

ABOUT NAMI



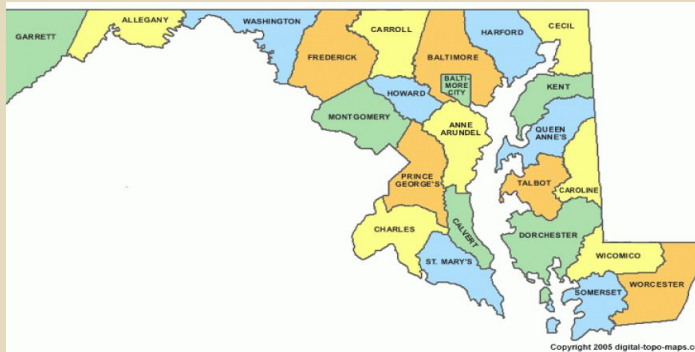
What is NAMI?

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

NAMI provides education, support, and advocacy on behalf of persons suffering from serious mental illnesses and their families/loved ones

NAMI is dedicated to improving the lives of persons living with serious mental illness and their families.

NAMI MARYLAND



Anne Arundel
Howard
MetroBaltimore: Balt.
City & County
Montgomery
Prince George's
Carroll
Frederick
Harford
Kent & Queen Anne's
Lower Shore (3
counties)
Southern Maryland (3
counties)

Support And Education For Individuals living with a mental illness



 **nami** **Peer-to-Peer**
Recovery Education Course



 **nami** **Connection**
National Alliance on Mental Illness **RECOVERY SUPPORT GROUP**



 **nami** **In Our Own Voice**
National Alliance on Mental Illness

Peer to Peer

NAMI Peer-to-Peer is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery.

Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos. However, as with all NAMI programs, it does not include recommendations for treatment approaches.

Connections Recovery Support Group

NAMI Connection Recovery Support Group is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there.

- NAMI's support groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need.
- Free of cost to participants
- Designed for adults (18+) with mental health conditions
- Led by people with mental health conditions
- 90 minutes long and meets weekly, every other week or monthly (varies by location)
- No specific medical therapy or treatment is endorsed
- Confidential

In Our Own Voice

NAMI In Our Own Voice presentations change attitudes, assumptions and ideas about people with mental health conditions. These free, 40-, 60- or 90-minute presentations provide a personal perspective of mental health conditions, as leaders with lived experience talk openly about what it's like to have a mental health condition.

This presentation provides:

- An opportunity to hear open and honest perspectives on a highly misunderstood topic
- A chance to ask leaders questions, allowing for a deeper understanding of mental health conditions and dispelling of stereotypes and misconceptions
- The understanding that people with mental health conditions have lives enriched by hopes, dreams and goals
- Information on how to learn more about mental health and get involved with the mental health community

Support and Education For Family and Friends



Family to Family

NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of people with mental health conditions. It is a designated evidenced-based program. This means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussions and interactive exercises.

Basics

NAMI Basics is a 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, 99% of whom say they would recommend the program to others.

Family Support Group

NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.

NAMI's support groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

- Free of cost to participants
- Designed for adult loved ones of people with mental health conditions
- Led by family members of people with mental health conditions
- 60-90 minutes long and meets weekly, every other week or monthly (varies by location)
- No specific medical therapy or treatment is endorsed

NAMI HOMEFRONT

NAMI Homefront is a free, 6-session educational program for families, caregivers and friends of military service members and veterans with mental health conditions. Based on the nationally recognized [NAMI Family-to-Family](#) program, NAMI Homefront is designed to address the unique needs of family, caregivers and friends of those who have served or are currently serving our country. The program is taught by trained family members of service members/veterans with mental health conditions.

Community

NAMI Maryland Annual Conference

The NAMI Maryland Annual Conference will be held virtually on October 13-14, 2023. It will bring together experts, advocates, and individuals passionate about mental health. Together, we'll delve into crucial topics, foster insightful conversations, and work towards improving the lives of those affected by mental illness.

Also a great opportunity for CEU's!!

NAMI Walks

Through NAMIWalks' public, active display of support for people affected by mental illness and their loved ones, we are changing how Marylanders and Americans view mental illness. NAMIWalks affords us the opportunity to share the message that help and hope are available for those in need.

NAMIWalks proceeds support mental health programs offered at NO COST throughout Maryland and help us to offer essential, practical education and support at no cost to our local communities

FOR PROFESSIONALS

NAMI PROVIDER

NAMI Provider is a class for mental health professionals. NAMI Provider is designed to expand the participants' compassion for the individuals and their families and to promote a collaborative model of care.

How to contact the appropriate affiliate

<https://www.nami.org/Find-Your-Local-NAMI/Affiliate?state=MD>

- Anne Arundel
- Howard
- MetroBaltimore: Balt. City & County
- Montgomery
- Prince George's
- Carroll
- Frederick
- Harford
- Kent & Queen Anne's
- Lower Shore (3 counties)
- Southern Maryland (3 counties)

THANK YOU!