

# Western Riverside

P.O. Box 4145, Riverside, CA 92415 | Tel: 951-369-2721 | Email: nami@namiwesternriverside.org | Website: www.namiwesternriverside.org

#### 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)

### JUNE 5, 2017 MEETING

**PTSD & Anxiety Disorders in** Children Presented by Takesha Cooper, MD

(NO GENERAL MEETING IN JULY)

### August 7, 2017 MEETING Schizophrenia in Adults Presented by Gerald MaGuire, MD

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

October 2, 2017 MEETING **Bipolar Disorder in Adults** Presented by Gerald MaGuire, MD

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

Presented by Aalamgeer Ibrahim, MD

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.

# Posttraumatic Stress Disorder

Introduction to PTSD Symptoms & Treatment By John M. Grohol, Psy.D.

Post-traumatic stress disorder (PTSD) is a debilitating mental disorder that sometimes follows when a person has directly experienced or witnessed an extremely traumatic, tragic, or terrifying event. People with PTSD usually have persistent frightening thoughts and memories of their ordeal and feel emotionally numb, especially with people they were once close to.

PTSD, once referred to as "shell shock" or battle fatigue, was first brought to public attention by war veterans, but it can result from any number of traumatic incidents. These include kidnapping, serious accidents such as car or train wrecks, natural disasters such as floods or earthquakes, violent attacks such as a

## NWR First Evening of **Recognition Dinner &** Dance a Success

By Maria Alaarin

The 1st Annual NAMI Western Riverside "Evening of Recognition" Dinner/Dance was held January 14th 2017 at the Marriott Hotel in Riverside. This vear's event honoree was Steven Steinberg, Director Riverside University Health

2017 Honoree Steven Steinberg

System - Behavioral Health (RUHS-BH). The honorable Judge Mark Johnson, Riverside County Veterans Mental Health Court was the guest speaker.

NAMI's "Evening of Recognition" was an opportunity for friends and community to dine and dance in celebration of our honoree and the RUHS-BH's dedication and accomplishments in the field of mental health for Riverside County.

The event introduced a new NAMI education program for Veterans and their families called NAMI Homefront.

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mugging, rape, or torture, or being held captive. The event that triggers it may be something that threatened the person's life or the life of someone



close to him or her. Or it could be something witnessed, such as mass destruction after a plane crash.

Most people with post-traumatic stress disorder (PTSD) repeatedly re-live the trauma in the form of nightmares and disturbing recollections during the day. The nightmares or recollections may come and go, and a person may be free of them for weeks at a time. and then experience them daily for no particular reason.

A person with PTSD may also experience sleep problems, depression,

feeling detached or numb, or being easily startled. They may lose interest in things they used to enjoy and have trouble feeling affectionate. They may feel irritable, more aggressive than before, or even violent. Seeing things that remind them of the incident may be very distressing, which could lead them to avoid certain places or situations that bring back those memories. Anniversaries of the event are often very difficult.

> PTSD can occur at any age, including childhood. The disorder can

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### Inside:

- NWR Training Graduation for Facilitators..... Page 2
- NAMI Program Training



# Educate, Empower Engage

at the

# NAMI National Convention

June 28 – July 1, 2017 See more at:

nami.org/Convention

**BACK TREFUTURE** 

NAMI

CALIFORNIA

CONFERENCE

Newport Beach, CA

August 25-26, 2017

See more at:

namica.org/conference

**REGISTER EARLY** 

for

**Early Bird** 

Special Savings!



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!

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.

### PTSD

### Continued from page 1

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

### 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

### 2<sup>nd</sup> Quarter, 2017

### NAMI Western Riverside

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### 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!

Marriott



























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### NAMI Western Riverside

MENTAL HEALTH & CRISIS SERVICES IN RIVERSIDE COUNTY crisis numbers Adult Services: Western Region 951.358.4705 951.738.2400	UTROP.	Support Nation	Meal Meal Meas Meas Meas Meas Meas Meas Meas Meas
Mid-County Region         951.736.2400           Mid-County Region         951.736.2400           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           Center         951.955.8000           Main Street Clinic         951.738.2400           Wellness & Recovery for Mature         Adults           Adults         951.509.2400           Mid-County Region:         Hemet Clinic           Hemet Clinic         951.791.3300           Lake Elsinore Adult         Services           Services         951-471-4645           Mt. San Jacinto         Children's           Children's         951.487.2674	Nat	at ANCHIT TACOS AI Carbon AI Carbon Construction AI Carbon Construction AI Carbon Construction AI Carbon Construction Construction AI Carbon Construction C	25960 Iris Moreno Valley 951-242-4466 Located in the Stater Brothers Shopping Center
Clinic 951.443.2200 Desert Region: Banning Clinic 951.849.7142 Blythe Clinic 760.921.5000 Cathedral City Older- Adult Services 760.863.8455			If you cannot attend the NAMI /Ranchito Fundraiser, go to NAMIWesternRiverside.org/donate to make a donation online! Thank you in advance!
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	Riverside. Credit Card payn www.NamiWesternRiverside	nents and donations ca	ance for your support!
Patient Rights 800.350.0519 Family Advocate Program 800.330.4522 Adult Protective Services 800-491-712 Haleline, Swieide Crisie	When you join now, you become a member of your NAMI Affiliate, your NAMI State Organization and the NAMI National organizations.	DONATE TO NAMI NAMI Western Riverside County needs your support. Your gift will help continue the support and education services for everyone affected by mental illness	Mail Membership Payment & Donations to: NAMI Western Riverside P. O. Box 4145, Riverside, CA 92514 Make Online Credit Card Payments and Donations at: www.namiwesternriverside.org
Helpline, Suicide Crisis 951.686.4357 Child Protective Hotline 800.422.4453 National Suicide Prevention Lifeline 800.273.8255	Yes, I want to:(please check one) <u>Join</u> NAMI <u>Renew</u> membership for one year Dues <u>\$35</u> Regular Membership	\$ 25 \$ 50 \$ 75 \$ 100 \$ 125	Title: 🗆 Mr. 🗆 Mrs. 🗆 Ms. 🗆 Dr. Primary Member Last Name: Primary Member First Name: Middle:
Family Services Association 951.686.3706 NATIONAL ALLIANCE ON	\$3 per Family Member (with 1 Reg. Member in same household) \$3 Open Door Membership Member benefits include NAMI's flagship magazine, the Advocate, as well as NAMI's monthy e-newsletter, NAMI Now,	\$ 200 \$ \$ NAMI Western Riverside County is a tax exempt, non-profit organization. Donations are tax deductible to the \$ Donations are tax deducti	Address: City: State: Zip: Phone:
MENTAL ILLNESS NAMI California 916.567.0163 Riverside 951.369.2721 Coachella 888.881.6264	If you substrike at: <u>www.nami.org/substrike</u> All members receive the same benefits. NAMI membership is valid for one year.	extent allowed by law. PLEASE DONATE TODAY!	Email: