

Our Movement. Our Moment.

#NAMICON19



**2019 NAMI
National
Convention**
JUNE 19–22 • SEATTLE



Presentation

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nami Family & Friends

National Alliance on Mental Illness

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National Alliance on Mental Illness

NAMI Family & Friends is a seminar that informs and supports people who have loved ones with a mental health condition. It's available in 90-minute and 4-hour versions.

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National Alliance on Mental Illness

600+ NAMI leaders from across the country contributed to the content, format and style of the seminar.

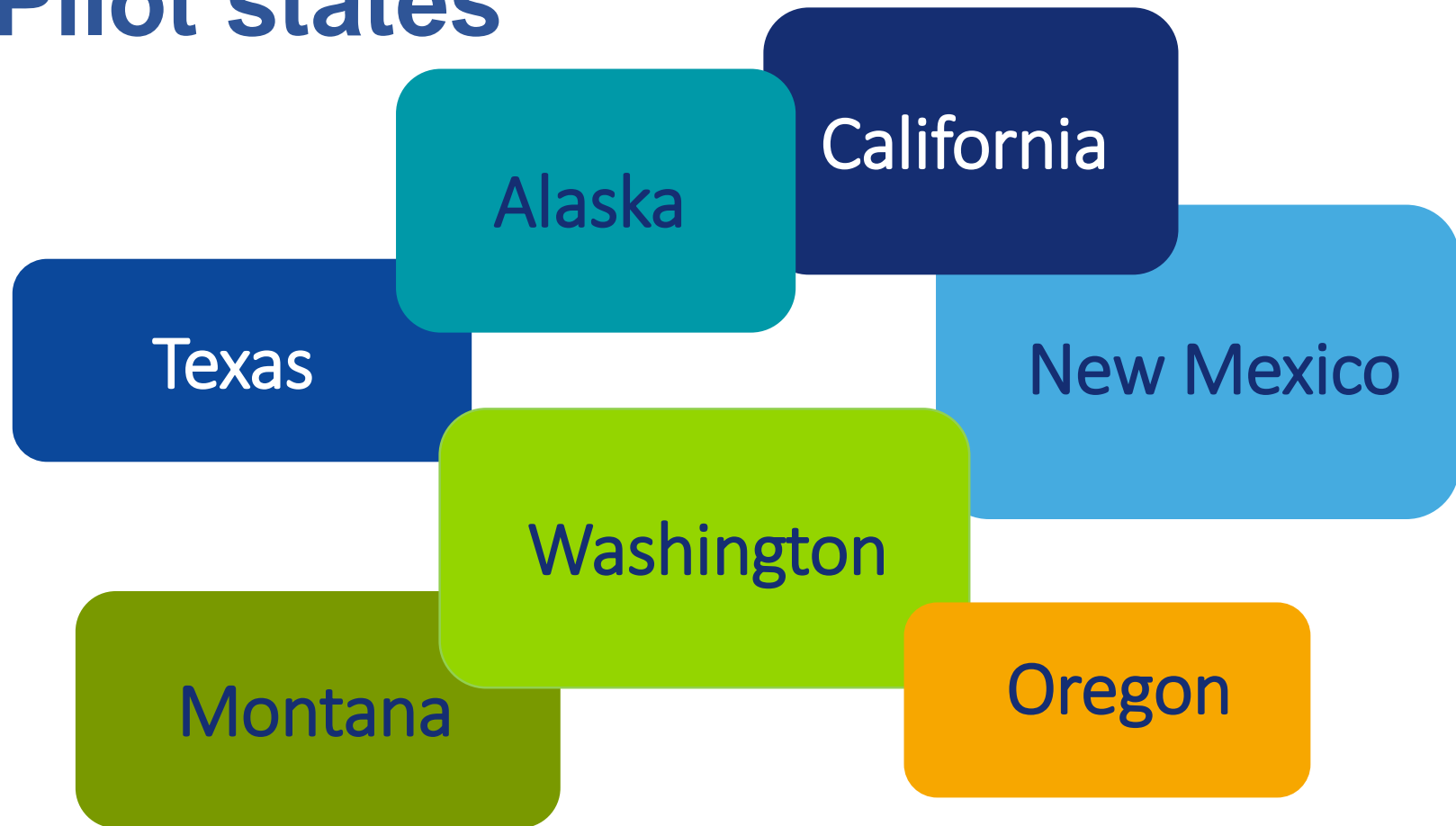
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Pilot states



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The seminar is presented by two NAMI family education teachers. Both Leaders share their mental health experiences from the family perspective as part of the seminar (10 minutes each).

 **NAMI Homefront**
National Alliance on Mental Illness



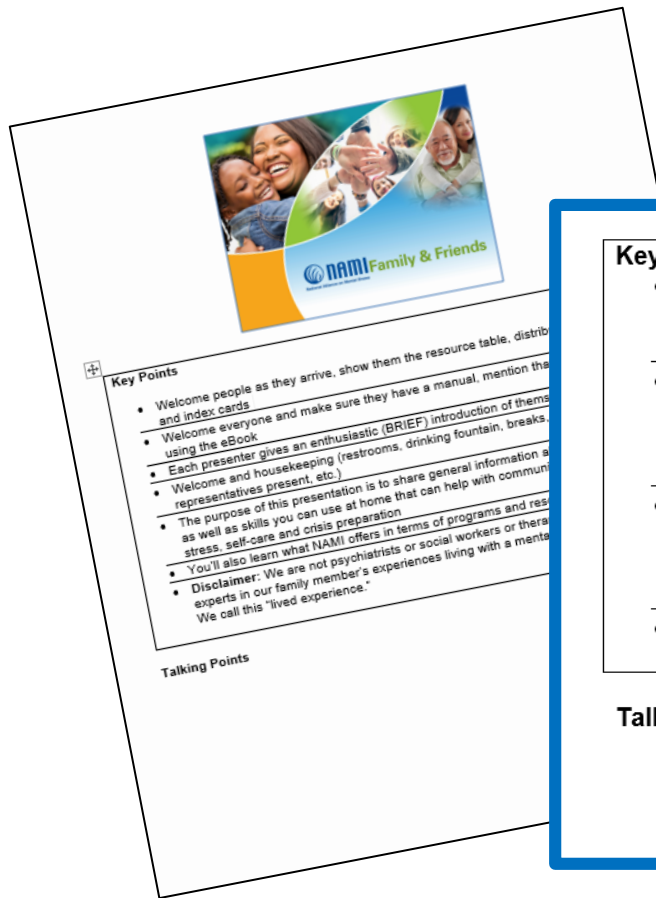
 **NAMI Basics**
National Alliance on Mental Illness



 **NAMI Family-to-Family**
National Alliance on Mental Illness



What does the manual look like?



Key Points

- **Activity:** By a show of hands, does anyone know what the acronym NAMI stands for? Take suggestions until someone gives the correct name...thank them for their answer...restate the name National Alliance on Mental Illness.
- NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental health conditions can build better lives.
- NAMI is the foundation for NAMI State Organizations, 900+ NAMI Affiliates and thousands of leaders who volunteer in local communities across the country to raise awareness and provide essential education, advocacy and support group programs at no cost to participants.
- **Activity:** By a show of hands, is anyone a leader or volunteer with NAMI?

Talking Points

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Introducing NAMI

What is **NAMI**?
National Alliance on Mental Illness

NAMI
National Alliance on Mental Illness

What does **NAMI** do?
National Alliance on Mental Illness

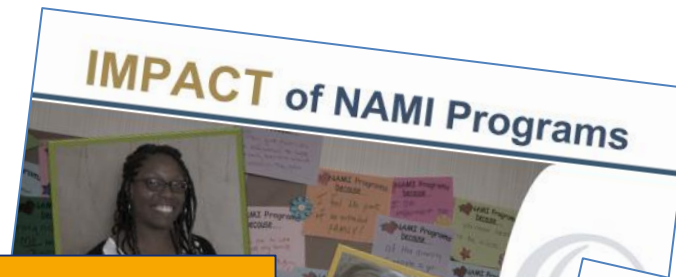
EDUCATION SUPPORT
ADVOCACY AWARENESS

NAMI
National Alliance on Mental Illness

What is **NAMI**?
National Alliance on Mental Illness

NAMI
National Alliance on Mental Illness

What makes NAMI different?




nami Belief System and Principles

We believe:

- YOU are the expert
- You don't need to know everything
- You can't know what no one has told you
- Mental health conditions are no one's fault
- Mental health conditions are biological
- Mental health conditions share universal characteristics

We offer you:

- Current information
- A variety of solutions
- Empathy and understanding
- Information and resources in your community



Sharing facts



Know the WARNING SIGNS



Facts



1 in 5 ADULTS and 1 in 10 YOUTH AGES 8-15 in the U.S. are experiencing a mental health condition at some point in their lives



Nearly 60% of ADULTS and 75% of YOUTH AGES 8-15 with a mental health condition don't receive treatment



STIGMA is a major reason people don't seek help

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Familiar concepts

STAGES of Emotional Reaction

- DEALING WITH CATASTROPHIC EVENTS**
Crisis, chaos, shock, denial, hoping against hope
- LEARNING TO COPE**
Anger, guilt, resentment, recognition, grief
- MOVING INTO ADVOCACY**
Understanding, acceptance, advocacy, action

Bio-Pscho-Social Model

Biological
Social
Psychological

NAMI
NATIONAL ALLIANCE FOR MENTAL ILLNESS

Understanding trauma

Secondary Traumas for the Person in RECOVERY


- ✓ Making treatment decisions
- ✓ Medication side effects
- ✓ Self-harm
- ✓ Co-occurring mental and substance abuse
- ✓ Criminalization

SECONDARY TRAUMAS for Families

OVERWHELMING RESPONSIBILITY
FEEL CONFINED

- Families assume overwhelming responsibility
- Families feel confined
- Families remain uninformed
- Families are emotionally exhausted
- Families find inadequate support

What is TRAUMA?



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Mental health conditions



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Dwayne "The Rock" Johnson
Actor & Wrestler

Alicia Keys
Singer

Patrick Kennedy
Former Congressman

David O. Russell
Director & Screenwriter

Michael Phelps
Olympic Swimmer

Will Smith
Actor & Rapper

Brandon Marshall
NFL Wide Receiver

Demi Lovato
Singer & Actress

Buzz Aldrin
Astronaut & 2nd
Human to Walk
on the Moon

Carrie Fisher
Actress & Author

Cheryl Strayed
Author

Adele
Singer

Emma Stone
Actress

Abraham Lincoln
16th President of the U.S.

Margaret Cho
Comedian,
Actress & Author

Clark Gregg
Actor & Writer

Rick Warren
Pastor & Author

JK Rowling
Author

Mayim Bialik
Actress &
PhD Neuroscientist

Lady Gaga
Singer & Actress

John Nash
Mathematician
& Nobel Prize
winner

Terry Bradshaw
NFL Hall of Fame
Quarterback &
Analyst

Brian Wilson
Co-founder of
The Beach Boys

Glenn Close
Actress

Utkarsh Ambudkar
Actor & Singer

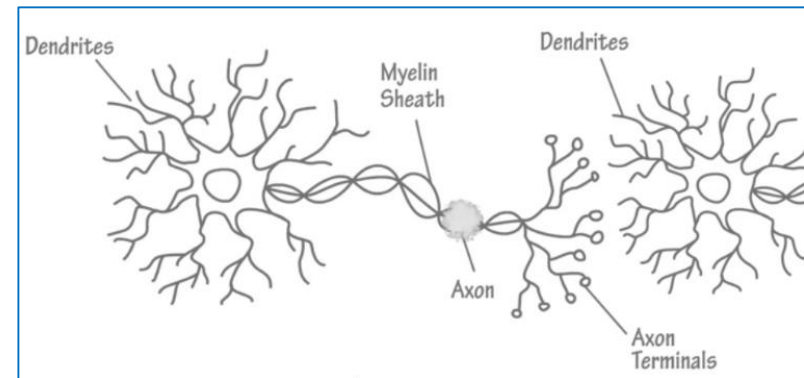
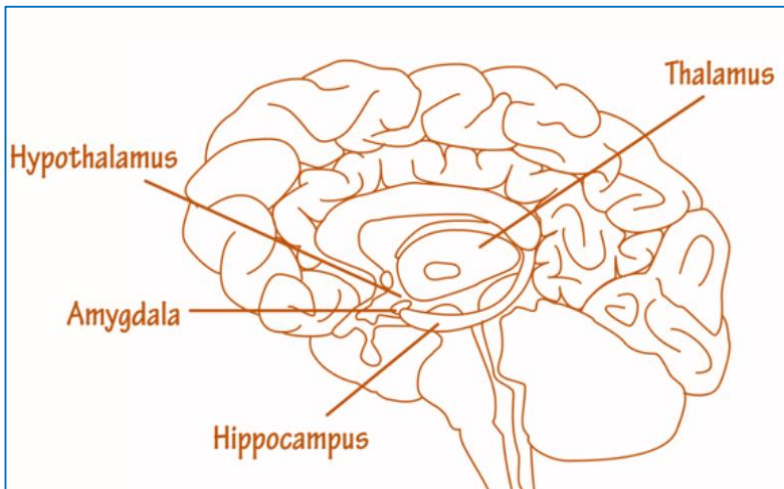
Bruce Springsteen
Singer

AJ Mendez Brooks
Retired WWE Star & Author

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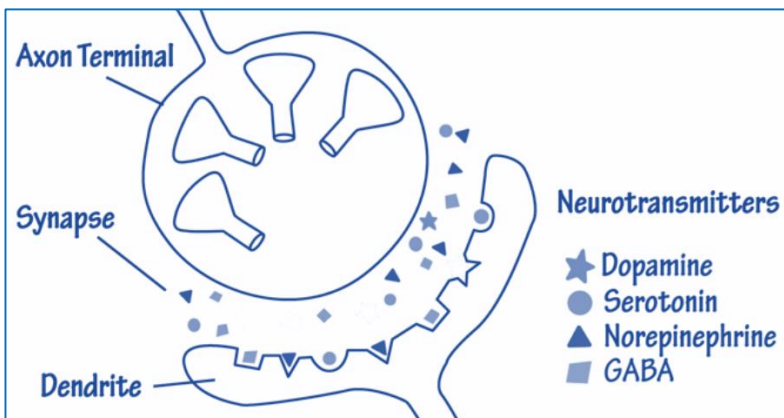


The **BIOLOGY** of Mental Health Conditions



“What we have to get across, is how it is that people get mental illness. Nobody is to blame. This is not a mental weakness. These are diseases just like any other neurobiological disorders. They just happen to affect complex behaviors.”

Dr. Steven Hyman, former Director of the National Institute of Mental Health (NIMH)



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Empathy and communication

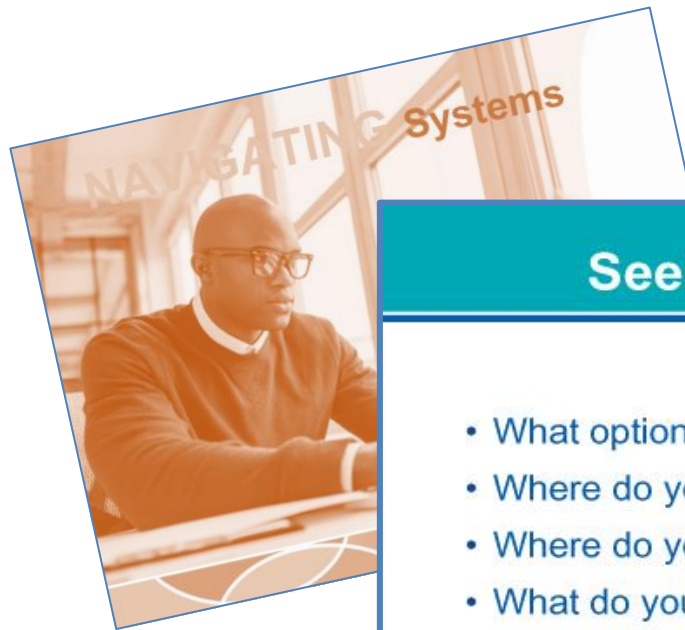


Basic Communication GUIDELINES

- Use short, clear, direct sentences
- Keep the content simple
- Do what you can to keep the stimulation level as low as possible
- If your loved one appears withdrawn and uncommunicative, back off for a while
- Assume that much of what you say may not be heard the first time
- Be pleasant and firm
- Communications form our boundaries with others; make sure your boundaries are sturdy and clear



Seeking treatment



Seeking Treatment

- What options are available?
- Where do you start?
- Where do you go?
- What do you ask?
- Who do you talk with?



Treatment options

TREATMENT Providers

— Counselor, clinician, therapist

MEDICATIONS & How They Work

Therapeutic Intervention Techniques

The most effective treatment usually involves a combination of:

- ✓ **Psychotherapy** - to address the psychological
- ✓ **Medication** - to address the biological

COMPLEMENTARY Health Approaches

Natural products
Omega-3 fatty acids
Folate
Medical foods
Mind and body treatments
Acupuncture therapy

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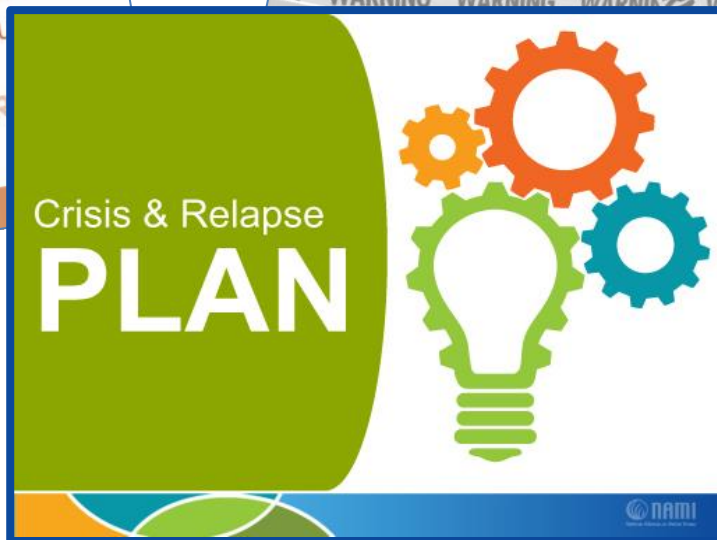
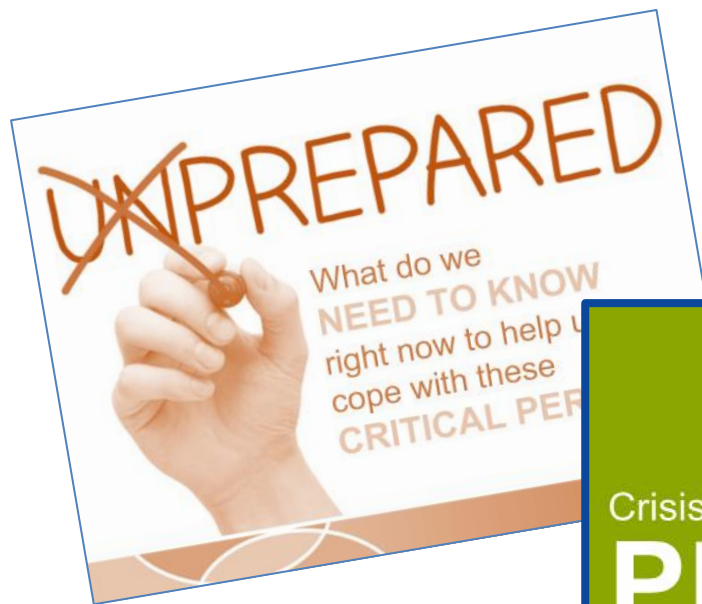
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Crisis and relapse





Self-care for families





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Presentations

Support Groups

Classes

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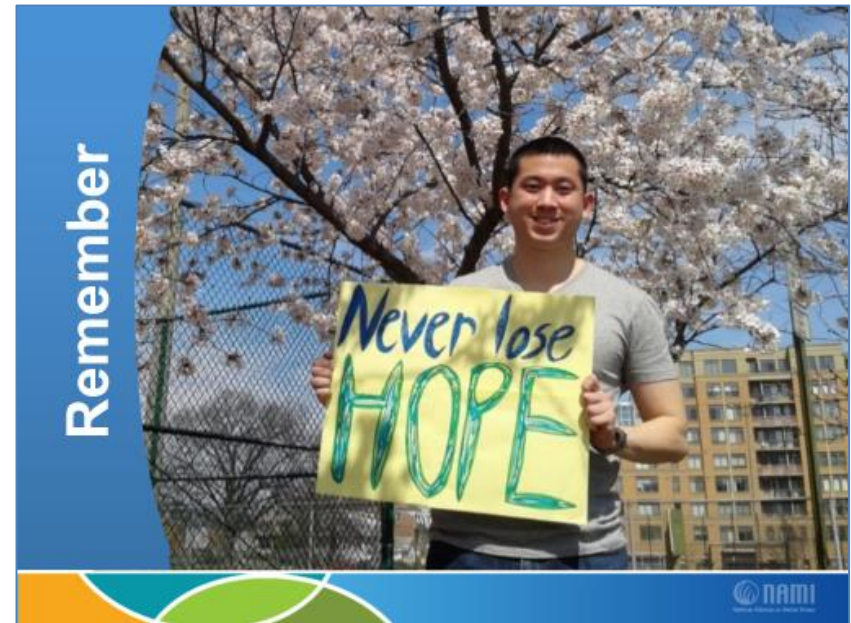
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Hope and help

What's NEXT?



The screenshot shows the NAMI website homepage. At the top, the URL www.nami.org is displayed. Below the URL is the NAMI logo and a navigation menu with links for "LEARN MORE", "FIND SUPPORT", "GET INVOLVED", and "DONATE NOW". The main content area features a teal background with the text "Support NAMI and help end the stigma of mental illness." and a "GIVE TODAY" button. Below this, there are two columns of text: "Support NAMI to help millions of Americans who live mental illness every day." with a "DONATE NOW" button, and "Join thousands of Americans dedicated to improving the lives of people with mental illness." with a "BECOME A MEMBER" button. At the bottom, there are three sections: "FIND YOUR LOCAL NAMI" with a "Your State" dropdown menu, "CALL THE NAMI HELPLINE" with the number "800-950-6264", and "GOT A QUESTION?" with a "CONTACT US" button. The NAMI logo is visible in the bottom right corner of the screenshot.



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A Success Story: NAMI Yakima

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National launch

NAMI Family & Friends 2018-2019 Rollout Plan
National Alliance on Mental Illness

NAMI Family & Friends, a new 4-hour seminar, will be available for NAMI State Organizations and NAMI Affiliates to adopt beginning July 2018. The seminar informs and supports people who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources.

The seminar is not a replacement for other programs, like NAMI Family-to-Family, NAMI Basics or NAMI Homefront. NAMI Affiliates may consider offering NAMI Family & Friends every 4-6 weeks, so that people have the option of education and support while waiting for one of the multi-session courses.

Over 600 NAMI leaders from across the county contributed to the content, format and style of the seminar. NAMI Family & Friends was piloted in 2017 with 44 Affiliates in 7 western states. NAMI appreciates the support of 100 Women in Finance members and their commitment to offering the seminar throughout the U.S.

Who will lead NAMI Family & Friends seminars? How will they be trained?
The seminar will be led by experienced teachers of NAMI Basics, NAMI Family-to-Family or NAMI Homefront. The seminar leaders will be certified by completing an online training.

How will the seminar be offered?
The seminar may be offered in-person or via video-conferencing. Video-conferencing equipment is the responsibility of the NAMI Affiliate and a representative of NAMI must be present at each video location. We do not recommend participants join the seminar from their home.

What is the NAMI Family & Friends eBook?
The eBook is a companion piece that provides more detailed information covered in the seminar. It is available as an electronic download. Paper copies are not available and are not needed during the seminar. The eBook is available in English, Arabic, Chinese, Farsi, Korean, Spanish and Vietnamese.

Are there any funds available to support the adoption of the program?
\$500 is available for each qualified NAMI Affiliate. \$250 will be released once 2 affiliate members are certified to lead the seminar and 2 seminar dates are input into the NAMI Portal. The remaining \$250 will be released once the seminar is submitted via the NAMI Portal.

NAMI Family & Friends 2018-2019 Rollout Plan

Flowchart: Is the NAMI Affiliate re-affiliated?
- YES: Existing leaders of NAMI Family-to-Family or NAMI identified to be trained? → YES: Re-affiliated Model B → NAMI State Organization and Affiliate discuss capacity → State or Affiliate apply for...
- NO: Focus on re-affiliation → YES: Re-affiliated → Existing leaders of NAMI Family-to-Family or NAMI identified to be trained? → YES: Re-affiliated Model B → NAMI State Organization and Affiliate discuss capacity → State or Affiliate apply for...
- NO: Focus on re-affiliation → NO: Focus on re-affiliation

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