



# Western Nevada

## Fall Newsletter 2017

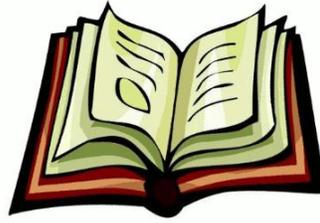
**CIT & support Groups in the Prison**  
**NAMI Western Nevada Booklet**  
**Volunteer Meetings**  
**Trainings for Teachers, Facilitators, and Presenters**  
**What are the Holiday Blues?**  
**Thank You Community Foundation of Elko**  
**NAMI WNV Annual Meeting**  
**3<sup>rd</sup> Annual Gala Fundraiser**



## CIT and Connection Groups in the Prison

Through the dedicated efforts of NAMI Western Nevada volunteers, we began a partnership with Northern Nevada Correction Center and became the second prison system in the nation to offer NAMI Connection Recovery Support Groups in prison. Jim Tritten, New Mexico NAMI Connection State Trainer is a leader driving the development of NAMI Connection in prison. In August Jim traveled to Nevada to do a train-the-training for this specific population. The first group began in September and by all accounts are a success. We hope to hold more trainings to expand the program over the next year.

NAMI Western Nevada was able to identify funding to send Kathy Harris and Lieutenant John Henley to the International Crisis Intervention Team (CIT) Conference in August to become Coordinators for this program. They are currently preparing to hold their first CIT Training in Northern Nevada Correction Center. We would like to thank Warden Baca and staff for their support in launching both of these programs.



## **NAMI Western Nevada Booklet**

We plan on releasing a booklet containing art, poetry and personal stories of individuals and families impacted by mental illness in May 2018. Proceeds raised for booklet sponsorships and sales will help support NAMI Western Nevada's anti-stigma efforts in rural communities and throughout Nevada. Our January newsletter will have more information about sponsorship opportunities and how to be included in the booklet.

Please email Laura at [laura.namiwnv@gmail.com](mailto:laura.namiwnv@gmail.com) if you have questions about this exciting project.



## **Volunteer meetings**

We are always looking for ways to improve communication with and connectivity of our volunteers. Because of the larger geographic area, we cover, this can often prove a challenge. Beginning in January 2018, we be holding every other month call-in and video conference meetings. The Carson, Douglas, Lyon, Storey, Churchill and Mineral counties' meeting will be on odd months. Northeastern Nevada meetings will be held on the even months. Check out our [website](#) for more information on meeting dates.

For more information, please contact Laura at [laura.namiwnv@gmail.com](mailto:laura.namiwnv@gmail.com).



## Trainings for Teachers, Facilitators, and Presenters

NAMI WNV is building volunteer staff in the rural and frontier counties at an amazing rate. In September we offered Family-to-Family teacher training and In Our Own Voice presenter training at Vitality CCBHC in Elko. On November 10/11 we will be offering NAMI Basics teacher training for our entire affiliate at St. Joseph Church in Elko.

NAMI Basics is a six session course for parents, grandparents, foster parents and other caregivers of a child or adolescent living with a mental health challenge. Potential NAMI Basics teachers are individuals who have been in the role of parent or caregiver to this child or adolescent. That youth may now be an adult and the parent may be in a position to have the time to give back now by sharing their family journey and training to help other families through the Basics program.

In 2018 we will be scheduling trainings for both of our support groups, NAMI Connection (peer recovery) and NAMI Family Support Group. If you are interested in bringing NAMI supports to your community, are willing to share your personal or family journey with illness and can lead a discussion with confidentiality, no judgment and group wisdom, we would like to hear from you. These groups can be the nucleus of a supportive NAMI community within your county for you and your loved one in recovery.

NAMI NV also plans to train more NAMI In Our Own Voice presenters in northwest Nevada in early 2018. If you are interested in learning how to share your recovery story with a small group in this structured and effective format, contact our affiliate.

Call the NAMI WNV affiliate line to learn more about these upcoming trainings:

**775 440-1626**



# WHAT ARE THE HOLIDAY BLUES?



In a survey on the Holiday Blues

**64% say they are affected**

and 24% say the holidays affect them a lot.



## So, what are they?

The Holiday Blues are temporary feelings of anxiety or depression during the holidays that can be associated with extra stress, unrealistic expectations or even memories that accompany the season.

- This might include:**
- Fatigue
  - Tension
  - Frustration
  - Loneliness or isolation
  - Sadness
  - A sense of loss

The difference between the holiday blues and clinical anxiety or depression is that the feelings are temporary. However, short-term problems must still be taken seriously because they can lead to long-term mental health conditions.



## Tips for avoiding the Holiday Blues



Stick to normal routines as much as possible.

Get enough sleep.



Take time for yourself, but don't isolate yourself. Spend time with supportive, caring people.



Eat and drink in moderation. Don't drink alcohol if you are feeling down.



Get exercise—even if it's only taking a short walk.



Make a to-do list. Keep things simple.



Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.



Set a budget for holiday activities. Don't overextend yourself financially in buying presents.



Listen to music or find other ways to relax.

## Remember

The holiday blues are short-term. Be patient. Take things week by week or day by day.

Learn more at <http://www.nami.org/holidayblues>



## **Thank You to the Community Foundation of Elko County Endowed Fund**

NAMI WNV received a grant from the Community Foundation of Elko County Endowed Fund for \$500 for food for our Elko area family programs. NAMI WNV has no funding for meals and snacks for our all day classes and programs. We rely on the support of community partners and individual donors to help us cover these expenses. The Community Foundation of Elko County Endowed Fund grant will go towards both NAMI Basics and Family-to-Family trainings and courses in Elko. We are extremely grateful to the foundation for helping us launch more critical NAMI family programs in Elko.



**Join us on Sunday December 3  
for our NAMI WNV  
Annual Meeting  
and Holiday Social**

**Noon - 2 pm**

**Orsmy Room  
Carson City Sheriff's Office  
911 E. Musser, Carson City**

**NAMI WNV is all about expanding opportunities for peers and their family members in rural Nevada. Come learn about exciting new programs in the works.**



**Pictured left to right** - Rick Porzig, NAMI Western NV Treasurer and Co-Volunteer of the Year; Cheryl Bricker, Leadership Award Recipient; Linda Porzig, NAMI Western Nevada Education and Outreach Coordinator and Volunteer of the Year; Steve Porzig, Co-Volunteer of the Year

## **2017 Gala a Heart-Warming Success!**

On October 12 our affiliate celebrated another successful year of progress at our 3rd Annual UnMasked Gala. Our most sincere thanks to all of our sponsors and to those who attended. With your contributions, we met our goal of raising \$10,000. At the event we were proud to recognize the award winners in the photo above, as well as Barbara Jacobsen of Winnemucca, 2017 Difference Maker Award winner.

Our keynote presenter was Dave Mowry, a man who not only lives with Bipolar Disorder and anxiety disorder, but has the wit and wisdom to teach stand-up comedy to individuals with mental illness and to contribute as a blogger for BP Magazine and an author. In fact, Dave's book "[OMG that's me!](#)", a humorous account of life with mental illness, is available on Amazon - please make a purchase on Dave's "spike day", November 2.