

*"Believe that there's light at the end of the tunnel.
Believe that you might be that light for someone else."* - Kobi Yamada

The fundamentals of caring for you, your family and your child with mental illness

NAMI Basics... is the new signature education program for parents and other caregivers of children and adolescents living with mental illnesses. The NAMI Basics course is taught by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years.

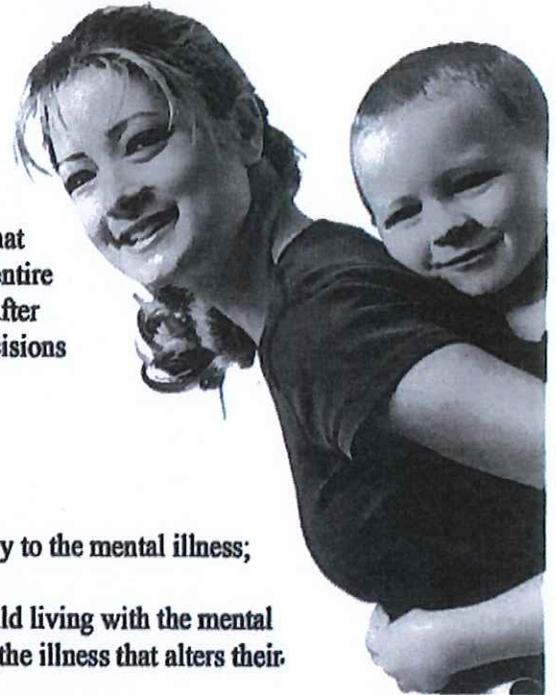
The course consists of six classes, each lasting for 2 ½ hours. Classes may be offered weekly for six consecutive weeks, or may be offered twice per week for three weeks to accommodate the hectic schedules of parents. All instruction materials are FREE to participants.

What are the goals of the NAMI Basics program?

To give the parent/caregiver the basic information necessary to take the best care possible of their child, their family, and themselves. To help the parent/caregiver cope with the impact that mental illness has on the child living with the illness and the entire family. To provide tools for the parent/caregiver to use even after completing the program that will assist in making the best decisions possible for the care of the child.

What does the course include?

- Introduction to the stages of emotional reactions of the family to the mental illness; including crisis, shock, denial, grief and acceptance.
- Insights into understanding of the lived experience of the child living with the mental illness, including learning to separate the child you love from the illness that alters their behavior and abilities.
- Current information about Attention Deficit Disorder, Major Depression, Bipolar Disorder, Conduct Disorder, Oppositional Defiant Disorder, Anxiety Disorders, Obsessive Compulsive Disorder, Childhood Schizophrenia and Substance Abuse Disorders.
- Current research related to the biology of mental illness and the evidence-based, most effective treatment strategies available, including medications used to treat mental illness in children and adolescents.
- Specific workshops to learn problem solving, listening and communication skills *and much more...*



Printed for NAMI In Maricopa
County by Mercy Maricopa
Integrated Care

for more information contact: namimarcopaedu@gmail.com, 602-759-8177

*The gift of friendship... a willingness to listen... a pair of helping hands...
a whisper from the heart. That someone cares and understands.*

NAMI Family Support Group is...

- For family members/loved ones of individuals living with a mental illness
- Meets once or twice a month or weekly in some areas.

"Using the support group model is so essential to the success of our family support groups. Without the training, networking, and support of the group members I fear that support groups would become nothing more than "cry" sessions or "gripe" sessions. As a group the collective wisdom covered a lot of possibilities towards the issues."

Studies show that...

June 21, 2010

Arlington, Va. -- Parents of adult children with mental illness who participate in education and support groups such as those offered by the National Alliance on Mental Illness (NAMI) experience more positive outcomes and fewer burdens than those who do not, according to a study in the current issue of *Psychiatric Services*.

"Participation in support groups (such as NAMI) through education and mutual support encourages parents to become advocates for their loved one, fight the stigma of mental illness, and take on various leadership roles," reports the study.

Families tell us...

In Greenville, South Carolina, WYFF-TV (Channel 4) recently reported:

"When local families can't get the help they need, many turn to NAMI." Said one local family member: "I can't imagine life without NAMI. I thank God for them. They changed our life."

"I was fortunate that when I was in crisis, I found a local Family Support group that was meeting that very night! The other family members I met there helped calm my fears and helped me to feel that I was not alone..." NAMI member 2 years



For more information contact:
namimaricopaedu@gmail.com
602-759-8177

"In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us." - Plato

What is NAMI Connection?

NAMI Connection is a recovery support group program for adults living with mental illness that is expanding in communities throughout the country. These groups provide a place that offers respect, understanding, encouragement, and hope.

NAMI Connection groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Each group:

- Meets weekly for 90 minutes
- Is offered free of charge
- Follows a flexible structure without an educational format
- Does not recommend or endorse any medications or other medical therapies
- All groups are confidential - participants can share as much or as little personal information as they wish.

Meetings will be guided by NAMI Connection's Principles of Support.

"I am not alone!

***There is a place where people understand me, are there to help me,
and I feel better about myself when I help someone else.***

I can get involved in NAMI Connection and make a difference!"

website: nami.org/connection...watch program video



For more information contact:
namimarcopaedu@gmail.com
602-759-8177

Who then can so softly bind up the wound of another as he who has felt the same wound himself. - Thomas Jefferson

The NAMI Family-to-Family Education Program... is a free, 12-week course for family caregivers of individuals with severe mental illnesses. The course is taught by trained family members. All instruction and course materials are free to class participants. Over 300,000 family members have graduated from this national program.

What does the course include?

- Current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, borderline personality disorder, and co-occurring brain disorders and addictive disorders
- Up-to-date information about medications, side effects, and strategies for medication adherence
- Current research related to the biology of brain disorders and the evidence-based, most effective treatments to promote recovery
- Gaining empathy by understanding the subjective, lived experience of a person with mental illness
- Learning in special workshops for problem solving, listening, and communication techniques
- Acquiring strategies for handling crises and relapse
- Focusing on care for the caregiver: coping with worry, stress, and emotional overload
- Guidance on locating appropriate supports and services within the community
- Information on advocacy initiatives designed to improve and expand services



"Family members who take the NAMI Family-to-Family course are better equipped to work with mental health clinicians in a collaborative manner.

My bottom-line recommendation? Take this course. It will help you learn to cope successfully with a major challenge in your life, and that, in turn, will help your loved one as he or she works toward recovery."

-- Peter Weiden, M.D., author of Breakthroughs in Antipsychotic Medications

IOOV is a presentation by two of us with mental illness that provides hope for recovery to individuals with a mental illness, their family members, providers, doctors, nurses, churches, police officers, the public, etc. For many it's the beginning of their involvement with NAMI programs.

During the presentation we talk about our own recovery, our dark days, acceptance of our mental illness, our treatment, coping skills and our successes, hopes and dreams.

Every semester we do presentations for nursing students at many of the major universities and community colleges in the Valley. We've presented for churches, psychology classes, medical schools, Native American and African American conferences, Luke Air Force Base, medical transport companies, mental health providers, the VA, High Schools, Police CIT trainings, Community Mental Health Events, etc. So far this year, we have done 100+ presentations for 2500+ people with a dedicated team of presenters.

IOOV Audience Testimonies

- It was interesting to see the 'faces' of mental illness. They are not standing out in the crowd, because they are the crowd, family, friends and co-workers.
- I know that many of us had a lot of apprehension about this clinical rotation and I think this may alleviate some of the fear and misconceptions. Thank you very much.
- It helped me to realize that what I've been going through is not normal and that I need to see a professional.
- I now know that recovery is possible and my patients will see that too.
- Seeing Terry and Tammy's presentation gave me chills. They shared so many positives and they have overcome so much. It was very humbling and enlightening. They are very inspirational and positively impacted my views on mental illness and recovery.
- It was inspirational to hear success stories from the individuals themselves, not from a textbook.
- Great explanation of what was going on. No wonder he wasn't doing what I told him to do, my voice wasn't the only one that he was hearing. Police Officer
- It was crazy seeing how real mental illness is and how many it affects.
- I am going through the phase of accepting my illness and now I'm looking for treatment. I got a bunch of helpful tips.
- It was very relatable and made me feel like less of a crazy person and I'm not alone.
- I live with a person who has Bipolar and this presentation helped me to understand how to deal with him. Help is the key.

If you know of an organization that might benefit from an IOOV presentation or someone in recovery who would like to be trained as a presenter, please contact Terry at t.mcdermott@namivalleyofthesun.org



National Alliance on Mental Illness

NAMI In Our Own Voice *Living with Mental Illness*

A Program For and By People with Mental Illness To Promote Education, Empowerment and Recovery

**Do you have a family member, friend, co-worker
or acquaintance living with a mental illness?**

Do you enjoy hearing success stories filled with inspiration?

Do you believe in the power of hope?

Then you will enjoy NAMI'S *In Our Own Voice!*

Join us... for an "In our Own Voice" Presentation

**Presentations are ideal for: human resource departments,
health care providers law enforcement professionals faith communities,
consumer groups, students or any community or civic organization!**

90 Minutes of Inspiration! Free of Charge!

Two presenters will walk you through their journey to recovery...

They will speak of their despair and of their hope...

How they are leading successful lives despite their illness...

*"Obstacles cannot crush me. Every obstacle yields to stern resolve.
He who is fixed to a star does not change his mind." -Leonardo da Vinci*

Contact Terry McDermott to schedule an "In Our Own Voice"
Presentation.

602-434-2553 or email: snap1163@gmail.com