



National Alliance on Mental Illness

NAMI SFV newsletter is published for our members and community. This image of the iconic San Fernando Valley Mission has been a part of our newsletter since the very beginning and represents our history of service to families and individuals in the San Fernando Valley and Santa Clarita Valley.



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NAMI SFV SPECIAL NEWS UPDATE

Inside this issue:

NAMI WALKS
FAMILY to FAMILY
POLICE & MENTAL
ILLNESS
EXPERT SPEAKERS
FROM the BOARD
BOOK PROJECT

Calendar:

NAMI WALKS FOR
THE MIND OF
AMERICA

Oct 1, 2011

Walk with us!



Special Edition

This NAMI SFV Special News Update replaces our summer 2011 issue while our editor, Tom Walsh, recovers from surgery. Get well, soon Tom!

SPEAKERS

Every 3rd Wednesday
Center for Family Living
14545 Sherman Circle
Van Nuys CA 91405
6:45 pm – 8:45 pm.

NAMI WALKS 2011 TEAM UP!

NAMI WALKS is our annual fundraiser to provide programs and services free of charge to the community. Have you formed your NAMI WALKS Team yet? Now's the time! Or join one of the existing teams. We need you to walk with us on October 01, 2011 in Santa Monica as we *Walk for the Mind of America*, and take steps to end stigma. Contact us to let us know you plan to participate in NAMI WALKS 2011 beth@namifsv.org or call 818-994-6747

By contributing money, making a pledge to a walk team, forming your own team, donating product, or simply by joining us to walk, you support research and local services.

Thank you to all who joined us for our fun NAMI WALKS fundraising night at Shakey's Pizza in June. We raised more than \$725 and welcomed over one hundred members and friends of NAMI-SFV who learned how to help end mental health stigma by forming a NAMI WALKS team.



FAMILY TO FAMILY CLASS STARTS in September ~ Register NOW!

NAMI Family to Family Class –FREE 12-week NAMI educational program for families caring for a loved one with mental illness will be offered in the West Valley, starting in September. To register for classes starting Sept 20th and Sept 28th in the West San Fernando Valley, call Milton at 818-585-3451

Police and Mental Illness

NAMI SFV members provide valuable insight in talks with LAPD about their experiences with law enforcement dealing with their loved ones with mental illness. Visit our website for more information www.namifsv.org If you have had such an encounter and would like to help with this important educational opportunity, contact us at 818-994-6747 or by email at mail@namifsv.org

NAMI Expert Speakers Series

August 17, 2011, Sherrill Martin of Mental Health Advocacy Services. Sherrill spent 30 years in the Social Security Admin and is a top expert on Government Benefits (SSI, SSDI, Medi-Cal, Medi-Care).
September 21, 2011, Dr. Maria Longiatano, Hillview Mental Health Clinic Psychiatrist, consulting and liaison psychiatrist at Olive View Hospital, Women's Issues. Join us for info with Q & A.

*Saints and madmen
swim in the same water.
What drowns one,
transforms the other.
- Joseph Campbell*



“We aren’t where we were but we are on our way. We enjoy friendships that hold, hearts glowing, hearts breaking, smiles that catch tears, paths trugged, alleys skipped. If a day carries strength in the morning, peace in the evening, and a little joy in between, it is a good one...”

Jodi Hills

NAMI Board Positions Open Soon

Our NAMI SFV affiliate board is now diversifying, and all interested members are encouraged to volunteer their names or nominate others for upcoming elections. The board welcomes you to, not just give voice to your ideas, but attend and participate in the direction of our affiliate. You can have a direct influence! For more information call 818-994-6747

Wisdom Legacy Book Project

NAMI San Fernando Valley Book Tells Stories of Families and Individuals Impacted by Mental Illness



Moving personal stories of living with mental illness, including a forward by sports celebrity **Ron Artest**, of champion LA Lakers. NAMI SFV members have generously shared their trials and triumphs, as well as wisdom and insight gained from their experiences. We are so grateful for their contributions. These stories are being compiled into the Wisdom Legacy book and will go to press soon.



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San Fernando Valley

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The National Alliance on Mental Illness, NAMI, is the nation’s largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI SFV serves San Fernando and Santa Clarita Valleys.

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