



nami

National Alliance on Mental Illness
San Fernando Valley www.namisfv.org

SPECIAL NEWS UPDATE

May is National Mental Health Awareness Month

www.namisfv.org

May 2010 & beyond:

MAY 5

NAMI WALKS Kickoff

May 15

MACY'S Community

Shopping DAY

May 19

Ask the Doctor Expert

Speaker Series

July ~ NAMI BASICS

October ~

NAMI WALKS

For more information

on NAMI SFV events...

CONTACT US!

NAMI SFV
National Alliance on
Mental Illness
San Fernando Valley

14515 Sherman Circle
Van Nuys, CA 91405

818-994-6747

**NAMI SFV is an
all-volunteer organization
dedicated to improving the
lives of those affected by
mental illness.**

**We provide hope and help
through education,
support and advocacy.**

www.namisfv.org

Dear NAMI SFV friends,

As President of NAMI San Fernando Valley, I wanted to take this opportunity to share some special NAMI SFV News with you in celebration of National Mental Health Awareness Month and of the achievements our affiliate, and you, have been a part of in this past year.

Diversity, inclusion, inspiration, excellence and expansion were the key words that drove our NAMI San Fernando Valley affiliate this year.

Diversity:

- We have already held two of our four scheduled annual Ask the Psychiatrist Nights in Spanish.
- We have renewed our commitment to providing Spanish language Family-to-Family class.
- We co-hosted an Armenian language mental health event that was taped and will be played on Armenian television (In partnership with the Armenian Relief Society)
- We welcomed consumers to our board and our membership roster.

Inclusion, Inspiration, Excellence:

- Our interfaith clergy breakfast is coming up this week, in partnership with Los Angeles County Department of Mental Health.
- We held our annual Volunteer Appreciation dinner, with more members, volunteers and guests than ever before.
- We inspired our volunteers with the presentation of our first annual Glenn Cotham award for excellence in volunteer service. The award was presented to Glenn to mark his achievement as our affiliate's founder in the early 1970's before NAMI existed and his many years of service.
- We are proud to have been recognized for excellence. Jim Randall is a current board member and past president of NAMI SFV. Jim was recently honored by **Los Angeles Mental Health Services Area Advisory Council 2** for excellence in advocacy in local communities.

Expansion:

- We have prepared for future growth with a name change from AMI to NAMI to reflect our relationship to the national organization.
- We re-wrote our bylaws and expanded our board and committee structure to provide infrastructure and leadership as we prepare to meet changing needs in our community.
- We updated our marketing and outreach materials with a new website and brochures in 2009. In 2010, we will add Spanish language web pages and brochures to our outreach materials.

And...

- We expanded our membership area to include Santa Clarita Valley and now have an ongoing twice-monthly support group there and have held four family-to-family classes in that area so far this year.
- We expanded our NAMI WALKS teams with the inclusion of Cal State University Northridge students and faculty.
- We provided materials, speakers, and information to our community through health fairs, radio and TV news and special events.
- We mobilized a growing list of NAMI – SFV members to effectively advocate for mental health services through our e-news outreach.
- In addition to a robust schedule of Expert Speaker Meetings, Support Groups, and Family-to-Family classes, we have trained new teachers and have added NAMI BASICS to our NAMI programs line up. We have also trained new consumer speakers to serve increasing requests for In Our Own Voice.
- And, we have just launched a NAMI SFV affiliate History project, to ensure we record and honor the work of those who came before us.

NAMI San Fernando Valley continues to respond to cries for help, to offer comfort and crucial information to families in crisis. We continue to offer meaningful support to individuals living in recovery. NAMI San Fernando Valley proudly serves one of the largest, most diverse, most dynamic areas of Los Angeles County with the help of a growing number of creative and deeply committed volunteers. I thank each of you for the important role you play in NAMI SFV service to our community. I look forward to sharing another spectacular year with you and to seeing you at one of our upcoming events or NAMI WALKS!

Sincerely,

Suzanne Schmidtke
President, NAMI SFV

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MAY is Mental Health Awareness Month

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 has over 1,100 affiliates in communities across the country. Our local NAMI SFV affiliate engages in advocacy, research, support, and education. Members of NAMI are families, friends, and people living with mental illnesses such as major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, post-traumatic stress disorder (PTSD), and borderline personality disorder. NAMI SFV offers an array of **support and education programs** for families and consumers including Family to Family, NAMI Basics, Support groups, and more. To schedule a NAMI ***In Our Own Voice*** presentation, contact us at 818-994-8747