flashback, which can come in the form of images, sounds, smells, or feelings, usually believes that the traumatic event is happening all over again.

Posttraumatic stress disorder can be



BACK TO THE FUTURE
BUILDING ON THE PAST FOR A BETTER TOMORROW

**NAMI
CALIFORNIA
CONFERENCE**

Newport Beach, CA
August 25-26, 2017

See more at:

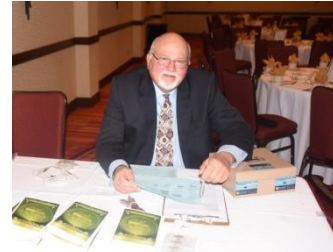
namica.org/conference

**REGISTER EARLY
for
Early Bird
Special Savings!**

NWR Evening of Recognition *Continued from page 1*

NAMI Homefront is a free, 6-session educational program for families, caregivers and friends of military service members and vets with mental health conditions. Based on the nationally recognized NAMI Family-to-Family program, NAMI Homefront is designed to address the unique needs of family, caregivers and friends of those who have served or are currently serving our country. The program is taught by trained family members of service members/veterans living with mental health conditions.

NAMI Western Riverside continues to promote education programs, training events and mental health awareness activities for the community! NAMI members and friends look forward to another evening of celebration on February 24, 2018, so save the date!



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

Emergency Treatment

Services (ETS) 951.358.4881
951.358.4882
951.358.4883

Inpatient Treatment Facility (ITF) 951.358.4700

Oasis Rehabilitation Center (OCS) 760-863-8600

CARES Line (Community Access, Referral, Evaluation & Support Line) 800.706.7500

Public Guardian 951-955-1540

24 Hours Detox Referral Line 800.499.3008

Patient Rights 800.350.0519

Family Advocate Program 800.330.4522

Adult Protective Services 800-491-712

Helpline, Suicide Crisis 951.686.4357

Child Protective Hotline 800.422.4453

National Suicide Prevention Lifeline 800.273.8255

Family Services Association 951.686.3706

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

FUNDRAISER

Help Us Support

Enjoy a Fabulous Meal

at

RANCHITO TACOS

Al Carbon



Learn more about NAMI Western Riverside online at NAMIWesternRiverside.org

2995 Van Buren Blvd.
Riverside
951-359-8646
Located in the Albertsons Shopping Center

25960 Iris
Moreno Valley
951-242-4466
Located in the Stater Brothers Shopping Center

NO EXPIRATION DATE!

Present this at either Ranchito Tacos location and they will donate 10% of your purchase amount to the National Alliance on Mental Illness!

Breakfast Burrito Chorizo/Taquitos/Chiles Rellenos/Tamales/Sopes/Pozole/Menudo/Tacos/Asada Fries & MORE!



If you cannot attend the NAMI/Ranchito Fundraiser, go to NAMIWesternRiverside.org/donate to make a donation online! Thank you in advance!

Shop at AmazonSmile and Amazon will make a donation to: NAMI Western Riverside

Support NAMI Western Riverside

JOIN or DONATE TODAY

NAMI is engaged in a variety of activities to create awareness about mental illness and promote the promise of recovery. We ask that you make a commitment to support NAMI Western Riverside by becoming a NAMI member and/or making a cash donation. Your generosity will make a difference in our community by allowing us to continue in our work.

Please complete this Membership/Donation Form and return it to NAMI Western Riverside. **Credit Card payments and donations can be made online at www.NamiWesternRiverside.org. Thank you in advance for your support!**

NAMI Membership & Donation Form (Please Print)

<p>When you join now, you become a member of your NAMI Affiliate, your NAMI State Organization and the NAMI National organizations.</p> <p>Yes, I want to: (please check one)</p> <p><input type="checkbox"/> Join NAMI</p> <p><input type="checkbox"/> Renew membership for one year</p> <p>Dues</p> <p><input type="checkbox"/> \$35 Regular Membership</p> <p><input type="checkbox"/> \$3 per Family Member (with 1 Reg. Member in same household)</p> <p><input type="checkbox"/> \$3 Open Door Membership</p> <p>Member benefits include NAMI's flagship magazine, the <i>Advocate</i>, as well as NAMI's monthly e-newsletter, <i>NAMI Now</i>, if you subscribe at: www.nami.org/subscribe. All members receive the same benefits. NAMI membership is valid for one year.</p>	<p>DONATE TO NAMI</p> <p>NAMI Western Riverside County needs your support. Your gift will help continue the support and education services for everyone affected by mental illness</p> <p><input type="checkbox"/> \$ 25</p> <p><input type="checkbox"/> \$ 50</p> <p><input type="checkbox"/> \$ 75</p> <p><input type="checkbox"/> \$ 100</p> <p><input type="checkbox"/> \$ 125</p> <p><input type="checkbox"/> \$ 200</p> <p><input type="checkbox"/> \$ _____</p> <p>NAMI Western Riverside County is a tax exempt, non-profit organization. Donations are tax deductible to the extent allowed by law.</p> <p>PLEASE DONATE TODAY!</p>	<p>Mail Membership Payment & Donations to: NAMI Western Riverside P. O. Box 4145, Riverside, CA 92514</p> <p>Make Online Credit Card Payments and Donations at: www.namiwesternriverside.org</p> <p>Title: <input type="checkbox"/> Mr. <input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Dr.</p> <p>Primary Member Last Name:</p> <p>Primary Member First Name: Middle:</p> <p>Address:</p> <p>City: State: Zip:</p> <p>Phone:</p> <p>Email:</p>
<p>Payment Information <input type="checkbox"/> Check Enclosed \$ _____ or <input type="checkbox"/> Cash Enclosed \$ _____</p> <p style="text-align: center;">Credit Card Payments and Donations are made online at: www.namiwesternriverside.org</p> <p>For Office use only: <input type="checkbox"/> Check \$ _____ <input type="checkbox"/> Cash \$ _____ Date: _____ Rcv'd by: _____</p>		