

NAMI Summary Report

July 2020 through June 2021

Program Offerings

NAMI Shasta County offered Family to Family Support Group sessions and one-on-one mentoring sessions during Fiscal Year 20/21. The Family Support Group met every two weeks. Local NAMI president Susan Power, along with several volunteers, assisted with the one-on-one mentoring sessions. NAMI volunteers ran the family support group sessions. The average number of hours volunteers spent on mentoring sessions at the NAMI Office and/or by telephone each week was 4.25.

Location of Family Support Group Session	Date of Session	Length	Number of Attendees
Hill Country CARE Center	07/06/2020	2 hours	7
Hill Country CARE Center	07/20/2020	2 hours	6
Hill Country CARE Center	08/04/2020	2 hours	6
Hill Country CARE Center	08/18/2020	2 hours	8
Hill Country CARE Center	09/01/2020	2 hours	5
Hill Country CARE Center	09/15/2020	2 hours	6
Hill Country CARE Center	10/06/2020	2 hours	5
Hill Country CARE Center	10/20/2020	2 hours	6
Online/Virtual only	03/02/2021	2 hours	6
CARE Center/Online hybrid	3/16/2021	2 hours	8
CARE Center/Online hybrid	04/06/2021	2 hours	10
CARE Center/Online hybrid	04/22/2021	2 hours	8
CARE Center/Online hybrid	05/04/2021	2 hours	6
CARE Center/Online hybrid	05/18/2021	2 hours	7
CARE Center/Online hybrid	06/01/2021	2 hours	10
CARE Center/Online hybrid	06/15/2021	2 hours	8

There were no facilitated peer support sessions, Peer-to-Peer, Family-to-Family, or NAMI Basics programs offered during this reporting period.

Successes included having phone calls returned and holding family support group meetings. Due to Covid-19 safety and social distancing concerns, in lieu of a traditional Christmas Party, 150 tote bags were filled and distributed, along with store bought snacks, to residential facilities and groups within Shasta County. These groups included Ridgeview, Woodlands MHSA clients, Le Brun, and Circle of Friends in Burney. NAMI Shasta County also participated in the Mind Matter Drive-Thru event on May 22, 2021. NAMI provided informational material and NAMI logo swag for the gift bags handed out at the event. Virtual Support Group meetings progressed as In Person/Online Hybrid meetings. In person meetings were limited based on CDC guidance of wearing masks and having small groups of 10 or less in the meeting room.

Barriers included volunteers dealing with crises within their own families and challenges meeting in person because of COVID-19. Many NAMI members, including Susan Power (President), reported that they are in a Covid-19 At-Risk group, and avoided gatherings. Class instructors and Family Support Group participants were initially strongly resistant to any virtual meetings. The NAMI office was used on a limited basis (as needed).