



NAMI Kern is an affiliate of NAMI California. We are a grassroots volunteer organization of families and individuals whose lives have been affected by serious mental illness. Our mission is to provide: **Support, Education, and Advocacy.**

We are advocates for a quality of life without stigma for all our constituents. We know what a struggle life can be when mental illness strikes. We, as it is said, “have been there, and it is heart breaking and life changing”!

Kern County is very large in area, demographics, and income range. We want to reach the underserved and isolated regions as well as Bakersfield proper. .

Our programs as described below are effective. We market out classes by newspaper articles, television announcements, in church bulletins, at clinics and doctors’ offices.

However, word of mouth is the way most people become familiar with NAMI and then it is because they are experiencing a crisis.

Please remember that severe/mild mental illnesses are devastating to the ill person and their families. The one affected by the illness has his/her thinking, feeling, and relating disrupted, seriously reducing the ability to live a normal life. However these illnesses are treatable with appropriate medical care and rehabilitation, and recovery is possible.

NAMI Kern County is strictly on a volunteer basis. We rely on donations, such as the NAMI Walk to continue to provide services at no cost.

Donations are always welcomed
You can donate strictly to NAMI Kern County Affiliate
Or you may want to designate a certain program for your donation to be used for

www.namikerncounty.org
www.frontlinenami.org

NAMI Kern County, P.O. Box 9144, Bakersfield, CA 93389
NAMI Kern is a 501 (c) 3 non-profit organization #77-0289372

Printing courtesy of KERN COUNTY MENTAL HEALTH

These programs include: NAMI Family-to-Family Education Program: a free 12-week course for families, and friends of individuals with serious mental illness. The course dwells on the emotional responses families have to the trauma of mental illness, a life-changing event.

What does the course include?

- Current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, borderline personality disorder, and co-occurring brain disorders and addictive disorders
- Up-to-date information about medications, side effects, and strategies for medication adherence
- Current research related to the biology of brain disorders and the evidence-based, most effective treatments to promote recovery
- Gaining empathy by understanding the subjective, lived experience of a person with mental illness
- Learning in special workshops for problem solving, listening, and communication techniques
- Acquiring strategies for handling crises and relapse
- Focusing on care for the caregiver: coping with worry, stress, and emotional overload
- Guidance on locating appropriate supports and services within the community
- Information on advocacy initiatives designed to improve and expand services



NAMI Basics is the new signature education program for parents and other caregivers of children and adolescents living with mental illnesses. The NAMI Basics course is taught by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years.

The course consists of six classes, each lasting for 2 ½ hours. Classes may be offered weekly for six consecutive weeks, or may be offered twice per week for three weeks to accommodate the hectic schedules of parents.

All instruction materials are FREE to participants.

Contact: William Lester, Family Education Coordinator
Wlester66@hotmail.com
(661) 587-4162

www.namikerncounty.org

Family Support Groups

The NAMI Support Group model (formerly called the "Family-to-Family Support Group model") operates differently than other, more traditional "share-and-care" groups. The NAMI Support Group model offers a set of key structures and group processes for facilitators to use in common support group scenarios. These structures come with clear guidelines to follow; used together, they encourage full group participation in support group meetings. The structures of the new model feel comfortable for both seasoned and less-experienced facilitators because they guide the support group along in every situation.

As a facilitator, how do you ensure that a support group starts and stops on time? What do you do if someone monopolizes all of the group's time? How should you handle disrespectful group members? What should you do if someone brings up a "hot potato" subject such as suicide or involuntary commitment? What about someone who seems to have a problem that's just not solvable? How do you ensure that quiet members in the group get a chance to participate?

Support group facilitators face these issues in their groups every day. And effective support group facilitators are the key to making any support group experience positive and productive. The NAMI Facilitator Skills Support Group training enables support group facilitators to run useful, helpful support groups. NAMI affiliates know that effective support groups are a key facet of NAMI's grassroots organization.

NAMI Family Support

2nd Tuesdays, Bakersfield

Potluck 5pm &

Family Support 6pm-7:30pm

5121 Stockdale Hwy

Consumer Family Learning Center

Cindy 398-8907

4th Tuesdays, Bakersfield

5121 Stockdale Highway

Consumer Family Learning Center

6:00 -7:30pm Cindy 398-8907

Ridgecrest/ IWV

Every Tuesday

6:00pm – 7:30pm

CCS HOPE Center

701 "A" Inyokern Road

(760) 384-8672, (760)384-8672

1st and 3rd Tuesdays, Bakersfield

Veterans, Family and Loved Ones Support Group

6:00pm – 7:30pm

Good Samaritan, Southwest Outpatient Wing

5121 White Lane

Russ (661) 303-1416

Patrice (661) 333-5484

Tehachapi

4th Tuesday

Veterans, Family and Loved Ones Support Group

6:00- 7:30pm

On Hold at this time

2nd and 4th TUESDAYS

OutSpoken Young Minds, OSYM

Good Samaritan Hospital 5201 White Lane, Bakersfield

6:00pm-7:30pm, 661-303-1416

www.namikerncounty.org

Peer-to-Peer is a unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery.

- The course was written by Kathryn Cohan McNulty, a person with a psychiatric disability who is also a former provider and manager in the mental health field and a longtime mutual support group member and facilitator.
- An advisory board comprised of NAMI consumer members, in consultation with Joyce Burland, Ph.D., author of the successful NAMI Family-to-Family Education program, helped guide the curriculum’s development.
- Since 2005, NAMI’s Peer-to-Peer Recovery Program has been supported by AstraZeneca.

What does the course include?

- Peer-to-Peer consists of ten two-hour units and is taught by a team of three trained “Mentors” who are personally experienced at living well with mental illness.
- Mentors are trained in weekend-long training sessions, supplied with teaching manuals.
- Participants come away from the course with a binder of hand-out materials, as well as many other tangible resources: an advance directive; a “relapse prevention plan” to help identify tell-tale feelings, thoughts, behavior, or events that may warn of impending relapse and to organize for intervention; mindfulness exercises to help focus and calm thinking; and survival skills for working with providers and the general public.

CONTACT: PATRICE MANIACI, PEER COORDINATOR – namikernpatrice@gmail.com
(661) 333-5484



NAMI Connection Recovery Support Group is a weekly 90-minute support group for clients living with a mental illness. The participants learn coping skills and recovery techniques from others who have “been there” during their own illness.

Every Friday Bakersfield

3:00-4:30pm (661) 333-5484

Good Samaritan Hospital Southwest

Every Tuesday Bakersfield

5121 Stockdale Hwy

Consumer Family Learning Center

5:30pm – 7:00pm (661) 203-8890

Every Friday Tehachapi

3:00-4:30pm (661) 972-6683

Family Learning Center

Every Thursday

12:00-1:30

College Community Services

Lake Isabella

(661) 972-6683

1st Wednesdays Taft

1092 W. Kern St, 1:00 – 2:30pm

(661) 398-0502 Terry

2nd & 4th TUESDAYS Bakersfield

Outspoken Young Minds, youth OSYM

Youth MUST BE SCREENED

6:00pm-7:30pm, 661-303-1416

Good Samaritan Hospital Southwest

5201 White Lane, Bakersfield



In Our Own Voice (IOOV) is a unique public education program developed by NAMI, in which two trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery.

The program was started with a grant from Eli Lilly and Company.

IOOV is an opportunity for those who have struggled with mental illness to gain confidence and to share their individual experiences of recovery and transformation.

Throughout the IOOV presentation, audience members are encouraged to offer feedback and ask questions. Audience participation is an important aspect of IOOV because the more audience members become involved, the closer they come to understanding what it is like to live with a mental illness and stay in recovery.

IOOV presentations are given to consumer groups, students, law enforcement officials, educators, providers, faith community members, politicians, professionals, inmates, and interested civic groups.

All presentations are offered free of charge

The goals of IOOV are to meet the need for consumer- run initiatives, to set a standard for quality education about mental illness from those who have been there, to offer genuine work opportunities, to encourage self-confidence and self-esteem in presenters, and to focus on recovery and the message of hope.

Anyone familiar with mental illness knows that recovery is not a singular event, but a multi-dimensional, multi-linear journey characterized more by the mindset of the one taking it than by his or her condition at any given moment along the way.

Understanding recovery as having several dimensions makes its uneven course easier to accept. Much as we don't blame the cancer patient for dying of invasive tumors, we can't condemn a consumer whose symptoms overtake his or her best efforts to manage illness.

Recovery is the point in someone's illness in which the illness is no longer the first and foremost part of his or her life, no longer the essence of all his or her existence.

Ultimately, recovery is about attitude and making the effort.

TO SET UP AN IN OUR OWN VOICE PRESENTATION PLEASE CALL

PATRICE MANIACI (661) 333-5484 OR EMAIL AT namikernpatrice@gmail.com

www.namikerncounty.org



FaithNet: An Outreach to Faith-Based Ministries in Kern County. Our mission is to bring awareness about recovery and to overcome the stigma of mental illness. The vision: “Rejoicing in hope, persevering in tribulation, devoted to prayer”, (Romans 12:12)

FaithNet NAMI is a network composed of members and friends of NAMI (National Alliance on Mental Illness). It was established for the purposes of (1) facilitating the development within the Faith Community of a non-threatening, supportive environment for those with a mental illness and their families, (2) pointing out the value of one’s spirituality in the recovery process from mental illness and the need for spiritual strength for those who are caretakers, (3) educating clergy and congregations concerning the biologic basis and characteristics of mental illness, and (4) encouraging advocacy of the Faith Community to bring about hope and help for all who are affected by mental illness.

FaithNet NAMI is not a religious network but rather an outreach to all religious organizations. It has had significant success in doing so, because all the major religions have the basic tenets of giving care and showing compassion to those in need.

FaithNet NAMI respects all religious beliefs. It also recognizes the expression by the majority of those affected by mental illness of the importance of the role of their spirituality in their ability to cope with having one of these no fault disorders themselves or in caring for an ill friend or family member.

FaithNet NAMI encourages all those who are affected by a mental illness, who are also members of a faith community, to talk to their clergy person about mental illness and the role their faith is playing in their lives. This is done for two purposes. (1) By telling their clergy person their story, he or she becomes personally involved and personal involvement is the best method of education. Understanding requires not only the attention of the ears and eyes, but also the heart. (2) By speaking to their clergy person, they have the opportunity to gain spiritual support. Sadly, at present, many shy away from speaking with their clergy person because of the effect the stigma of mental illness has had on their lives. They needlessly feel ashamed and fear rejection.

NAMI FaithNet Kern County Affiliate
Meets every 1st Thursday: 6:30AM – Hodels

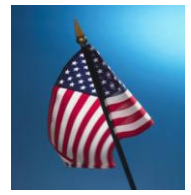
Local Contact: Nick Amicone
(661) 343-3213
namicone@crimsonbak.com

Russ Sempell
(661) 303-1416
russmft@aol.com

www.namikerncounty.org



“WERE HERE TO HELP”



NAMI Kern County’s FRONT LINE

“A project of the National Alliance on Mental Illness of Kern County”

www.frontlinenami.org

NAMI Kern County Front Line is a support group for families and loved ones of veterans. They provide information on post-traumatic stress disorder and/or symptoms including: depression, sleep disorders, anxiety, and substance abuse related conditions.

Program Overview

FRONT LINE is NAMI Kern County’s creation to Outreach to the Veterans, their families and loved ones of our community. **FRONT LINE** is a monthly Community Collaborative of Resources in our Community. We network with individuals committed to assist Veterans and their families in the FAITH Community, in housing, obtaining benefits, educational training, accessing medical and behavioral health services, and other links to needed resources.

FRONT LINE holds quarterly Educational and Resource Conferences (open to the community); to increase awareness and educate the public on issues faced by the Veterans and their families. Our Speakers Bureau includes experts, Veterans and Families themselves who are available to speak at service organizations to increase community understanding and awareness.

FRONT LINE is also a network of weekly Support Groups facilitated by NAMI Trained Family Facilitators for the Veterans, their families and others committed to serve.

For More information on **NAMI Kern County’s FRONT LINE** contact either:

Russ Sempell at (661) 303-1416 RUSSMFT@aol.com

Patrice at (661) 333-5484 namikernpatrice@gmail.com

To schedule a speaking engagement, media interview or consultation for establishing a

FRONT LINE Collaborative in your community, contact:

Russ Sempell at (661) 303-1416 RUSSMFT@aol.com

www.namikerncounty.org

Out Spoken Young Minds

OSYM



Top: Jarret and Landon, middle: Stephanie, bottom: Ashley and Chelsea

Outspoken Young Minds: a group of 16-26 year olds with mental illness supporting others and educating the community about mental illness

Thank you for taking interest in our Community Educational Resource & Outreach Program for YOUTH (13-25 years old) with mental health issues, (particularly Bipolar disorder) called **NAMI Kern County's OutSpoken Young Minds (OSYM) est. 2008.**

We developed these Quarterly Educational and Resource Conferences to educate our community of the mental health issues and needs of our Youth and their Families. Our local Kern High School District has 37,500 students. Most of the high school counselors have acknowledged that our **OSYM** Project is an answer to unmet needs both for their students and parents. Our goal is to help the conservative estimate of 1% of students and their families navigate early intervention for treatment and support to reduce suicide rates, improve on the largest high school disability dropout rate and improve quality of life for these individuals and their loved ones this year and for years to come. Since October 2008, we have made 7 High School, 1 Jr. High and one large Youth Ministry presentation on **OSYM**. We have held two **OSYM** Quarterly Educational & Resource Conferences with **80** and **92** attending respectively. (Please see our 1 minute DVD of our local newscast of our latest **OSYM** Conference). We have many more High Schools, Junior Highs and two local College campuses still to outreach to. However our program is already a proven success! Any assistance your organization can provide us will help us outreach even more effectively in our campaign to ***"Save lives and Save Families.***

Contact Russ for Youth Screening: (661) 303-1416 russmft@aol.com

Family Support Group Information:

Mickie (661) 203-6933 micn1111@aol.com
Nick (661) 343-3213 namicone@crimsonbak.com

www.namikerncounty.org



October 13th 2012

Every journey begins with that first step. In 2010, thousands of concerned citizens in nearly 80 communities across the nation will walk together to raise money and awareness about our country's need for a world-class treatment and recovery system for people with mental illness. Won't you join us?

NAMI depends on generous volunteers to raise funds and awareness at each of our Walk sites.

NAMI Kern County's 6th annual Walk will be held on October 13, 2012



AS ALWAYS ALL OF OUR PROGRAMS ARE AT NO COST ~ WE ARE ALL VOLUNTEERS
NO DONATION IS TOO SMALL OR TOO LARGE – IT'S NOT TOO EARLY TO START SUPPORTING OUR



www.namikerncounty.org

What are the benefits of NAMI membership?

All NAMI members receive the benefits of membership at all three levels of the organization, including:

- Membership in the local affiliate, state organization, and NAMI national organizations
- Eligibility to vote in all NAMI elections
- A subscription to *The Advocate* NAMI's quarterly magazine, as well as access to optional subscriptions to specialty newsletters and information at the national, state, and local levels.
- Member discounts on brochures, videos, promotional items, and registration at NAMI's annual convention and many state and local conferences.
- Access to exclusive members-only material on www.nami.org

Membership Form

Today's Date _____

Name(s) _____

Address _____

City,State,Zip _____

HomePhone _____

Bus.Phone _____

EMail _____

New Member Renewal

Household Membership - \$40

Consumer - \$5

Agency/Professional - \$100

Make check payable to and mail to:

NAMI Kern County

P.O. Box 9144

Bakersfield, CA 93389-9144

www.namikerncounty.org

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Fax: (703) 524-9094
Member Services: (888) 999-NAMI (6264)

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