

----- **June 2020 Newsletter** -----



Donate Today

Online Support Groups: June Meetings

NAMI CVA has hosted over 30 support groups since April. Programs will remain online until each individual group location reopens to the public. The online support groups are held via Zoom. In order to attend any online NAMI CVA support group, please email jeff.conley@namicentralvirginia.org to get started!

The following is the schedule of Family Support Group and Connection Support Group for the remainder of June:



Monday, June 8th @ 6:30 P.M.
Tuesday, June 16th @ 6:30 P.M.
Wednesday, June 17th @ 6:30 P.M.
Monday, June 22nd @ 6:30 P.M.

For Parents of Youth &

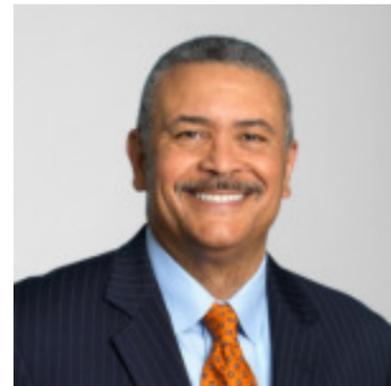


Tuesday, June 9th @ 6:30 P.M.
Wednesday, June 10th @ 6:30 P.M.
Tuesday, June 23rd @ 6:30 P.M.
Wednesday, June 24th @ 6:30 P.M.

For adults between the ages of 18-

NAMI CEO Issues Statement on Recent Racist Incidents

Daniel Gillison, CEO of NAMI, has issued a public statement on behalf of the organization. [The full statement can be read here at NAMI.org.](#) The webpage also features a lot of useful resources for African Americans, including self-care tips, a directory of Black Psychologists, and relevant books & articles.



He concludes with the following statement - “NAMI stands in solidarity with everyone impacted across the country. You are not alone.” Thank you Daniel, for your message to the nation.



Advocacy - Taraji P. Henson Speech

Famous actress and philanthropist Taraji P. Henson is a fierce advocate for mental health. This month, we wanted to feature a congressional hearing where Ms. Henson speaks to the Congressional Black Caucus Emergency Taskforce on Black Youth Suicide and Mental Health. The [video](#) above is a 7-minute excerpt of her entire hearing. The entire segment on C-SPAN [can be found here](#), which runs about an hour in length.

Ms. Henson is most notable for her role on the TV hit *Empire* (among over 40 other movies & shows), and is also the founder of the Boris Lawrence Henson Foundation, which is committed to changing the perception of mental illness in the African-American community.

Mental Health in the News

- [College Mental Health and COVID-19 - Mental Health America of Virginia](#)
 - [Defund the police? Here's what that really means - Washington Post](#)
 - [The Evolution of the Mental Health Movement - NAMI](#)
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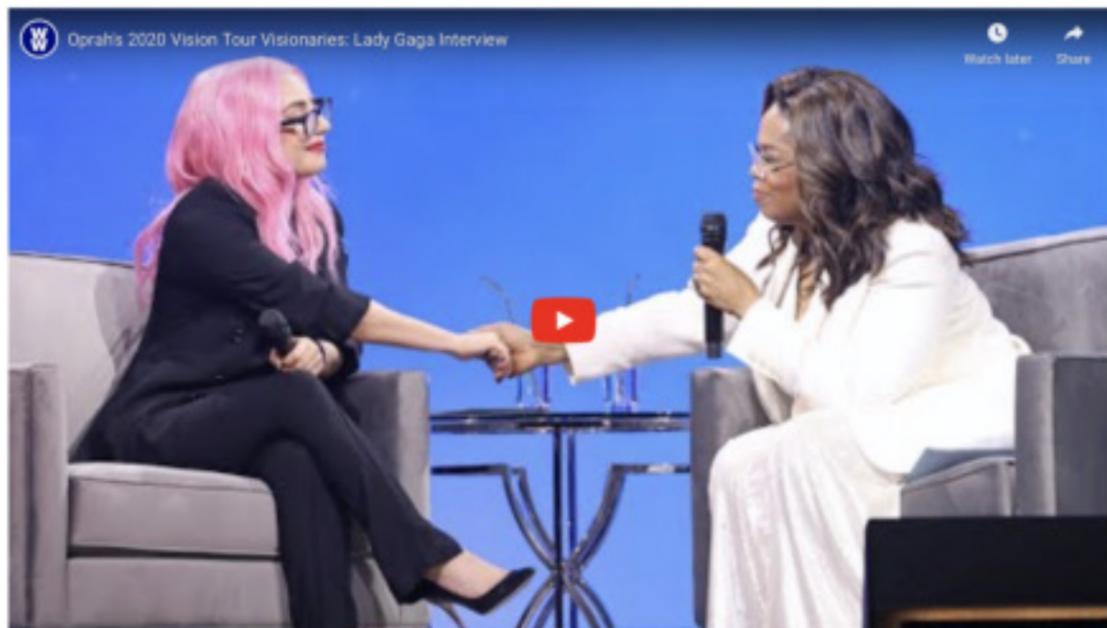
NIMH Releases 5-Year Strategic Plan

The National Institute of Mental Health (NIMH) is the federal research arm dedicated to new developments in mental health treatment. They recently released a strategic plan outlining their four main goals for the next five years. These goals are as follows:



1. Define the brain mechanism underlying complex behavior
2. Examine mental illness trajectories across the lifespan
3. Strive for prevention/cures
4. Strengthen the impact of NIMH-supported research

To view the strategic plan in its entirety, [click this link to learn more](#) about where the U.S is prioritizing its research.



Personal Mental Health Discussion: Lady Gaga

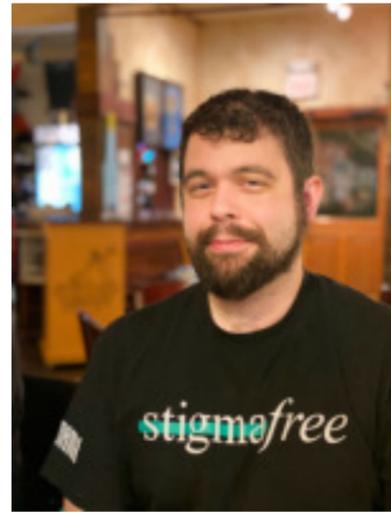
Earlier this year, Oprah Winfrey invited Lady Gaga to the stage for an honest conversation about mental health and self-care. Lady has become a prominent ally in the mental health world, and has been a huge supporter of the Mental Health First Aid program. In this interview, she speaks about her personal journey, and what mental health recovery means to her. The video is about one-hour in length, [and can be viewed at this link](#).

Volunteer Spotlight - Jeff Conley

This month, our volunteer spotlight features our very own Jeff Conley! Jeff has been involved with NAMI CVA since 2014 as the affiliate Program Coordinator. In addition to his regular duties, he volunteers in several other

capacities!

Jeff has been very active in the Family-to-Family program. He became aware of his family-member role a few years ago, and was already working at NAMI CVA when it occurred! Since taking the mentor training in October 2017, he has completed five classes in Mechanicsville, Midlothian, Chester, and two in Richmond.



In addition to teaching classes, there are a couple of other areas where Jeff is involved. He, along with some of his [bandmates from Hampton](#), have performed music along the walk route at three NAMIWalks events. He participates in various activities held by the Chesterfield County Suicide Prevention and Awareness Coalition. Jeff was also a member of the Youth M.O.V.E. Virginia Young Adult Advisory Board for about three years.

In his leisure time, Jeff enjoys playing guitar, tinkering with computers, playing video games, and eating large bowls of Cincinnati-style chili. He also enjoys quality time with his father, who is his only other relative in Virginia.

