

NATIONAL ALLIANCE ON MENTAL ILLNESS

NAMI

# NAMI Offers Family-To-Family Course

As we know, mental health challenges profoundly impact families, close relatives and friends as they cope with loved ones. The NAMI [National Alliance on Mental Illness] Family-to-Family course teaches the knowledge and skills to effectively cope and thrive through these challenges. Led by trained NAMI family members who have relatives living with mental health challenges, the course follows a structured format in a strictly confidential setting. Areas of focus include:

- How mental illness affects your loved one
- Cutting-edge research linking the brain to mental illness
- Latest medications
- Focus on your care alongside the care of your loved one
- Advocating for better treatments of your loved one

Meetings are held in Hailey twice weekly, Tuesday and Thursday from 6 p.m. to 8:30 p.m., and are free of charge starting Jan. 28 for six weeks.

The course examines several categories of mental illnesses and mood disorders, insights into brain function and the latest on medications and their best uses. Crucially, we learn how best to cope with families and loved ones. We get to tell our stories. We are not alone.

Better communication strategies allow us to move away from the negative emotions of frustration, despair, guilt and grief toward empathy and self-care. Key principles of recovery and rehabilitation are addressed, leading us into advocacy and overcoming stigma (always a challenge!).

A guest speaker provides a first-account experience with and recovery from mental illness. Finally, we will meet and hear from people advocating for change.

Please join us as we help ourselves alongside our loved ones. Knowledge is power! You'll gain:

Information  
Insight  
Understanding  
Empowerment



## Family-to-Family

SUN VALLEY INSTITUTE

RESILIENCE

# Resilience As A Rockin' New Year's Resolution

BY SUN VALLEY INSTITUTE TEAM

New Year's resolutions often involve specific goals, such as changes to diets, training and behaviors. They can also be notoriously difficult to keep as we bump up against challenges; studies estimate that 80 percent of resolutions fail. Change can be hard!

Consider an alternative approach to creating positive outcomes and a higher quality of life this year: cultivating resilience.

Resilience is often defined as the ability to bounce back after getting knocked down, a quality we employ in the wake of difficulty. This form is often termed "reactive resilience."

We'd like to promote an alternative: "proactive resilience." With proactive resilience, we plan ahead: it cultivates the qualities of care, engagement and awareness that prepare us for the vicissitudes of life. Upping our resilience changes our general approach to life rather than focuses on specific goals, although strengthening our resilience greatly affects what we can achieve.

Resilience can be developed! It's not a static characteristic that one has or doesn't have. Research points to the vast capacity we humans have of cultivating resilience via habits and attitudes. Three are: acceptance that life is change, engagement with that change, and strengthening social connections.

Rather than turning a blind eye to signs of



disruption to our status quo, proactive resilience sees change as an opportunity to learn, grow, and even reorganize at a higher, more efficient level. And it's hard, and not even advisable, to go at it alone! We are relational creatures, and connecting around creating change greatly increases the chances for success.

We at the Sun Valley Institute work to enhance proactive resilience on a community level, in the face of economic and environmental uncertainty. We look forward to sharing more, learning more, and working together this coming year.

Wishing us all a happy and resilient 2020!

COFFEE CHATS WITH KIKI

KIKI TIDWELL

Tesla Vehicle Sales (Quarterly Deliveries)

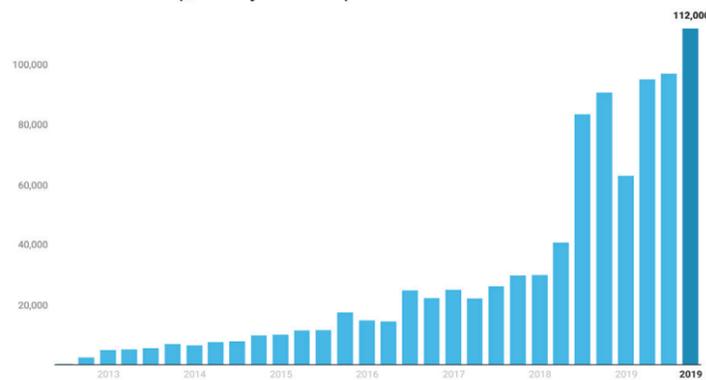


Chart: CleanTechnica • Source: Tesla | CleanTechnica

## U.S. Invested For Energy Independence

Are you concerned about another war in the Middle East right now? Let's look at actions that our U.S. government took to make us less dependent on foreign oil.

Back in the depth of the 2008/2009 recession, the Department of Energy launched a loan and loan guarantee program<sup>1</sup> to finance energy infrastructure and for new energy technology that had yet to demonstrate a history of being commercially viable.

Since their first loan in 2009, this DOE Loan Programs Office has loaned or guaranteed loans of over \$31.98 billion through 2018 in "high-impact, energy-related ventures" which couldn't find traditional loans from private lenders. Sometimes people remember sound bites of one particular company that failed in this loan program (Solyndra) but, overall, the entire portfolio has achieved amazing success, financially and for our mission goals; substantially more energy has been now produced here in America and more than 27.1 million tons of greenhouse gas emissions have been avoided.

Energy projects cumulatively through 2018 have generated more than 54,597 gigawatt hours of power, annually now enough to power 950,000 homes<sup>2</sup>. Interest paid back to the program (and American taxpayers) has totaled \$2.41 billion, there have been well over \$9 billion in loan principal repayments, and of the portfolio companies in the fund, 78 percent are now 'investment-grade' borrowers, and loans are being paid on time. After the government's lead, private investors came in with substantial funds into these projects and companies, providing a leverage effect from the government guarantees, which rippled out exponentially in economic growth in income and jobs.

I was reminded of this program's success in listening to the Interchange podcast's recent review of most influential stories of the decade.<sup>3</sup> In 2009, Tesla was in 'dire straits' and running out of money, but the DOE came in with a \$465 million loan to Tesla, which was matched by an investment by Daimler automotive corporation, and which "enabled it to reopen a shuttered auto manufacturing plant in Fremont, Calif., and to produce battery packs, electric motors, and other powertrain components. Tesla vehicles have won wide acclaim, including the 2013 Car of the Year from both Motor Trend and Automotive magazine, and Consumer Reports recently rated Tesla's Model S as tied for the best car ever rated."<sup>4</sup> Tesla fully repaid back this loan in 2013, nine years early, delivered 367,500 vehicles in 2019, from starting their first production only 7 years earlier, and TSLA stock was the best performing auto stock of the decade.<sup>5</sup> Moreover, Tesla built a system of charging stations nationwide that helped people feel comfortable buying an electric car and tipped the entire world into a new future of electric cars replacing old, oil-dependent technology.

Bottom line: Good job, DOE, in helping our nation become energy independent and less carbon-emitting through good lending! Less war for oil!

<sup>1</sup>[https://www.energy.gov/sites/prod/files/2019/09/f67/DOE-LPO\\_FY2018\\_APSR\\_FINAL.pdf](https://www.energy.gov/sites/prod/files/2019/09/f67/DOE-LPO_FY2018_APSR_FINAL.pdf)

<sup>2</sup> Ibid

<sup>3</sup><https://www.greentechmedia.com/articles/read/the-most-influential-stories-of-the-decade>

<sup>4</sup><https://www.energy.gov/articles/moniz-tesla-repayment-shows-strength-energy-department-s-overall-loan-portfolio>

<sup>5</sup><https://cleantechnica.com/2020/01/03/tesla-hits-2019-guidance-delivers-367500-vehicles-grows-50-over-2018/>



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Paid For By Citizens For Kiki Tidwell, Cindy Mann Treasurer.