



July 2020 e-Newsletter

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NAMI CVA Office Soft Opening

As Virginia moves into Phase Three of businesses reopening, NAMI CVA will follow suit with a *soft opening* during the month of July. NAMI CVA staff will be in the office on

Mondays, Wednesdays, and Fridays from 9:00 A.M. to 5:00 P.M. On Tuesdays and Thursdays, staff will operate remotely to limit in-person contact. The staff will still be available via telephone and email.



All meetings in the office are by **appointment only**, and masks will be required. No exceptions. Please call 804-285-1749 or email info@namicentralvirginia.org to schedule an appointment.

Minority Mental Health Month: Featured Webinar

With the tense current events our country is experiencing, many people in the mental health field are exploring trauma related to racism. NAMI's *Ask The Expert* webinar series recently featured a compelling presentation featuring Christine M. Crawford, MD, MPH, 'Impact of Racism and Trauma on Black Mental Health.' Dr. Crawford is the Associate Director of Psychiatry Medical Student Education and an Assistant Professor of Psychiatry at BU School of Medicine, and has many other accolades in her career.



In this webinar, she clearly defines the various forms of racism, describes racially-based trauma and its associated symptoms, and discusses the impact of various forms of racial trauma on Black people. The webinar originally aired in June, but it is now available to view online at your convenience.

[You can find the webinar on this page, as well as the written transcript, the presentation slides, and Dr. Crawford's full bio.](#)

NEW Online Classes & Workshops in July

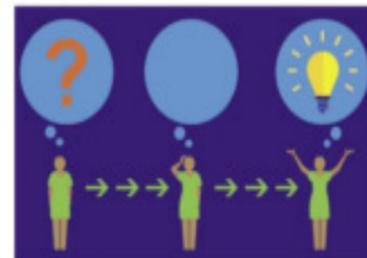
NAMI CVA is proud to announce that Family-to-Family, Peer-to-Peer, and a workshop called Choices in Recovery will all be offered online this month! Click the title or logo of each program to view a detailed description of what's involved.



To register for any of the following programs, please call the office at 804-285-1749, or email jeff.conley@namicentralvirginia.org. Registration is limited to 15 people per class, so make sure you register today!



Choices in Recovery - A Free Educational Program for adults living with a mental health diagnosis. Identify barriers, explore solutions, and learn what works for you. Four sessions will be offered.



When: Every Monday in July

Time: 1:00 - 2:30 P.M.

Facilitator: Leah Baldwin LCSW, CSAC



Peer-to-Peer Course - a peer-led eight-session class for adults living with a mental health diagnosis. The class follows a structured format, in a confidential setting, providing emotional support, information, resources, and coping skills.



When: Monday evenings, July 13th - August 31st

Time: 5:00 - 7:00 P.M.

Facilitators: Christina Burnette & Kim Tardie



Family to Family Course - a peer-led eight-session class for caregivers of an adult living with a mental health diagnosis. The class follows a structured format, in a confidential setting. Some topics covered include brain biology, treatment options, communication, empathy, and advocacy.



When: Wednesday and Thursday evenings, July 29th - August 20th

Time: 6:00 - 8:30 P.M.

Facilitators: Sarah McFarland & Jeff Conley

Mental Health Articles

- [The Mental Health Care Gap - NAMI Blog](#)
- [Anxiety as COVID-19 Ends - Mental Health on The Mighty](#)
- [Could COVID-19 Finally Destigmatize Mental Illness? - Time](#)

Explaining Social Distancing to Young Children

Our good friends at [Virginia Family Network](#) recently featured an excellent resource that could prove useful if social distancing measures continue into the school year. It comes from a blog by speech/language pathologist Tara Tuchel. The blog contains several illustrated booklets explaining how things like going back to school, getting a haircut, or interacting with friends and family will be a little different as we deal with "the germ, Coronavirus."



[Click here to view the blog and the wonderful cartoons it features!](#)

Do you have any other useful resources that you've come across during the last few months? Feel free to send them our way! Email info@namicentralvirginia.com with your useful tips!

NAMICon 2020

A Virtual Event • July 13-14

Together Toward Tomorrow

RESEARCH moves us forward.
Hear the latest in mental health at
NAMICon, our free virtual event.



VISIT [NAMI.ORG/CONVENTION](https://www.nami.org/convention) FOR FULL DETAILS!

NAMICON 2020 Goes Online

Since it could not be held in person, this year's NAMI Convention will be a FREE virtual event! NAMICon 2020 will feature compelling speakers, research updates on various treatments, and in-depth discussions on the importance of diversity and inclusion in the mental health field.

[For a full schedule of events and registration info, visit this link.](#)

