NAMI CA State Conference Coming Soon!

Friday and Saturday, August 21-22, 2015 in Newport Beach

You can get more information here.

If you have any questions, please contact Eugenia Cervantes at Eugenia@namica.org

Please Join Us For Legislative Day with Directing Change Finalists and Free Film Awards Show May 19th

Legislative Day Morning Program: 8:30 AM, South Steps of the State Capitol

Hundreds of high school students around the state are tackling the stigma that surrounds mental illness and preventing suicide by producing films that educate and encourage their peers to take action. By participating in Directing Change, students learn more about mental illness and opportunities to be change agents for the acceptance and early support that can make a difference in the lives of Californians impacted by mental illness.
NAMI California will be hosting these outstanding high school and college filmmakers at the Capitol on May 19th to speak to lawmakers about their role in helping to reduce prevent suicide and change the perception of mental illness in our schools.

Directing Change is part of statewide efforts to prevent suicide, reduce stigma and discrimination related to mental illness, and to promote the mental health and wellness of students. For more information about Directing Change, [Click Here](#).

For more information about the Legislative Day, please contact Kiran Savage-Sangwan at (916) 567-0163 or Kiran@namica.org.

**About Directing Change:**
Students throughout California have been submitting films for Directing Change. They submitted 60-second films in two categories: "Suicide Prevention" and "Ending the Silence about Mental Illness".

**Please RSVP For The Free Film Festival on May 19th:**
We hope you can join us for this inspiring event to recognize our student film makers! Please note that there is limited space and RSVP is required:
[Please click here to RSVP](#)

Please contact Lauren Hee if you have questions or need outreach materials at lauren@namica.org or 916-567-0163.
May is Mental Health Awareness Month

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.

Here are some things you might do:

- Governor or Mayor's proclamation: Get your local leader to officially recognize May as Mental Health Month.
- Speak at your Board of Supervisors or Mental Health Board meeting about NAMI's work and advocacy priorities.
- Schedule a meeting with your state legislator to talk about NAMI CA's 2015 legislative priorities and the work of your affiliate.

Celebrate Mental Health Month and get the conversation going!

It's Testimony Time in Sacramento

Dozens of bills impacting mental health care are moving through the California Legislature, and NAMI California is supporting many of them:
Which you can view by clicking here.

But we can't do it without your help!

Please contact Kiran@namica.org to share your story related to these pieces of legislation or for guidance writing a letter of support. For questions regarding legislation on the list, or legislation not included that NAMI California may be watching, please contact Kiran@namica.org.

Please Mark Your Calendar:  Mental Health Services Oversight and Accountability Commission (MHSOAC) to Meet May 28

The next MHSOAC will meet on Thursday, May 28 in Sacramento. There will be an Advocacy Webinar on May 22 to go over the agenda and help affiliate members understand the issues of the day.

We encourage all who can attend to make the trip to Sacramento and lend their voice to the effort for better outcomes for ourselves and those we love. We can also bring your voice to the conversation when you submit comments in advance! For more information on the meeting or the Advocacy Webinar, contact Kiran@namica.org.
NAMI CA FAMILY TRAININGS:

Please Note: These trainings are for family members to become teachers of the education programs listed below. Support group trainings are for family members to become facilitators of a support group.

- Family to Family: May 15-17, 2015 Vacaville, California (Waiting list only)
- Basics: May 15-17, 2015 Vacaville, California
- De Familia a Familia: June 2015, Southern California

There are also Family to Family/Basics trainings offered by the LACC (NAMI Los Angeles County). Please contact Brittney Weissman for further details: brittney@namilacc.org

NAMI PEER PROGRAMS TRAININGS

Peer Programs announcements are also posted on: http://namifamily.blogspot.com

Please note: These trainings are for peer members to become teachers (mentors) of the education programs listed below.

- Persona a Persona: Ontario, June 2015. Dates and details TBD
- Peer to Peer: San Diego. May 15-17. 2015
Send inquiries to:

- **Family Programs and Peer Programs** - Lynn@namica.org
- **Parents and Teachers as Allies, Ending the Silence, NAMI on Campus, Provider Education** - Melen@namica.org
- **Directing Change** - Lauren@namica.org
- **Programs Director** - Melen@namica.org

NAMI California Office: 916-567-0163

**Check Facebook for Breaking News!**

Check [https://www.facebook.com/namicalifornia](https://www.facebook.com/namicalifornia) for breaking news about legislation or NAMI California program and events.

**Contact Us**

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