“NAMI Nevada is dedicated to the improvement of the quality of life for persons who are affected by mental illnesses, by providing education, support, and advocacy. The state organization supports and develops local affiliates and addresses the needs of the membership.”

A Message from NAMI Nevada President, Steve Shell

2020 has been a year unlike any other in our lifetime. We have done our best to navigate the unexpected challenges we all have faced throughout this year and will continue to face for the near future. Most individuals and families have maintained very limited in-person contact that has resulted in isolation and refraining from community activities that so many of us enjoy.

The number of Americans impacted by mental health issues has already significantly increased due to the trauma associated with the COVID-19 pandemic and is projected to grow in the coming year. It is more important than ever that we come together to encourage and take care of each other, particularly those that are dealing with a mental illness, addiction or both. Your mental health should not be taken for granted as we continue to cope with stress, life challenges and the ongoing pandemic.

NAMI Nevada will remain at the forefront of educating our communities around the state to help eliminate the stigma associated with mental illness. I am proud of our dedicated staff, Board of Directors and volunteers who have worked diligently throughout 2020 to provide support and education related to mental illness either by telephone or through virtual meetings as well as advocate for improving and sustaining access to care and treatment.

Let’s look forward to 2021 and maintain hope the pandemic will end soon. Please remember to check in regularly with your family members, friends, neighbors, and co-workers during the upcoming holidays and subsequent months as this will continue to be a challenging time for all of us. Be kind to one another ..........and YOU! Happy Holidays!

Locations:

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>NAMI Nevada</td>
<td>100 N. Arlington Ave, Ste. 360, Reno, NV 89501</td>
<td>775-470-5600</td>
</tr>
<tr>
<td>NAMI Western Nevada</td>
<td>1711 North Roop St., Carson City, NV 89702-4633</td>
<td>775-350-7976</td>
</tr>
<tr>
<td>NAMI Northern Nevada</td>
<td>3100 Mill Street, Ste. 210B, Reno, NV 89502</td>
<td>775-433-1470</td>
</tr>
<tr>
<td>NAMI Southern Nevada</td>
<td>4525 S. Sandhill Rd., Las Vegas, NV 89139</td>
<td>702-890-9729</td>
</tr>
</tbody>
</table>
Mental Health America ranks Nevada 51st overall for its prevalence of mental illness and limited access to mental health services. (Adobe Stock/twinsterpro)

CARSON CITY, Nev. -- Financial and emotional stressors are taking a toll on Nevadans' mental health as the pandemic continues and the holidays near. Since the pandemic began, Nevada's National Alliance on Mental Illness (NAMI), has seen a major increase in calls to its "warm line," a telephone line for folks who want to talk about their mental health but aren't in crisis. Robin Reedy, executive director of NAMI Nevada, said 40% to 50% of this year's calls mentioned COVID-19 as a stressor. Nearly 30% cited employment. And 50% to 80% of the calls were for depression, anxiety and social isolation. Reedy added as it gets colder, access to housing and food security are becoming increasingly urgent. "While they're not directly mental health issues, they are," Reedy explained. "Because without a roof over your head and food, you're not worried about therapy or medications or getting a prescription." The Silver State is ranked 51st overall by Mental Health America for its prevalence of mental illness and limited access to mental-health services. Reedy contended that's due to workforce shortages of psychologists and psychiatric nurses, as well as transportation and communication issues. Reedy observed the massive expansion of telehealth has been extremely useful. She said it's something NAMI Nevada and others in the mental-health support community have been pushing for years, but it's never been a priority for the state until now. "Not for everyone, but for those people that it works for," Reedy maintained. "Because we have transportation problems, communication problems, all across the state and telehealth could help with that." Reedy noted because funds for mental-health services come from the state's general fund, they're the first to be cut in an economic downturn. She and NAMI are urging the state to dedicate specific funds to these services, as well as ensure there's funding parity between mental and physical health.

Lily Bohlke, Public News Service - NV

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From the “Robin’s” Nest...

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DRIVE TO THRIVE 2021

You're invited to be a part of our first ever digital fundraiser, January 22, 2021 hosted by local personality Connie Wray. Drive to Thrive

What do a hockey player, a former homeless man, and a newly published Nevada author have in common? They have all dealt with mental illness in ways that have severely affected their lives. In fact, one in five Americans deal with a mental illness. NAMI Nevada, a chapter of the National Association of Mental Illness, works to disseminate education and advocate on behalf of Nevadans dealing with a mental illness so they can employ tactics and resources that will help them live a more full and robust life.

DONATIONS

Our financial goal is $40,000. Sponsor dollars will be routed to NAMI's work to provide education and advocacy to those organizations in the region that do the hard work of connecting with individuals daily in order to buttress their mental health.

SUPPORT LEVELS

TAHOE LEVEL $1,000 ($900 tax deductible) - One minute segment in broadcast - Inclusion in press leading up to event — Social media promotions - Reference in ticker tape during broadcast

DONNER LEVEL $500 ($400 tax deductible) Social media promotions — Reference in ticker tape during broadcast

For more information: https://givebutter.com/DrivetoThrive2021/join

Ready to Help?

Name: ___________________________ Phone: ___________________________

Email: ___________________________

Company: ___________________________

Sponsor Level: ___________________________

Mail Checks to: NAMI NV, 100 N. Arlington Ave., Ste. 360, Reno, NV 89501

For Credit Cards: Call 775-470-5600
As a Las Vegas resident, I was alarmed by the growing problem of homelessness in the community. On my daily route to and from work, I would see scores of homeless individuals camped out on sidewalks. Despite my regular efforts to provide hygiene kits, water, and sometimes food to those in need, I still felt a strong sense of hopelessness. I wanted to do something that would be impactful, but I did not know what that would entail. One day, I crossed paths with a homeless woman at the gym and was inspired to pursue a radical plan that would shed light on a very dark topic, which is homelessness. I decided I would go undercover as a homeless man for forty-eight hours and risk everything to give a voice to my brothers and sisters living on the streets.

My time on the streets impacted me in such a way, that I decided to write about it. My book, “48: An Experiential Memoir on Homelessness“ is the result, and it’s finally published! After reading about my homeless experience, I truly believe you will walk away with a greater understanding of the breadth and depth of homelessness. Due to the pandemic, more people are going to be food, housing and financially insecure, which is going to force many community organizations to do so much more with so much less. Because of this, I have decided that a portion of the proceeds from the book will go to several local and national organizations that serve individuals that are homeless and struggling with mental health.

All My Best,

Sheldon A. Jacobs, PsyD, LMFT
Vice President NAMI-Southern Nevada Chapter
State of Nevada Board of Examiners for MFT's & CPC's
Las Vegas Raiders Team Clinician
drsheldonjacobs.com

“48: An Experiential Memoir on Homelessness“ can be purchased at https://smile.amazon.com/ or other book outlets.—GET YOUR COPY TODAY!
Don’t Miss this Opportunity!!!

26th NATIONAL PSYCHOPHARMACOLOGY UPDATE
Feb. 10 - 13, 2021 - Virtual Conference

Fully virtual event platform, with the same quality content and networking opportunities from the comfort of your own home or office. Network with dozens of exhibitors and hundreds of fellow attendees. Learn from world-renowned leaders in more than 30 sessions. Available for up to 90 days to view and receive your CME online.

Earn up to 32 CME credits
One Unit of Suicide Prevention
One Unit of Ethics

Forensic Psychiatry Pre-Conference (8 Credits)
Wednesday, February 10, 2021
Physicians and Non-Physicians
Advance Price $200
Full Price $250

Psychopharmacology Update (24 Credits)
Thursday, February 11 - 13, 2021
Physicians and Non-Physicians
Advance Price $550
Full Price $650

Topics include
- Depression
- Bipolar disorder
- Eating disorders
- Physician burnout
- Substance abuse
- Gender dysphoria
- Suicide prevention

Need only a few credits? Check out our CME Library at www.npacmelibrary.com for credits by the hour!
Announcements!

NAMI Nevada has moved!
Please note the new address:
100 N. Arlington Ave., Ste. 360
Reno, NV  89501
775-470-5600

Help us welcome the new staff to NAMI Nevada
Sue Hohn—CIT Coordinator (sue@naminevada.org)
Devon Wirtz—Data Collection Specialist  (devon@naminevada.org)
Emily Nunez—Education Program Manager (emily@naminevada.org)
Susan Kuechler—Finance Manager (skuechler@naminevada.org)

Thank you to our Partners!

Janssen’s unwavering commitment to delivering innovative mental health therapies spans 50 years, and we will continue to champion treatments to improve the lives of those with serious mental illness.
It Affects Everyone

Youth Suicide Prevention

A message from

HEALTH PLAN OF NEVADA
A UnitedHealthcare Company

If you think a child or teen is in danger of death by suicide, do not leave them alone! Keep them in sight until they are evaluated for safety. Contact help by calling 911 or the crisis numbers below immediately.

National Suicide Prevention Lifeline: 1-800-273-8255 (TALK)
Crisis Support Services of Nevada: 775-784-8090 or Text CARE to 839863
Crisis Text Line: Text CONNECT to 741741

What to look for (warning signs):
- Change in appetite
- Change in sleep patterns
- Feeling sad, hopeless, worthless
- Irritability
- Angry outbursts
- Worry or panic
- Mood swings

Emergency warning signs:
- Giving away possessions
- Self-harming behaviors
- Thoughts of suicide
- Obsession with death
- Loss of interest in future
- Substance use

How to help:
- Take your loved one seriously
- Listen and provide support
- Don't keep suicide a secret
- Connect with school counselors
- Schedule an appointment with a mental health professional

Sources: mhanational.org/suicidepreventionlifeline.org
Happy Holidays from all of us at NAMI Nevada
Robin, Janet, Sue, Emily, Devon & Susan

How Can You Support NAMI Nevada?

There are many ways to support NAMI Nevada beside a direct donation. We can receive a percentage of your Amazon purchases as well. When ordering online, use www.smile.amazon.com and choose “NAMINevada” as the charitable organization you want to support. This will not change your purchase amount.

Many corporations offer matching donations to employees who want to support local organizations—find out if your company will match your donation.

Have any other ideas? Let us know!

Facebook.com/NAMINevada

NAMI Nevada
100 N. Arlington Ave.
Suite 360
Reno, NV 89501

www.naminevada.org
775-470-5600

Stay up to date with NAMI Nevada events, programs and volunteer opportunities by subscribing to our monthly email newsletter! To sign up, email Emily Nunez at emily@naminevada.org or email Robin Reedy at robin@naminevada.org