

NAMI INDIANA STRATEGIC PLAN
2005 – 2007

EDUCATION

Key Result: NAMI Indiana will provide education programs and services to facilitate recovery and improve the quality of life of Hoosiers affected by mental illness.

DIRECT SERVICES FOR FAMILIES AND CONSUMERS

STRATEGY	ACTION PLAN	TIME LINE	RESPONSIBLE	COSTS	OUTCOME MEASUREMENT
NAMI Indiana's F2F course will be expanded to meet the needs in all areas of the state such that no applicant has to wait for more than six months to take the course. Travel may be involved.	1. Train trainers in Spanish F2F 2. Mail two times a year an informational brochure to CMHC's 3. Have F2F trainers in each region and train regionally 4. Have our 800 number published in every community phone book. 5. Continue to collaborate with surrounding states. 6. Website development to communicate where and when F2F classes will be offered. 7. F2F is actively promoted in each CMHC with its support through the local NAMI affiliate using local media as well as outreach through local service providers.	5/06	Ryan	\$350 each	1. A nucleus of trained F2F teachers is available in each area served by a community mental health center (CMHC). 2. The average waiting time to take F2F will be 6 months or less. 3. Spanish F2F classes will be offered. 4. Trainings need to be culturally sensitive.
		Ongoing	Ryan	\$300	
		8/07	Ryan	\$3,700 per team	
NAMI's Peer to Peer (P2P) course will be expanded to meet the needs in all areas of the state such that no applicant has to wait for more than a year to take the course.	1. Each affiliate will have at least one trained P2P team. 2. Train regional trainers 3. Mail twice a year information on P2P to all CMHC's. 4. Expand NAMI Care to all affiliates including NAMI Care/ WRAP.	11/07	Karla	\$10,000	1. A nucleus of trained P2P teachers is available in each area served by a CMHC. 2. P2P is actively promoted in each CMHC area with its support through the local media as well as
		4/07	Karla	\$7,000	
		6/06	Karla	\$300	

NAMI WRAP Group	After graduation from IMR, go into NAMI WRAP.	11/06			outreach through local service providers. 3. P2P is made available through jails and prisons to meet the needs of consumers under corrections control in the state. 4. NAMI CARE will serve as a placement until the participant is ready or a class can be established.
	Work with CMHC's to help and encourage IMR.	3/07	Ryan	\$4,000	
	Identify future trainers.	9/07	Karla	\$1,000	
	Develop a system to support trainers and have a backup system in place.	9/06	Kellie	\$500	
	5. Develop regional support group trainers	11/07	Kellie	\$5,000	
6. Develop WRAP/IMR in one prison					
7. Provide NAMI Care at the Women's Prison					
8. Implement one community corrections pilot program for inmates & their families					
NAMI's Visions course instructors will meet to develop strategies to be "participant friendly".	1. Have 2 Visions instructor trainers in every region.	6/07	Ryan	\$5,000	1. A nucleus of trained Visions teachers is available in each area served by a CMHC. 2. Visions is actively promoted in CMHC area and integrated into Systems of Care (SOC) with its support through the local NAMI affiliate using local media as well as outreach through local services providers. 3. Spanish Visions will be offered. 4. Plan to meet childcare needs of participants.
	2. Each region will do at least one training a year.	11/07	Ryan	\$15,000	
	3. Two mailings a year with information on Visions to every CMHC.	6/06	Ryan	\$300	
	4. Train two instructors in Spanish Visions.	8/07	Ryan	\$1,000	
	5. Find funding for childcare in each affiliate.	4/06	Kellie	\$6,000	
Affiliate leader training	1. Face to Face 2. Leadership Retreat 3. Consumer involvement as	Ongoing Yearly	Ryan Pam	\$6,000 \$3,500	1. Each affiliate will have a visit from someone in the state office once a year.

	members & leaders 4. Affiliates should be OPEN to families & consumers.				2. Affiliate Leaders will have the most current information available to make decisions.
Support facilitator training	1. Families 2. NAMI Care (Consumers) 3. Visions (young families & caregivers of children with mental illness)	Ongoing Ongoing Ongoing	Ryan Ryan	\$4,000 yr \$4,000 yr \$4,000 yr	1. People affected by mental illness will find support in their community or in a 50 mile radius of their community.
Program Leader Training	Per program	Ongoing	Ryan	\$15,000	There will be enough trainers for every affiliate in all programs.
Public Education	Selling, PR, our NAMI programs		Everyone, Kellie, Pam		The public in general will know of NAMI and come to us for support, education, and advocacy.

Outreach Educational Services

KEY RESULT AREA: Mental health service providers, clergy, school personnel, judges, attorneys, law enforcement and corrections personnel are often not aware of the special needs of people with mental illness and their families. NAMI will develop programs to educate professionals working in such agencies to more effectively address the special needs of people with mental illness and their families.

OUTREACH: PROVIDER EDUCATION

STRATEGY	ACTION PLAN	TIME LINE	RESPONSIBLE	COSTS	OUTCOME MEASUREMENT
NAMI's Provider Education will be made available to all mental health service providers in the state including hospitals with crisis wards, CMHC and probation departments serving CMHC	1. Provider Ed trainers will be developed in each CMHC area. 2. All CMHC's will implement Provider Ed	12/07 12/07	Kellie Kellie	\$30,000 \$210,000 yr	Provider Ed will be successfully implemented every CMHC area and then will be expanded statewide building on that success, with active marketing through provider organizations such as the IN Council of CMHC (ICCMHC) as well as through direct encouragement from DMHA.

OUTREACH: CRIMINAL JUSTICE

<p>NAMI Indiana's Criminal Justice Professional Training (CJPT) will be expanded to serve all prisons in the state.</p> <p>Funding will be sought to expand the program nationwide working with NAMI affiliates in other states and NAMI National.</p>	<ol style="list-style-type: none"> 1. Contracts will be sought with the Department of Corrections (DOC) to reach all prisons in Indiana by 2010. 2. Grants will be sought to assess the effectiveness of CJPT and to develop national standards and training materials and programs to enable state and local affiliates across the country to advocate for adoption of CJPT training in their areas. 3. Define marketing process. 	<p>1/06</p> <p>11/06</p>	<p>Kellie</p> <p>Kellie</p>	<p>\$500</p> <p>\$8,000</p>	<p>NAMI Indiana criminal justice program will be offered in every Indiana prison 2 times a year with funding.</p> <p>NAMI Indiana criminal justice program will be offered nationwide</p>
<p>Develop curricula for other professionals in the criminal justice system.</p>	<ol style="list-style-type: none"> 1. CJPT will be adapted to train judges, attorneys, prosecutors, probation officers and other criminal justice professionals who work with or make decisions affecting people with mental illness. 2. Seek funding to support these programs. 	<p>5/07</p> <p>1/07</p>	<p>Kellie</p> <p>Kellie</p>		<p>All professionals involved in Indiana Criminal Justice system will be trained in mental illness.</p> <p>Funding will be found to support these programs.</p>

OUTREACH: CIT TRAINING					
CIT – Crisis Intervention Teams	1. NAMI IN will provide training to affiliates so they can implement CIT	11/07	Kellie		Crisis Intervention Team (CIT) training will be successfully implemented in several Indiana Communities saving and improving the lives of people with mental illness and their families.
CIT Training State CIT standards need to be developed and CIT should be expanded statewide.	2. A state standard committee will be formed.	7/06	Kellie		CIT will be offered in every CMHC area. Statewide standards will be developed to meet the needs of each community.
OUTREACH: EDUCATION OF GENERAL PUBLIC					
Faith Based Communities	1. NAMI Indiana will assist local affiliates with components of existing programs to educate faith based communities about mental illness. 2. Research other faith based personnel opportunities.	10/06	Ryan & local affiliates	\$5,000	Faith based mental illness education programs will be available in every CMHC area.
School Personnel	1. NAMI Indiana will develop an education program for school personnel about mental illness. 2. We will use components of existing programs.	7/06	Children’s Committee/Ryan	\$6,000	NAMI will work with the Department of Education (DOE) and other associations to educate school personnel about mental illness.
In Our Own Voice (IOOV)	1. Through NAMI’s In Our Own Voice	Ongoing	Karla	\$4,000	IOOV will be presented in every

	(IOOV) presentations, NAMI will educate the public about mental illness, treatment and recovery. 2.				CMHC area at least 2 times a year. IOOV will be presented to service clubs.
Biological Basis of Mental Illness	1. This will be presented at least 10 X's a year to affiliates, service clubs, etc.	Ongoing	Joe		

SUPPORT

Key Result: Support: NAMI Indiana will help create, nurture and empower local NAMI groups in communities throughout the State to provide effective support services to encourage recovery and improve the quality of life of people with mental illness and their families. We will strive in other NAMI activities to include consumers on boards and committees.					
STRATEGY	ACTION PLAN	TIME LINE	RESPONSIBLE	COSTS	OUTCOME MEASUREMENT
NAMI support groups will be encouraged in all communities large enough to sustain viable support groups with a goal that at a minimum every CMHC area will have at least one support group that meets at least monthly.	1. Develop two new local affiliates a year.	Ongoing	Ryan	\$3,000	1. Support group leaders will be provided with materials and training by NAMI Indiana so that NAMI support groups are effective in meeting the support needs of people attending the meetings. 2. NAMI Indiana will maintain an up-to-date listing of all support group meetings and contact information in communities throughout the State.
	2. Work with CMHC's to provide family and consumer support groups.	Ongoing	Ryan	\$3,000	
	3. Ryan and local affiliate leader will visit CMHC to promote NAMI support groups and programs.	Ongoing	Ryan	\$3,000	
	4. Develop one new Campus Affiliate a year	Ongoing	Ryan	\$1,500	
NAMI Indiana will maintain a website and toll free telephone number that provides people in crisis needing support and local contact information for support in all communities	1.NAMI IN will continue to cultivate and train telephone volunteers.	Ongoing	Leslie	\$500	Hoosiers will be able to have mental illness resources at their fingertips.
	2.Website will be current, viewer friendly, and have vital information available.	1/06	Leslie & Ryan	\$2,000	

throughout the state. NAMI Indiana will conduct research and provide training, resources and information to improve support group operation.	NAMI will develop an ongoing process for tracking the various demographic, economic and environmental trends.	7/06	Pam & Leslie	\$2,000	NAMI Indiana will have up-to-date facts that will help leaders make decisions.
NAMI Indiana will encourage the development of specialized support groups where local conditions favor their development including local leadership and a concentration of people needing specialized support such as spouses of persons with mental illness, siblings, consumer groups including possibly groups specialized according to general diagnosis such as schizophrenia, bipolar, parents of children with severe mental illness, etc	<ol style="list-style-type: none"> 1. Specialized support group discussions will be part of the support group training. 2. The state conference will include a session for conducting specialized support groups. 	Ongoing 10/06	Ryan Conf. Comm.		NAMI will provide a communications network and information resources to support specialized support groups throughout the state. There will be specialized support groups throughout the state.
NAMI will explore the development of NAMI support groups in prisons and jails to enable inmates with mental illness to better cope with the difficult environment in such settings.	NAMI will train personnel to facilitate support groups	6/07	Kellie		There will be at least one NAMI support group at an IN prison.

NAMI Indiana will encourage the use of online support services for people impacted by severe mental illness who are isolated and lack mobility.	Volunteers will receive computer training to help with online support	12/08	Volunteers, Leslie, Pam		Hoosiers will have access to support via the internet.
NAMI Indiana will encourage the development of rehabilitation and recovery services including clubhouses, supportive work, supportive education and entrepreneurial opportunities.	Resources will be available to local affiliates on implementing rehab & recovery services	11/07	Leslie		NAMI Indiana will provide materials and contacts for affiliates and CMHC's who ask.

ADVOCACY

Key Result Area: NAMI Indiana at the state level will be an advocate within the legislature to promote positive policy changes for individuals with mental illness and their families and at the local level by providing information and training to affiliates to improve mental health services and enhance the quality of life.					
STRATEGY	ACTION PLAN	TIME LINE	RESPONSIBLE	COSTS	OUTCOME MEASUREMENT
NAMI Indiana will support the creation of coalitions of groups with a shared interest to present the strongest possible positions to state legislators and executive officials on key issues.	NAMI IN will be "at the table". NAMI IN will work with MHAI, ICCMHC, and other stakeholders.	ongoing	IPPC & Pam		<ol style="list-style-type: none"> 1. Access to healthcare services including but not limited to psychiatric services regardless of ability to pay for all Indiana residents 2. Access to mental health care services in the least restrictive setting (Olmsted). 3. Parity 4. Decriminalization of mental illness.
NAMI will advocate for transformation of the mental health system.	Support the New Freedom Commission (NFC) recommendations.	Ongoing	IPPC & Pam		NAMI will be a positive influence and will help implement the transformation of the mental health

	NAMI Member on the DMHA Transformation committee				system
NAMI Indiana will advocate for the elimination of stigma.	<ol style="list-style-type: none"> 1. Promote access to parity. 2. Encourage members to join stigma-busters. 	Ongoing	IPPC & Pam		There will be no barriers to getting treatment!
NAMI Indiana will advocate to eliminate the criminalization of mental illness.	<ol style="list-style-type: none"> 1. NAMI Indiana and its affiliates will advocate for effective programs that keep people with mental illness out of jails and prisons. <ul style="list-style-type: none"> • CIT • Mental Health Courts • Jail Diversion Programs 2. Those who have committed crimes and may be a danger to society should receive appropriate mental health treatment in prison and discharged to a forensic ACT program. 	Ongoing 6/06	IPPC, Criminal Justice Comm., local affiliates Kellie		<p>People will receive treatment not incarceration.</p> <p>Transition from prison to society will be successful.</p>
	NAMI Indiana will advocate for programs and policies that enable people with mental illness who are	ongoing	Criminal Justice Committee		Inmates with mental illness will be treated with respect and humanely.

	incarcerated in prisons and jails in the state to have access to adequate psychiatric care including effective psychotropic medications, counseling and support services.				
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RESEARCH

Key Result Area: NAMI Indiana will gather available data and encourage and support of new research into mental illness, mental healthcare services and policies that contribute to the improvement of the quality of life for those with mental illness and their families, as well as, society as a whole.

STRATEGY	ACTION PLAN	TIME LINE	RESPONSIBLE	COSTS	OUTCOME MEASUREMENT
NAMI will work to identify and interface with institutions and individuals involved with research to obtain relevant findings that will improve care delivery and guide public policy change.	<ol style="list-style-type: none"> 1. Create a Research Committee 2. Create a list of institutions to build relations. 3. Get some of these people on board or Advisory council 	4/07	Research Committee		<ol style="list-style-type: none"> 1. NAMI will establish a science based research conference. 2. We will develop a relationship with bio/ psycho/ social sciences 3. We will be invited to the table in areas of # 2.
NAMI Indiana will encourage research into areas of priority concern to NAMI as may be determined by NAMI through a committee empowered to address research issues.		7/07	Research Committee		
NAMI Indiana will work to have accurate information about policy issues relating to the NAMI		1/07			

<p>Indiana public policy agenda by engaging individuals or organizations to gather and organize such information for the advocacy work of NAMI. NAMI will welcome voluntary research contributions but may in specialized cases compensate such research efforts if resources have been made available for such a purpose.</p>					
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STATE ORGANIZATION

NAMI Indiana will maintain professional staff, funding support and office facilities to carry out its mission.

STRATEGY	ACTION PLAN	TIME LINE	RESPONSIBLE	COSTS	OUTCOME MEASUREMENT
Board Development	<ol style="list-style-type: none"> 1. Recruit diverse board. 2. Cultivate active members to be on board 3. Work with local affiliates to help identify potential members. 	ongoing	Board development committee & Pam		NAMI IN board will have a waiting list of potential members
Advisory Council	<ol style="list-style-type: none"> 1. Keep Advisory council updated on NAMI IN happenings. 2. Cultivate potential new members 	ongoing	Development Comm		NAMI IN will have a new base of friends and potential funders.
Staff Development					

