

EDUCATION, TRAINING & PEER SUPPORT NEWSLETTER

NAMI Education, Training & Peer Support Center

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WELCOME!

Welcome to the Education, Training & Peer Support Center's first electronic newsletter. In this newsletter, you will find information about NAMI's signature education programs: Family-to-Family; De Familia a Familia; Basics; Peer-to-Peer; In Our Own Voice; Connection Recovery Support Group; Family Support Group Facilitator Skills Training Program; and Provider Education Course.

NAMI 2009 TRAINING OF TRAINERS



It's lunchtime at the St. Louis Hilton, and the volume of excited conversations fill the room as family and consumer education and support group trainees share a meal together at the annual spring NAMI Training of Trainers for the programs in the Education, Training & Peer Support Center, April 23-26. For the 164 family members and consumers attending six different program trainings, this comes as a welcome break from their intensive weekend training sessions to become certified state NAMI trainers. [Read more...](#)



Family-to-Family/Veterans Administration Progress Report

One year ago, an extraordinary initiative was launched between NAMI and the Veterans Health Administration (VHA) to hold a Family-to-Family class in one designated VHA in each of the 49 Family-to-Family program states. [Read more....](#)



NAMI Staff: National Education Director: Joyce Burland, Ph.D
Director: Lynne Saunders
Fulfillment Manager: Marshall Epstein
Coordinator: Ana Ferrara

FAMILY-TO-FAMILY

What is F2F?

Family-to-Family is a free 12-week course for family caregivers of individuals with severe mental illness that discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively.



The NAMI De Familia a Familia program has been educating many Spanish-speaking family members over the past two years. The program is now implemented in 11 states, as well as Mexico and Puerto Rico. We're hoping to have the program available in two more states by the end of 2009.

NAMI National and NAMI Southern Arizona held the first national Spanish teacher training last year in Phoenix, Ariz., facilitating 13 new Spanish teachers from Arizona, New York, Ohio, Utah and Pennsylvania.

Congratulations to NAMI Texas for completing its second Spanish teacher training in May!

NAMI Staff: Coordinator: Ana Ferrara



BASICS

What is Basics?

Basics is a new signature education program for parents and other caregivers of children and adolescents living with mental illness.



NAMI's newest signature education program, NAMI Basics, is currently available in 18 states. Seven additional states will host teacher trainings in 2009. The program is specifically designed for parents and other family caregivers of children and adolescents with mental illness. [Read more...](#)



NAMI Staff: Director: Teri Brister, Ph.D.
Education Programs Assistant: Alexis Wadsworth

PEER-TO-PEER

What is P2P?

Peer-to-Peer is a free nine-week recovery education course for people living with mental illness.

Trained peer mentors lead the class in relapse prevention planning, lecture, group exercises, storytelling, an advance directive for psychiatric care, and more.



NAMI Peer-to-Peer is undergoing curriculum revisions as a result of responding to several years of valuable feedback from participants in the course. Sarah O'Brien, the Peer-to-Peer program director, is working on program changes and expects a new edition of the course to be complete by late this fall. [Read more...](#)



NAMI Staff: Director: Sarah O'Brien
Coordinator: Kerry McCullough

IN OUR OWN VOICE

What is IOOV?

In Our Own Voice is a 1 1/2 hour interactive, multimedia presentation by consumers that offers hope and provides insight into the recovery now possible for people with an illness.



NAMI In Our Own Voice (IOOV) is enjoying a period of tremendous growth! So far this year:

- ◆ 77 consumers have been trained to be In Our Own Voice presenters
- ◆ 19 consumers have been trained to become IOOV state trainers; four were Spanish-speaking state trainers [Read more...](#)



NAMI Staff: Director: Cynthia Evans
Education Programs Assistant: Alexis Wadsworth

CONNECTION

What is Connection?

Connection is a weekly recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies and offer each other encouragement and understanding.



NAMI Connection Recovery Support Group has reached 349 operational support groups across the country! Congratulations to Florida, which continues to be in the lead in the development of Connection groups with 35 groups up and running. [Read more...](#)



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FAMILY SUPPORT GROUP

FACILITATOR SKILLS TRAINING PROGRAM

What is Family Support Group?

Family Support Group is a program that provides participants with a means for sharing their concerns, feelings and successes. It is based on a model which allows the participants to do most of the group work, rather than the facilitator.



Family Support Group Facilitator Skills Training Program

Twenty students attended the Training of Trainers for the NAMI Family Support Group Facilitator Skills Training Program in St. Louis from April 24-26. These attendees now have the knowledge necessary to train others how to run a NAMI Family Support Group. [Read more...](#)



NAMI Staff: Director: Lynne Saunders
Manager: Marshall Epstein

PROVIDER EDUCATION COURSE

What is the Provider Education Course?

Provider Education is a 10-week course that presents a penetrating, subjective view of family and consumer experiences with serious mental illness. The course reaches line staff at public agencies who work directly with people with severe and persistent mental illnesses.



Provider Education Course

The NAMI Provider Education Program would like to welcome its newest state, Hawaii! Last November Dr. Joyce Burland conducted a Provider teacher training for three teams from Maui, Hilo and Oahu. By the end of the four-day training, 15 new Provider teachers and three alternates graduated from the course.

The team members will teach nurses, social workers and other front-line agency personnel to understand and empathize with the experience of mental illness as it is lived by consumers and their families.

The ultimate goal of the Provider Education Program is to introduce line staff to the model of family collaboration that has been established by the Family-to-Family program and to incorporate families as a support system in a holistic recovery plan for their loved ones.

Jim Mihalke is the Provider program director in Hawaii.

NAMI Staff: Director: Joyce Burland, Ph.D.
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