

## What is NAMI Austin?

NAMI Austin is a 501(c)3 nonprofit organization affiliated with the National Alliance on Mental Illness (NAMI) and NAMI Texas. Founded in 1984, NAMI Austin is celebrating 25 years as a volunteer network of families, mental health consumers and professionals, dedicated to improving the lives of all persons affected by serious mental illness through our support, education and advocacy programs. NAMI Austin's Taxpayer ID number is 74-2374858.

## NAMI Austin Programs

### ■ Free Education Classes and Support Groups

- Family-to-Family, a 12-week course for family and friends of adults who have schizophrenia, bipolar disorder, clinical depression, obsessive-compulsive disorder or post traumatic stress disorder.
- Visions for Tomorrow, an 8-10 week course addressing the needs of younger families and caregivers in dealing with children and adolescents with mental illness.
- Family Connections, a 12-week course designed for family members and friends of persons who have Borderline Personality Disorder, a serious mental illness characterized by pervasive instability in moods, interpersonal relationships, self-image, and behavior.
- NAMI Connection, a weekly recovery support group for consumers; a support group has been organized specifically to deal with the unique challenges Veterans face.
- Support groups are also offered for families.

### ■ Public Education and Information Activities

- In 2008, NAMI Austin served over 1,900 callers and our website at [www.namiaustin.org](http://www.namiaustin.org) received over 7,750 visitors, all looking for information, referral, and education.
- *In Our Own Voice* – In 2008, our speakers bureau composed of 10 trained consumers living with mental illness made 46 presentations to groups throughout the Austin community. These presentations educate the public and support consumer recovery and empowerment while dispelling the stigma of mental illness.
- Monthly program meetings, with invited guest speakers, focus on support, information, education and opportunities for advocacy. All programs are free and open to the public.

### ■ Advocacy on Behalf of People Living with Mental Illness

NAMI Austin joins with other partners of the mental health system to work toward the common goal of a comprehensive recovery-based model that meets the needs of all persons with serious mental illnesses in the community. NAMI Austin joins with other local, state and national organizations in advocating to ensure that non-discriminatory and equitable public and private policies are in place. NAMI Austin has a commitment to support research into the causes and improved treatments for mental illnesses.

### ■ Public Awareness Activities That Help Dispel the Stigma of Mental Illness and Encourage Early Intervention and Treatment

*NAMIWALKS for the Mind of America* raises funds and awareness across the country. The WALKS have been a powerful vehicle for supporters of persons with mental illnesses, as well as those living with an illness. It is an opportunity to engage others that they come in contact with on a daily basis to better understand what mental illness is and to know that recovery is now possible. On October 4, 2008, NAMI Austin held our third annual NAMIWALKS event attracting more than 850 walkers and raising \$100,000 – from 25 sponsors and more than 1,000 individual donors – to help fund NAMI Austin's support, education and advocacy programs.

### ■ Austin Clubhouse – New Project for 2009!

NAMI Austin has taken the lead in spearheading a new project to open a Clubhouse for mental health consumers in Austin within the next 12 to 18 months. Several members of the Austin mental health community are partnering with NAMI Austin to reach this goal. A Clubhouse is both a program and a place – offering a comprehensive mix of rehabilitation services in a restorative environment for people whose lives have been drastically disrupted due to mental illness. Clubhouses are organized around a work-ordered day and designed to help adults living with serious mental illness rejoin the worlds of work, education, family, and friends.