



Welcome to the first Family-to-Family newsletter! This publication is designed to help teachers learn best practices, get updates on new initiatives, learn about resources for you, and help me best understand how to support you. So take a look through this, read through the articles, and let me know what you would like to see. Thanks for all you do!
-Amanda Ramirez,
NAMI IN Program Director

Dates to Remember

Are you a leader in your affiliate? Do you want your affiliate leader to learn about tools to best serve your community? Then encourage them to attend the NAMI Leadership Retreat Saturday, July 25th.

NAMI Indiana's State Conference is Saturday, October 24th. This year's conference's theme is "Equal Rights for the Brain." Come learn, reunite, and join together to celebrate a job well done in supporting, advocating, and educating about mental illness!

Am I the Only One?...

Do you ever feel like you're the only person facing an issue when teaching F2F? Have a hard time recruiting students? Be assured, you're not! This section will allow for commonly asked questions or issues to be addressed. So send them in, and let's see if we can solve the problem together!

Updates:

Veterans and NAMI

NAMI Indiana has been fortunate to work with great people both within and outside of NAMI. Recently we have been focusing our attention on the education of family members of veterans. NAMI National is working on bringing F2F into Veteran's Hospital across the nation. The pilot hospital for Indiana, is Roudebush VA Medical Center. NAMI Indianapolis is currently seeking prospective teachers to implement this project. The goal is to establish the Family-to-Family program in each Veteran's Hospital in Indiana. We'll be expanding the program to other Veteran's hospital in the future.

Family-to-Family in Spanish

One of the fastest growing minority populations continues to be the Latino community. The March F2F training had 19 graduates from all over the state, including two bi-lingual (English/Spanish). I encourage you to look at your own community and seek out individuals that are interested in serving NAMI in this way. If you would like ideas on how to do this, please e-mail or call me.

Curriculum Updates

The F2F teacher manuals will be updated again this year. I've been told that they are due to come out this summer. Please contact me and let me know the best way to get those to you. They are able to be e-mailed or sent "snail" mail.

Did You Know? Resources for You!

F2F Intranet

NAMI National has a special website just for you. It's called the Family to Family Intranet. You will find a frequently asked questions site, downloadable course forms, and the Family-to-Family store (just for teachers, trainers, and directors). If this is something that you're interested in taking advantage of, please contact me to gain access to the site.

NAMI Indiana State Essentials

Did you know that every two weeks an e-mail newsletter is sent out that informs you what goes on in the state office? This publication is called NAMI Indiana State Essentials. Previous State Essentials are available on our website: www.namiindiana.org. All you have to do is forward your e-mail to mboyd@nami.org and you'll be able to receive this news-filled publication.

Teacher Resource Kit

NAMI National provides a teacher resource kit for each F2F teacher. Whenever you teach a F2F class you can receive this valuable tool. This kit comes with brochures, copies of NAMI Advocate, NAMI Beginnings, and much more worthwhile information. If you would like resource kit please designate it on your Family-to-Family materials request form.

NAMI National Best Practices for Family-to-Family Tips from Family-to-Family Programs Across the Nation

NAMI Georgia uses a statewide church list to help recruit class participants

NAMI Massachusetts program director does a presentation that addresses membership, NAMI Walks, and volunteerism in Class 11.

NAMI Ohio had one rural county F2F class report a 50% increase in participants when a teacher added a F2F ad to a coupon offered by her business.

NAMI New Hampshire gives presentations at Community Mental Health Centers and asks NAMI and F2F flyers to be handed out by receptionists.

These are just a few best practices from NAMI. Stay tuned for more!

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