



National Alliance on Mental Illness

nami

**Central
Virginia**



AUGUST e-Newsletter

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SATURDAY, OCTOBER 10, 2020

Teams and Walkers for NAMIWalks Virginia 2020

After much careful and thoughtful consideration, the decision has been made to move NAMIWalks Virginia to a virtual platform this year. However, as with any NAMIWalks event, we need teams and walkers to sign up and fundraise in support of NAMI CVA!

The virtual walk will take place on Saturday October 10th. In addition to being the new date for NAMIWalks Virginia, October 10th is also NAMI's National Day of Hope, as well as World Mental Health Day. This is a great opportunity to raise awareness about mental illness, celebrate our successes, and to raise funds for free mental health support programs.

How Do I Sign Up or Form My Own Team?

[To get started, visit the NAMIWalks Virginia website to register. Its easy, and its free!](#) Please be sure to select **NAMI Central Virginia** as the affiliate you are supporting.

If you would like to create your own personal walk team, sign up as a 'Team Captain' and customize your team's walk page with photos and messaging on why NAMIWalks is important to you! [You can also join the NAMI Central Virginia Affiliate Walk Team by clicking this link.](#)

Stay tuned for announcements on fundraising, incentive prizes, and much more!

Young Adult NAMI Connection Group

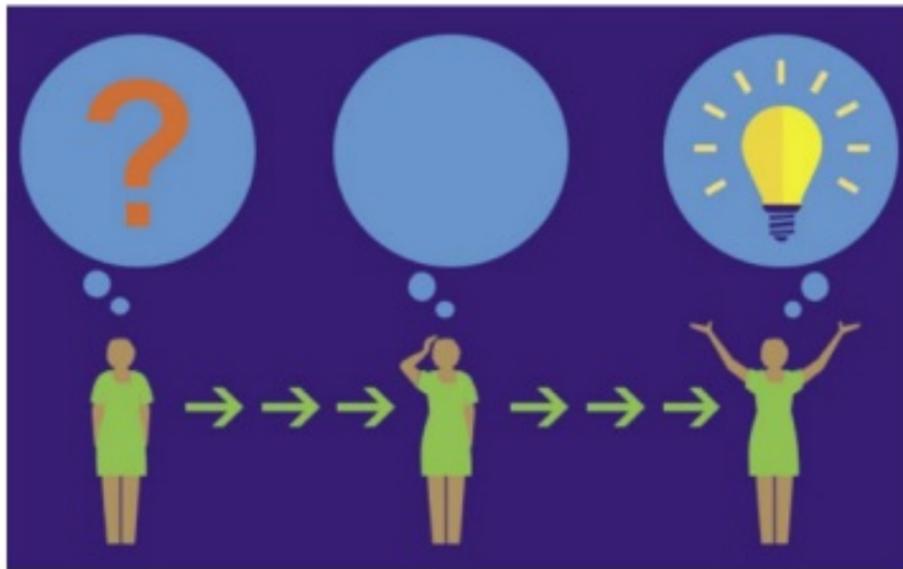


NAMI CVA is proud to offer an online NAMI Connection Support Group for young adults ages 18-30 who are living with a mental health condition. This group occurs on the 1st and 3rd Thursday of each month from 7:30 to 9:00 P.M. using Zoom. Meetings are led by two young adults who are also in recovery with a mental health condition. Join us, and talk with people who truly understand what you've experienced!

Pre-registration is required for the group. If interested in attending, please contact us by calling 804-285-1749 or email jeff.conley@namicentralvirginia.org to get signed up!

To view the entire monthly schedule of online Connection Support Groups and Family Support Groups, [visit the online programs page on our website.](#)

Online Choices in Recovery Workshops in September



If you are an adult living with mental health concerns, you won't want to miss out on this excellent series. NAMI Central Virginia is proud to offer Choices in Recovery - A Free Educational Program to Support Your Mental Health Treatment and Recovery Journey. This group will help attendees identify problems that interfere with personal and treatment goals, and help to empower them to explore solutions that work.

The following topics will be explored:

- Identifying problems that interfere with personal and treatment goals
- Empowering to explore individual solutions that work
- Encouraging attendees to share and partner with their treatment team
- Discuss supportive treatment options

When: Mondays, Sept. 14, 21, 28, & Oct. 5th

Time: 1:00 – 2:30 P.M.

Where: Online using Zoom Online Meetings

Facilitator: Leah Baldwin LCSW, CSAC

Registration is limited to 15 participants. To sign up, please contact jeff.conley@namicentralvirginia.org or call 804-285-1749.

About the Facilitator

Leah Baldwin is a licensed clinical social worker, and certified substance abuse counselor currently representing Janssen Neuroscience as a community mental health liaison. She has been working in the Richmond area for about 15 years in a variety of settings. Currently she focuses on providing education and support to individuals diagnosed with mental illness. Her goals are to meet people where they are at, and help them find value, meaning and purpose in their daily lives to support treatment and recovery.



Back to School Tips: Virginia Family Network



If you have concerns about the upcoming school year for your child, be sure to follow our friends at [Virginia Family Network on Facebook](#). They will be sharing tips, resources and conversations for parents throughout the month of August.

What is [Virginia Family Network](#)? The Virginia Family Network (VFN) is a contractual agreement between the Department of Behavioral Health and Developmental Services (DBHDS) and NAMI Virginia launched in 2011. The purpose is to create a statewide network of families who support, educate, and empower other families with children and youth with mental health needs while also promoting family-driven and youth-guided policy throughout the child-serving systems. VFN is led by a statewide advisory board made up of parents who have children and youth with mental health needs. This group provides guidance and input on all of our programs and initiatives for parents, as well as policies and issues relevant to families who have children and youth with mental health needs.

[Visit their Facebook page by clicking here](#), and be sure to follow them so you don't miss out on this valuable information!

VMAP Care Navigation Survey



The Virginia Mental Health Access Program (VMAP) is seeking feedback from the community, specifically around care navigation services. Care Navigation is

designed to direct families to needed mental health providers, services, or other supports that may be of benefit to the mental health of their child(ren). Care navigation is different from care coordination or case management in that the service provision for care navigation is short-term and focused on connection to resources as opposed to long-term service planning.

VMAP is conducting a survey to assess the "current state" of care navigation needs and perspectives in Virginia from a variety of stakeholders (families, PCPs, other care providers, etc.). Your responses to the questions in this 10-minute survey will help us prioritize the training and supervision needs of the care navigator and any other team members who may participate in the VMAP process.

Link to the survey: <https://bit.ly/VMAP-Care-Nav>. The survey will close on August 31st.

For more information on Care Navigation or VMAP, visit www.vmap.org.

Mental Health Articles

- [NAMIcon 2020 Workshops and Presentations Available On-Demand](#)
- [Taking Care of Your Mental Health in the Face of Uncertainty - AFSP](#)
- [Understanding Grief in the Era of Coronavirus](#)

