Mary Stephenson, President, NAMI Yakima, WA
Alexandra Dorgan, Project Specialist, National Education Programs
Suzanne Robinson, Assistant Director National Education Programs
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.
NAMI leaders from across the country contributed to the content, format and style of the seminar.
Pilot states

- Alaska
- California
- Texas
- New Mexico
- Washington
- Montana
- Oregon
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).
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
Introducing NAMI
What makes NAMI different?

### 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

1 in 5 ADULTS and 1 in 7 children in the U.S. are expected to experience a mental health condition at some point in their life.

Nearly 60% of ADULTS and 80% of YOUTH AGES 8-15 with a mental health condition don’t receive treatment.

STIGMA is a major reason people don’t seek help.

Know the WARNING SIGNS!

- Overly Anxious
- Change in Sleeping Habits
- Difficulty Concentrating
- Intense Worry or Fear
- Change in Mood
- Change in Behavior

stig-ma
/'stɪɡ-ˌmeɪ/ noun
1. a mark of disgrace associated with a particular circumstance, quality, or person, “the stigma of mental disorder”
   synonyms: shame, disgrace, disfavor, ignominy, opprobrium, humiliation, (bad) reputation
   “the stigma of bankruptcy”
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-Psycho-Social Model**

- Biological
- Social
- Psychological
Understanding trauma

Secondary Traumas for the Person in RECOVERY
- Making treatment decisions
- Medication side effects
- Self-harm
- Co-occurring mental health and substance abuse
- Criminalization

What is TRAUMA?

SECONDARY TRAUMAS for Families
- Families assume overwhelming responsibility
- Families feel confined
- Families remain uninformed
- Families are emotionally exhausted
- Families find inadequate support
Mental health conditions

Anxiety Disorders

Obsessive-Compulsive Disorder

Borderline Personality Disorder

Schizophrenia

Signs of Psychosis

Bipolar Disorder

Post-traumatic Stress Disorder (PTSD)

Dual Diagnosis
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)
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

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

Therapeutic Intervention Techniques

The most effective treatment usually involves a combination of:

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

TREATMENT Providers

- Counselor, clinician, therapist

MEDICATIONS & How They Work

COMPLEMENTARY Health Approaches

- Natural products
- Omega-3 fatty acids
- Pola...
Crisis and relapse
Self-care for families

**BURNOUT** is not just for professionals
- Emotional and physical exhaustion
- Emotional stress
- Absenteeism; decline in performance
- Increased escape behavior
- Lowered self-regard

**SELF-CARE** for family members

To LET GO...
Presentations
Support Groups
Classes
Hope and help

www.nami.org

Remember

Never lose HOPE
A Success Story:
NAMI Yakima
National launch

**NAMI Family & Friends**

2018-2019 Rollout Plan

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 country 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 leaders 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 in 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 to the Affiliate upon completion of the seminar. The remaining $250 will be released to the Affiliate upon completion of the seminar.

Family & Friends 2018-2019 Rollout Plan

- Is the NAMI Affiliate re-affiliated?
- Focus on re-affiliation

Re-affiliated Model 2

- Existing leaders of NAMI Family-to-Family or NAMI Affiliated to be trained?
- Yes

Re-affiliated Model 1

- NAMI State Organization and Affiliate discuss capacity
- NO