Our Monthly Event ...
March 5th

Beyond the Pills
Self-Help Practices for Depression Recovery

Guest Speaker:
Vincent F. Caimano, Ph.D.
Founder & CEO, Support Groups Central

The latest research on depression tells us that there is no one cause for depression but rather a number of factors contribute. This means that effective treatment typically involves several different techniques.

It is also the case that since each of us is unique, the best combination of treatment options will vary from person to person and that self-help and peer support can be significant elements in an individual’s treatment plan. Join Dr. Vince Caimano in this informative and useful session to learn about the factors that tend to create depression and the evidence-based practices that can aid recovery. In addition to describing the common causes of depression, Dr. Caimano will demonstrate several techniques and devices that can easily be used by depression sufferers.

If you have any questions, please contact us at (909) 399-0305 or admin@namipv.org

New Friends to NAMI PV
Service & Therapy Dogs from February's Event
NAMI in the Lobby: A New Program!

We are looking for volunteers for NAMI in the Lobby! We’ve partnered with a local behavioral health hospital to host a monthly information table in their lobby. Volunteers are able to greet family members visiting their loved ones in the hospital and also provide information, resources…and a little love. We all know how difficult these periods of mental illness can be for families and NAMI Pomona Valley is committed to doing all we can to help.

If you’re interested in joining us, please contact our office.

Visit our website or find us on Facebook for mental health news, articles, our calendar, and more!

www.namipv.org

Monthly Event Agenda

Support Groups:
Consumers, Spouses & Family Members: 6:15 – 7:30 p.m.
General Meeting & Refreshments: 7:30 – 8:00 p.m.
Speaker & Q & A : 8:00 – 9:00 p.m.

Location:
Claremont Presbyterian Church
1111 N. Mountain Ave.
Claremont, CA  91711

Become a Member and Help Cure Stigma!

NAMI Membership Dues:
Are you Current? Donations and membership are actually tax deductible!

Household Membership $60.00
Individual Membership  $40.00
Open Doors Membership $ 5.00

Membership benefits include:

- Our flagship magazine, The NAMI Advocate
- Membership with NAMI National, NAMI California, and our Pomona Valley Affiliate
- Voting privileges
- Discounts at the NAMI Store and on registration at the NAMI National Convention
- Access to all the information and features on the NAMI.org website and more

Become a member or gift a membership today!
Upcoming Classes
Are you registered? Next class sessions will begin soon!

NAMI education classes and training programs are held throughout the year. Class seating is limited and fill quickly. Training programs are offered upon availability. Please fill out this contact form to be notified when registration for classes become available or for training program availability.

Sign-up on namipv.org for class notifications!

Family to Family

The local affiliate of National Alliance on Mental Illness, NAMI Pomona Valley, offers its widely recognized family education course in English and Spanish. This 12-week free course is designed for families with loved ones who have a brain illness. Illnesses addressed in this course are: Bipolar Disorder, Borderline Personality Disorder, Anxiety Disorders, Major Depression, Obsessive Compulsive Disorder, Schizophrenia, and co-occurring mental illness and addiction brought on by self-medication. Classes are offered in English & Spanish. Pre-registration is REQUIRED.

For more information, please contact:
Bette Donovan (909) 593-1324

De Familia a Familia

NAMI Familia-a-Familia es un programa educativo, GRATIS, de 12 sesiones para familiares, parejas, amigos, y seres queridos de adultos que viven con una enfermedad mental. El curso esta diseñado para ayudar a toda la familia a entender y apoyar a seres queridos que viven con un trastorno mental, sin descuidar el propio bienestar del círculo familiar. 12 Semanas, 6:30 pm – 9:00 pm

Para obtener más información, póngase en contacto:
Jesus Vega (805) 899-7418
Clas
Class begins Feb. 19th
Tuesdays 6:30pm – 9pm

NAMI Basics:

Regarding children with symptoms, a six-week course teaching the fundamentals of caring for children who have shown symptoms of mental disorder before age 13. The Family to Family course description above applies also to NAMI Basics. Pre-registration is REQUIRED.

For more information, please contact:
Class will begin in the Spring
NAMI Pomona Valley Office (909) 625-2383

Bases y Fundamentos
Bases y Fundamentos de NAMI es un programa de 6 sesiones gratuitas diseñado para padres de familia y personas encargadas del cuidado de niños y adolescentes que viven con dificultades de tipo emocional o conductual. Bases y Fundamentos de NAMI les ayuda a los padres de familia y guardianes a entender las enfermedades que están causando dificultades conductuales al igual que el importante papel de la familia en el tratamiento de estos trastornos. El programa es impartido por instructores capacitados que también son padres de familia o guardianes de individuos que han experimentado dificultades emocionales o conductuales antes de la edad de 13 años.


For more information, please contact:
NAMI Pomona Valley Office (909) 625-2383

**Peer to Peer**

*Next Class begins May 2nd*

Please contact us for registration details A 10-week class for adults living with mental health challenges. This Class is:

- Free and confidential
- Held once per week for two hours
- Taught by trained Peer Mentors living in recovery themselves
- A great resource for information on mental health and recovery

For more information, please contact:
Ron D’Avis (909) 717-5588 and ronshirl819@netzero.net

We look forward to seeing you!
For more information on any class, please contact our office:
**Phone:** (909) 625-2383 **Email:** admin@namipv.org

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**NAMI Helpline Training!**

**Calling All Volunteers...**

*What Is The HelpLine?*
The NAMI HelpLine is a free service that provides information, referrals and support to people living with a mental health condition, family members and caregivers, mental health providers and the public.

What Volunteers Do...
A well-trained and knowledgeable team of volunteers respond to calls and email inquiries. Staff members and volunteers have experience living with a mental health condition or providing care and support to a family member with a condition, and therefore, better able understand and empathize. HelpLine interns, psychology, social work and counseling students, talk to callers and apply what they’ve learned to real life situations.

If you or someone you know is interested in volunteering for the NAMI HelpLine, please contact Mona at (213) 375-8742.

Support Groups

Family Support Groups
(For spouses, family members, and caregivers)

1st TUESDAY OF EACH MONTH
6:15 p.m. – 7:30 p.m. at Claremont Presbyterian Church
1111 N. Mountain Ave., Claremont, CA 91711

4th TUESDAY OF EACH MONTH
7:00 p.m. – 8:30 p.m. at NAMI Pomona Valley Offices
3115 N. Garey Ave., Pomona, CA 91767

Support Groups for Recovery

Connections: Weekly recovery support group for individuals living with a mental health diagnosis.
EVERY FRIDAY
6:30 p.m. – 8:00 p.m. at Pomona Valley Health Centers
1601 Monte Vista Ave., Claremont, Ca. 91711
(See direction signs in the lobby)

Support Group for Daily Management of Mental Illness:
1st TUESDAY OF EACH MONTH
6:15 p.m. – 7:30 p.m. at Claremont Presbyterian Church
1111 N. Mountain Ave., Claremont, CA 91711

If you have any questions please feel free to call the NAMI Pomona Valley Helpline: (909) 399-0305

For each petal on the shamrock,
This brings a wish your way
Good health, good luck, and happiness
For today and every day.
School of Public Health study links Unhealthy Diet to Mental Illness In Adults

Source: https://news.llu.edu/research/school-of-public-health-study-links-unhealthy-diet-mental-illness-california-adults

A study has found that poor mental health is linked with poor diet quality — regardless of personal characteristics such as gender, education, age, marital status and income level.

The study, published Feb. 16 in the International Journal of Food Sciences and Nutrition, revealed that California adults who consumed more unhealthy food were also more likely to report symptoms of either moderate or severe psychological distress than their peers who consume a healthier diet.

Jim E. Banta, PhD, MPH, associate professor at Loma Linda University School of Public Health and lead author of the study, said the results are similar to previous studies conducted in other countries that have found a link between mental illness and unhealthy diet choices. Increased sugar consumption has been found to be associated with bipolar disorder, for example, and consumption of foods that have been fried or contain high amounts of sugar and processed grains have been linked with depression.

“This and other studies like it could have big implications for treatments in behavioral medicine,” Banta said. “Perhaps the time has come for us to take a closer look at the role of diet in mental health, because it could be that healthy diet choices contribute to mental health. More research is needed before we can answer definitively, but the evidence seems to be pointing in that direction.”

Banta cautioned that the link found between poor diet and mental illness is not a causal relationship. Still, he said the findings from California build upon previous studies and could affect future research and the approaches that healthcare providers administer for behavioral medicine treatments.

In their study, Banta and his team reviewed data from more than 240,000 telephone surveys conducted between 2005 and 2015 as part of the multi-year California Health Interview Survey (CHIS). The CHIS dataset includes extensive information about socio-demographics, health status and health behaviors and was designed to provide statewide approximations for regions within California and for various ethnic groups.
The study found that nearly 17 percent of California adults are likely to suffer from mental illness — 13.2 percent with moderate psychological distress and 3.7 percent with severe psychological distress.

The study stated that the team’s findings provide “additional evidence that public policy and clinical practice should more explicitly aim to improve diet quality among those struggling with mental health.” It also stated that “dietary interventions for people with mental illness should especially target young adults, those with less than 12 years of education, and obese individuals.”

The Verge interviews: Esmé Weijun Wang about The Collected Schizophrenias

I never intended to be a non-fiction writer and I still primarily consider myself a novelist,” she says. Though primarily called to fiction, Wang wrote The Collected Schizophrenias because schizophrenia and its associated conditions do terrify, and remain so stigmatized, and there is so little writing from people who have the condition. The essays in the collection cover everything from the question of diagnosis to the experience of psychosis to the role of schizophrenia in the Slender Man murder case.

The title has never been anything else. I didn’t want to just talk about schizophrenia as the one singular diagnosis, I also wanted to talk about my diagnosis, schizoaffective disorder bipolar type, and schizotypal disorder. I wanted to talk about all the terms that Eugen Bleuler used. He was one of the biggest names in psychiatric history and the researcher who came up with the idea of the “schizophrenias” as more like a spectrum. He had the idea of it as a range of disorders, not so much one concrete thing.

FUNDRAISING!

Here is your opportunity to contribute and donate to NAMI!

When making Amazon purchases, use Amazon Smile. Simply click through our Amazon Smile link and shop like you normally would. It costs you absolutely nothing extra, and a portion of your purchase price is donated to us. You can also designate a Charity to contribute towards. Choose NAMI Pomona Valley!
NAMI Wish List:

• Copy Paper (color and black & white)
• Water Bottles
• ½” white binders with clear view front
• Laptops (used is fine) & projectors
• Gift Cards to Staples or Costco
• Paper Cups

THANK YOU!!!

You can bring donated items to the office during business hours or to our monthly event. You can also choose to donate through the links on our homepage!

All Volunteers Welcome!

Volunteering is so rewarding. We will train you in the area of your choice. Call our office at (909) 625-2383 or sign up online.

STAY CONNECTED

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