Soboba Tribal Family Services

May Newsletter

Mental Health Outreach and Education Month

Soboba Tribal Social Service Staff:

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Monday through Friday
8:00am to 4:30 pm
(951) 487-0283

Check us out online at www.soboba-nsn.gov
in the Departments tab.

"I felt such an utter and all pervasive sense of hopelessness."

-Melvin Martin, Marketing Executive and Member of the Oglala Lakota Nation

Real Men. Real Depression.

"When I was 19 years old and in the Army in Germany…I felt such an utter and all pervasive sense of hopelessness that it took all the energy I could generate just to get out of bed. Often I'd just lie there. I didn't want to go through another day of the same thing. It was a sadness so deep that even now, 30 years later, it's indescribable."

Depression is a real disease that can be successfully treated.

For information, call 1-866-615-6464, visit www.nimh.nih.gov, or contact the Soboba Clinic or Soboba Tribal Family Services.

It takes courage to ask for help. Melvin did.

Alternatives to Domestic Violence 24-hour Hotline
Riverside City and out of County: (951) 683-0829
Remainder of Riverside County: (800) 799-SAFE (7233)
TDD Line – (800) 787-3224

If you are in immediate danger ***call 9-1-1***

24 – Hour Child Abuse Hotline for Riverside County
(800) 442-4918 or (800) 442-4453

May is Mental Health Outreach and Education Month

In an effort to eliminate the stigma that surrounds mental illness and raise mental health awareness, National Alliance on Mental Illness (NAMI) and Mt. San Jacinto College will be showing the 90-minute film **"Call Me Crazy"**, staring *Jennifer Hudson*. A panel discussion will immediately follow the movie screening.

Call Me Crazy is comprised of five interconnected short films, each exploring a different facet or perspective on the effect of mental illness.

- "Lucy" follows the title character through her journey living with schizophrenia.
- "Grace" portrays the experience of a teenage girl whose mother lives with bipolar disorder.
- "Allison" is a humorous family drama of Lucy's return from inpatient treatment and the effect it has on her sister.
- "Eddie" is a comedian whose story of living with depression is told through the eyes of his wife.
- Finally, "Maggie" follows a female veteran and the effect post traumatic stress disorder has on her life, from which she receives support from her lawyer, Lucy.

After the film, NAMI will host a discussion panel that will include an individual living successfully with a mental health diagnosis, 2 family members of individuals with a mental health diagnosis and a mental health professional representing Riverside County Department of Mental Health. The panel will answer any questions the public may have regarding mental health from each of their perspectives.

Date: **Thursday, May 8, 2014**
Time: **5:30 – 8:30 p.m.**
Place: **Historic Hemet Theater**
216 E. Florida Avenue, Hemet, CA 92544
RSVP: **(951) 765-1850 or to reserve seats, visit www.tinyurl.com/pno7xdx**

Family-to-Family Education Program

Starting June 24th
Tuesdays & Wednesdays
6pm to 8:30pm for 6 weeks

The NAMI Family-to-Family Education Program is a series of 12 classes for family members and significant others of persons with serious mental illnesses (schizophrenia, depression, manic-depression/bipolar disorder, panic disorder, and obsessive compulsive disorder/OCD). The course discusses:

- Clinical treatment and basic medication info
- Handling crisis and relapse
- Problem solving and limit-setting
- Self-care and coping skills
- Community services and support
- Advocacy; getting better services and fighting stigma

Course teachers are family members and the course has been designed and written by experienced family member/mental health professionals

This class is free, however registration is required and seating is limited.

For more information and to register,
call (951) 765-1850

Peer-to-Peer Recovery Education

Date to be Determined

NAMI's Peer-to-Peer Recovery Education Course if for anyone with a diagnosis who is interested in achieving and maintaining wellness. These include:

Anxiety and Panic Disorders
Bipolar Disorder, Major Depression
OCD, Borderline Personality Disorder
Schizophrenia & Schizoaffective Disorder
Addictive Disorders and Co-occurring Brain Disorders
Advanced Directive, Recovery Relapse Prevention Plan

Finding hope and purpose in our lives
Discovering who we are and who we are meant to be

Know that Recover is Possible, and Remember: You Are Not Alone

The NAMI Education Program is free, however registration is required and class size is limited.

For more information and to register,
call (951) 765-1850

May is National Teen Pregnancy Prevention Month

FAST FACTS

- Nearly 3 in 10 girls in the U.S. will get pregnant at least once by age 20.
- 1 in 6 girls in the U.S. will be a teen mom.
- The U.S. has the highest rate of teen pregnancy in the entire developed world.
- Babies born to teens are more likely to grow up poor, have health problems, be abused and neglected, fail in school and eventually become teen parents themselves.
- Less than half of teen moms graduate from high school.
- 8 out of 10 fathers don't marry the teen mothers of their babies.

For more facts and tips on teen pregnancy and how to prevent it (waiting, contraception, common myths, and more), visit www.stayteen.org/stay-informed

StayTeen.org FAQs

11. Won't having a baby make my relationship better or make my boyfriend stay with me forever?

Having a baby often leads to a lot of problems in a relationship—it usually won't strengthen a relationship and doesn't necessarily lead to marriage. In fact, 8 out of 10 fathers never marry the teen mothers of their babies. Raising a child is hard. Raising a child alone is even harder. Being a teenager is a great time for growing up, getting an education, meeting new people, and having fun–not pregnancy and parenthood.

Excerpted from www.stayteen.org/frequently-asked-questions

American Indian Health

provides information regarding issues affecting the health and wellbeing of American Indians.
There are video stories and other educational resources for families. One of our favorites is the comic book below:

Darkness Calls (Healthy Aboriginal Network)
This comic book is of a teenager, Kyle, who faces social problems and constant criticism from authority figures at school. He finds himself too overwhelmed one day at school and considers taking his own life, but his grandfather gives him hope with a traditional story--a story of the struggle between good and evil over the spirits of youth.

Find the link to this comic book titled ***Darkness Calls*** and more resources at:

http://americanindianhealth.nlm.nih.gov/mental-health.html