

# NAMI INDIANA PROGRAMS



**NAMI Indiana** coordinates a number of programs that have originated at the national level. A brief description of each is given below. For further information on these programs, contact Kellie Meyer in the state office at 800-677-6442 or [kmeyer@nami.org](mailto:kmeyer@nami.org)!

The **Family-to-Family Education Program** is NAMI's signature program. It is a 12-week course directed toward those who have a loved one with a mental illness. This evidence-based course is taught by trained family members. All course materials are furnished at absolutely no cost to students. The curriculum focuses on schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder, and obsessive-compulsive disorder (OCD). The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively. The class is typically offered in the fall and the spring.

**Support groups** are led by nationally trained and certified, family member facilitators. They tend to meet weekly, bi-weekly, or monthly. These groups provide an atmosphere in which family members can feel "safe" and "supported/nurtured" as they are free to share with other family members at levels of emotional disclosure which are more "in-depth" than other NAMI settings and/or programs. Facilitators are trained to use group processes and structured interventions which foster group identity, emotional support, safe space for disclosures, trust, and enhanced empathy. **NAMI C.A.R.E** is a support group for consumers of mental health services.

**"In Our Own Voice"** is an informational lecture series about recovery presented by consumers to other consumers, families, students, professionals, and all people wanting to learn about mental illness. It is designed to offer insight into how people with serious mental illnesses cope with the realities of their disorders while recovering and reclaiming meaningful and productive lives. It allows the audience to hear from people who have struggled themselves with disorders such as schizophrenia, bipolar disorder, major depression, and other severe mental illnesses, people who invite you into discussion as they share their personal experiences. Presenters receive special training to make the 45 minute to 1 1/2 hour program an interactive, multi-media presentation to diverse groups in our community.

**Visions for Tomorrow** is an educational program written for caregivers of children and adolescents with brain or mental disorders, as well as those who exhibit behaviors that strongly suggest such a diagnosis. This includes ADD/ADHD, autism, schizophrenia, bipolar disorder, major depression, and post-traumatic stress disorder. It is an 8-week course taught by two teachers who are also direct caregivers of a child with a brain disorder.

**Provider Education** is an outreach program to those in the mental health field. It is a 10-week course offered to a contracting mental health center. It is meant to sensitize staff members to the needs and experiences of family members and loved ones of a person with a mental illness. The course is taught by a team of five trained individuals — two family members, two consumers and one mental health professional who is either a family member or a consumer. The course follows much of the format of the Family-to-Family course while emphasizing the needs of the consumer and the importance of education and communication at all levels.

The **Peer-to-Peer Education Program** is a 9-week education course on recovery for any person with serious mental illness who is interested in establishing and maintaining wellness. This course is designed to create a wellness plan and good practice toward recovery, establish a support network, develop strong coping skills and enhance advocacy skills.