

Welcome Members and Affiliates

We welcome your ideas for topics to cover, your feedback on issues that face consumers, families, and providers across the state. See our guidelines below at the end of this newsletter. Contact us at newsletter@namica.org.



Directing Change Regional Winners Announced!



www.DirectingChange.org

The Directing Change program encourages high school and University of California students to learn about the topics of suicide prevention and mental health in a non-textbook kind of way: a film contest. Students across California were invited to Direct Change by creating 60-second films in two categories: Suicide Prevention or Ending the Silence of Mental

Illness.

NAMI California would like to thank all of the students who submitted films to the Directing Change Program! We proudly present the Regional Winners of the 2015 Directing Change contest: [Click Here](#)

For more information about Directing Change, please contact Lauren Hee at lauren@namica.org or (916) 420-9901"

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NAMI San Fernando - Santa Clarita Valley "NAMI in the Lobby" Program!

NAMI San Fernando-Santa Clarita Valley has implemented several new programs over the past twelve months which have been a driving factor for our recent growth. In August, our first NAMI in the Lobby program was launched at Olive View Medical Center and Olive View Mental Health Urgent Care Center.

By December's end we had introduced 190 individuals to NAMI. Two spin offs developed from our Lobby program: Lobby Outreach and LPS Navigation. Navigators for both programs personally meet with family members to help them develop a game plan which includes referrals, so that they can move their lives forward. We assist families as they navigate through the LPS process to attempt to avoid the high cost of legal counsel that this process would normally involve.

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Additionally, this year we have been meeting with 3-4 mental health service providers per week. We feel that this is incredibly important to our membership because it allows us to become familiar with their services, so we are able to make more knowledgeable recommendations to our member. This also gives us an opportunity to education their employees on what services NAMI provides, help them to develop a company Walk Team and/or possible sponsorship of NAMI SFV. We welcome the opportunity to share our plan's implementation, and success thus far, with those who are interested. Credit needs to be given to NAMI Ventura for sharing their ideas with us.

Recently, we held six "Ending the Silence" presentations attended by 220 students. The end result of all of these Outreach efforts is that we now have a waiting list of 50 for our Family to Family Classes. Program implementations slated for 2015: NAMI on Campus; Family Voice; Parent Voice, Parents and Teachers as Allies to name a few. I'd like to recognize our Committee Chairs, Coordinators and Volunteers for their efforts to further our mission.

Respectfully submitted,
Kim A. Bunnell
President
NAMISFV-SCV

May is Mental Health Month: Share Your Stories for our June Newsletter!



It's been a very exciting "May is Mental Health Month" this year. There have been a lot of activities all over the state.

Each year millions of Americans face the reality of living with a mental health condition. During the month of May, NAMI California and the rest of the country are bringing awareness to mental illness. Each year we fight stigma, provide support, educate the public and advocate for equal care. Each year, the movement grows stronger.

The goal of Mental Health Month is to bring attention to the issue of mental health. The more people know, the more they can do to help our cause. With knowledge comes understanding; a willingness to share experiences, provide support and reduce stigma.

We'd like to hear from you about your highlights. See our article submission guidelines below and send us your favorites.

Staff Corner Meet Our New Family and Peer Program

Please Consider Making a Donation Today

NAMI California's Tree of Tribute



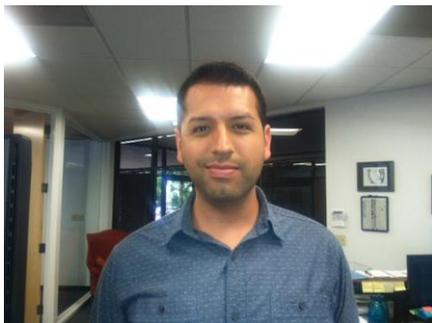
[Click here to honor a loved one.](#)

Each year many donors elect to give a gift in celebration of an event, in honor of a special individual or in memory of a loved one. The Tree of Tribute formalizes this tradition by providing a lasting acknowledgement for individuals who are remembered, individuals who are honored or have an enduring record of a significant celebration.

Gifts of \$500 or more will be eligible for an engraved leaf on the Tree of Tribute or an engraved stone at the base of the tree.

- \$500 - Bronze leaf
- \$1,000 - Silver leaf
- \$2,000 - Gold leaf
- \$3,000 -- Small stone
- \$5,000 - Large stone

Coordinator



Erik Villalobos is the new Family & Peer Program Coordinator for NAMI California. Erik has been working with non-profit organizations since 2008. His most recent work experience includes being the Client Service Coordinator for a non-profit substance abuse program in Woodland, CA, that assisted dual-diagnosis clients. Erik graduated from U.C. Davis

in 2007 with a Bachelor of Arts degree in Psychology, with a minor in Chicano Studies. Erik is excited to join the NAMI California team and looks forward to growing with the organization.



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Contact Information

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or call NAMI California
(916) 567-0163

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For Article Submissions:

We look forward to receiving and reviewing your submission for potential use in our NAMI CA monthly newsletter.

We look for articles that highlight the best of what's going on in California for our affiliates and members. We ask that you keep the length of your submission to a maximum of 200 words so that we can include as many articles as possible. Where people need additional information, please add that to a website and provide a link to your website. Please include a small photo if you have one of your subject matter which we can also include.

During the year we receive many submissions and publish articles which we feel have benefit to our members across the state. Due to this volume, we are unable to provide individual feedback as to why an article was or was not utilized.

Thank you again and we look forward to reviewing your submission.

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