

# Innovative Programs Targeting Youth and Young Adults Living with Mental Illness and their Families

A joint project of: NAMI Child and Adolescent Action Center NAMI Education, Training and Peer Support Center

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#### **Purpose**

This catalog of programs and activities is designed to allow NAMI State Organizations and NAMI Affiliates to learn about programs in the field that focus on youth and young adults.

The programs listed include those developed by NAMI at all levels of the organization and other programs and activities developed outside of NAMI State Organizations and NAMI Affiliates.

This listing of programs will be updated periodically so please send programs that your organization has available, but that are not listed, to Jessica Hart at <a href="mailto:jwhart@nami.org">jwhart@nami.org</a>.

# **NAMI Signature Programs**

#### **NAMI Basics**

Target Population: Parents and caregivers of children birth to 18 who have a mental illness
Description: 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.

**Duration:** 6 classes, each lasting 2 ½ hours

Website: www.nami.org/basics

NAMI Organization: NAMI Contact Person: Teri Brister Email: tbrister@nami.org Phone: (601) 825-5338

Added: 11/1/2012 Updated:

#### **NAMI On Campus**

**Target Population:** College students

**Description:** NAMI on Campus clubs are student-led campus clubs that help to raise mental health awareness among college students, faculty and staff. These clubs provide support, education and advocacy on college campuses. NAMI on Campus clubs provide students with access to the staff, resources, opportunities, benefits and support of being part of the larger NAMI cause—continuing beyond their college years.

**Duration:** Varies

Website: <a href="https://www.nami.org/oncampus">www.nami.org/oncampus</a>

NAMI Organization: NAMI Contact Person: Dana Crudo Markey

Email: danac@nami.org Phone: (703) 600-1117

Added: 1/25/2013 Updated:

#### **Parents & Teachers as Allies**

Target Population: School professionals and families within the school community

**Description:** Parents & Teachers as Allies is an in-service training program for school professionals to help them better understand the early warning signs of mental illnesses in children and adolescents and how best to intervene so that youth with mental health treatment needs are linked with services. It also covers the lived experience of mental illnesses and how schools can best communicate with families about mental health related concerns.

**Duration:** 2 hours

Website: www.nami.org/parentsandteachers

NAMI Organization: NAMI Contact Person: Maura Bulger

Email: mbulger@nami.org Phone: (703) 516-7994

Added: 1/25/2013 Updated:

# In-School Education Programs for Students, School Professionals & Families

#### **Breaking the Silence**

Target Population: Upper elementary, middle school, and high school students

**Description:** Breaking the Silence is an educational program that consists of lesson plans that school

professionals use to better educate students about mental illness.

Website: http://www.btslessonplans.org/

**Duration:** Varies

NAMI Organization: NAMI Nassau/Queens, New York
Email: btslessonplans@aol.com
Phone: (516) 326-0797

Added: 1/4/2013 Updated:

#### **Educating the Educators (ETE) Program**

Target Population: K-12 educators

**Description:** Educating the Educators (ETE) is presented by a physician, a parent and either a classroom teacher or a special education administrator. During an ETE session, presenters provide an overview of practical tools to help motivate children with social and emotional disorders, including ADD, ADHD, Bipolar Disorder, Major Depression, Schizophrenia, Schizoaffective Disorder and Anxiety Disorders, including Obsessive-Compulsive Disorder (OCD), as well as Autism. Topics include symptoms, treatment, collaboration, resources, referrals, stigma, empathy and accommodations.

Duration: 1-3 hours

Website: <a href="http://www.naminj.org/programs/Educating">http://www.naminj.org/programs/Educating</a> the Educators.htm

NAMI Organization: NAMI New Jersey Contact Person: Lorrie Bauman

**Email:** <a href="mailto:schoolprograms@naminj.org">schoolprograms@naminj.org</a> **Phone:** (800) 706-0316

Added: 1/2/2013 Updated:

#### **Educating the Next Generation**

Target Population: Middle school and high school students

**Description:** This program brings the truth about mental health, mental illness and local resources to middle and high school students using trained volunteers to teach an interactive class. Students complete pre and post tests to measure change in their understanding of stigma, bias and stereotypes associated with mental illness.

**Duration:** 45 minutes

Website: <a href="http://www.nami-greaterseattle.org/generation.html">http://www.nami-greaterseattle.org/generation.html</a>

NAMI Organization: NAMI Greater Seattle, Washington Contact Person: Lyndsay Campbell

Email: office@nami-greaterseattle.org Phone: (206) 783-9264

Added: 1/9/2013 Updated:

#### **Ending the Silence**

**Target Population:** Middle and high school students

Description: Ending The Silence is an educational program for middle and high school students, usually delivered in a health class. The program consists of an interactive power point presentation full of facts on signs and symptoms of mental illness and ways to get help and to help others.

Resource cards given to students and postcards sent home to parents provide the follow up support needed within the community. But the most powerful part of "Ending The Silence" is when the individual living well in recovery shares their personal story.

Duration: 1 to 1 ½ hours

Website: <a href="http://www.endingthesilence.org">http://www.endingthesilence.org</a>
<a href="NAMI Organization">NAMI DuPage, Illinois</a>
<a href="Contact Person">Contact Person</a>: Brenda Hilligoss

Email: <u>brendahilligoss@ameritech.net</u> Phone: (630) 873-0644

Added: 11/1/2012 Updated:

#### **Every Mind Matters**

**Target Population:** Students in grades 5-12

**Description:** The Every Mind Matters Program Resource is an interactive health supplement designed for students to enhance their knowledge about physical and mental health and strengthen their coping strategies in dealing with stressful feelings and situations. It is designed for use by health teachers, guidance counselors, school psychologists, school social workers and school nurses.

**Duration:** 3 - 50 minute lessons

Website: <a href="http://www.naminj.org/programs/emm/Every Mind Matters.htm">http://www.naminj.org/programs/emm/Every Mind Matters.htm</a>

NAMI Organization: NAMI New Jersey Contact Person: Kathleen Considine

Email: ete@naminj.org Phone: (800) 706-0316

Added: 1/2/2013 Updated:

#### **Hope for Tomorrow**

Target Population: Junior and senior high school students, teachers and parents

**Description:** Hope for Tomorrow is a mental health education program which brings together the combined efforts and insights of mental health professionals, educators, and other experts to help families, teachers, students and communities understand mental illness. Goals are to raise awareness, erase stigma and foster hope among students and their families.

The program consists of a program manual, 3-segment video/DVD, and supplemental CD. Components include: In-class discussion guides, video interviews with young people, parents, and professionals, Parents & Teachers as Allies a teacher in-service, parent community forums, mental health tips of the day, lunchtime forums, anonymous student box, bulletin boards and posters.

**Duration:** Varies

Website: <a href="http://www.namiut.org/find-local-support/free-education/hope-for-tomorrow">http://www.namiut.org/find-local-support/free-education/hope-for-tomorrow</a>
NAMI Organization: NAMI Utah
Contact Person: Wendy Fayles

Email: wendyf@namiut.org Phone: (801) 323-9900

Added: 11/1/2012 Updated:

#### **Inside Mental Illness**

Target Population: Students, parents, teachers and the community

**Description:** Inside Mental Illness is a free educational program for students, parents, teachers and the community. The program explores myths and misconceptions about mental illness and offers an introduction to mood disorders and thought disorders and engages students in an active discussion of the impact of stigma.

**Duration:** 2 - 45 minute classes

Website: http://www.namirhodeisland.org/home/Education.html

NAMI Organization: NAMI Rhode Island Contact Person: Penny Ferrara

Email: pennynamiri@aol.com Phone: (401) 331-3060

Added: 1/9/2013 Updated:

#### **Psychology Club**

**Target Population:** High school students

Description: NAMI Affiliate partners with local high school teachers to co-sponsor Psych Club for the school. NAMI assists with recruiting speakers and discussion topics for monthly meetings with school. Great volunteer recruitment source for Walk, programs, etc. Builds awareness and creates a safe place to share and be open. Many members have a diagnosis or have a family member/close friend with a diagnosis.

**Duration:** Ongoing

Website: www.namivb.org/

**NAMI Organization:** NAMI Virginia Beach **Contact Person:** Kathleen Ashby

**Email:** Information not available Phone: (757) 499-2041

Added: 11/1/2012 Updated:

#### Recognizing Early Warning Signs of Mental Illness in Children and Adolescents

**Target Population:** Teachers and professionals

**Description:** A workshop for teachers and professionals on recognizing early warning signs of mental

Contact Person: Donna Fox

illness in children and adolescents. Continuing Education Credits are offered.

**Duration:** 2 hours

Website: http://www.namihelps.org/ **NAMI Organization: NAMI Minnesota** 

Email: dfox@namimn.org Phone: (651) 645-2948

Added: 11/1/2012 Updated:

#### **School Outreach Program**

**Target Population:** Elementary, intermediate and secondary students

**Description:** A grade appropriate, interactive presentation, enhanced by visual aids answering questions about mental illness. Since the onset of many brain disorders occurs during these early years of development, the School Outreach Program aims to demystify the topic of mental illness.

**Duration:** Information not available

Website: http://www.namioc.org/education/community-outreach-programs/school-outreach

**NAMI Organization:** NAMI Orange County, California **Contact Person:** Kristen Pankratz Email: kpankratz@namioc.org Phone: (714) 544-8488 ex.108

Added: 1/2/2013 Updated:

#### **Supported Education Program**

Target Population: 18 and older

Description: The Supported Education Program assists people with psychiatric disabilities in obtaining their educational goals. Participants gain individualized assistance at all stages of the educational process, from exploration to enrollment and success in the classroom. The Supported Education Program can assist with obtaining a high school diploma, GED, or college education. Students will learn specific individualized techniques in handling stress of being in school, setting priorities, planning and succeeding in reaching their academic goals.

**Duration:** Information not available **Website:** Information not available **NAMI Organization:** NAMI Kansas

Email: pvega@valeotopeka.org Phone: (785) 357-0580

Added: 11/1/2012 Updated:

#### **Visions for Tomorrow (Professional In-Service)**

**Target Population:** Teachers, counselors, mental health care providers, juvenile center employees and other professionals

Contact Person: Patricia (Pat) Vega

**Description:** Visions for Tomorrow (VFT) Professional In-Service is designed to address the needs of those who work with children such as teachers, counselors, mental health care providers, juvenile center employees and other professionals. The goals of the VFT Professional In-Service component include:

- 1. Educating professionals about the symptoms and treatment of mental illness in children, as well as the impact these brain disorders have on families.
- 2. Providing a mechanism for NAMI Affliates to partner with local organizations and agencies, build a referral base for Visions for Tomorrow classes, build the local NAMI Affiliates membership base, and generate funds to support the activities of the local Affiliate.

**Duration:** 8, 10 or 12 week format

Website: <a href="http://www.namitexas.org/programs/visions.shtml">http://www.namitexas.org/programs/visions.shtml</a>

NAMI Organization: NAMI Texas Contact Person: Patti Haynes Email: phaynes@namitexas.org Phone: (512) 693-2000

Added: 1/9/2013 Updated:

# **Education Programs for Children, Youth & Young Adults**

#### **Great Minds Think Alike (GMTA)**

**Target Population:** 12 − 19 years of age

**Description:** GMTA provides youth with the skills necessary to take a leadership role in their own recovery and to aid others who live with the symptoms of mental illness. Through GMTA youth begin to understand their symptoms and through the interventions they learn to live with their diagnosis and find success in their daily life. It provides an easy to understand workbook to learn from and to refer to.

**Duration:** It can be taught in several formats – 8 weeks, 10 week or 3 weekends.

Website: <a href="https://www.namitexas.org/programs">www.namitexas.org/programs</a>

NAMI Organization: NAMI Texas Contact Person: Patti Haynes Email: phaynes@namitexas.org Phone: (972) 475-4786

Added: 11/1/2012 Updated:

#### **HopeVoice**

Target Population: 14-18 years of age with a parent or sibling with a mental illness

Description: Youth learn how to tell their stories using digital media, including video, photography and

other outlets

**Duration:** Information not available **Website:** Information not available

NAMI Organization: NAMI Virginia Contact Person: Stephany Melton Hardison

Email: smelton@namivirginia.org Phone: (804) 285-8264 x206

Added: 11/1/2012 Updated:

#### **Kidshops**

Target Population: 7-18 years of age with a parent or sibling with a mental illness

**Description:** Why do they act that way? It's not fair! It's embarrassing! These complaints are often voiced by kids who have a parent or sibling with a mental illness. Kidshops provides a fun experience where kids join in activities, share concerns, get support and learn that they are not alone. The classes are free and lunch is included. Registration is required, and parents are asked a few questions to ensure their child is a good fit.

**Duration:** Information not available **Website:** <a href="http://www.namihelps.org/">http://www.namihelps.org/</a>

NAMI Organization: NAMI Minnesota Contact Person: Donna Fox Email: dfox@namimn.org Phone: (651) 645-2948

Added: 11/1/2012 Updated:

#### **NAMI Journey Basics Education Program**

Target Population: Transition-aged youth in Hamilton County, Ohio

Description: Five-year grant from the Ohio Department of Mental Health & SAMSHA to develop a

system of care for transition aged youth. Currently (2013) in year four.

**Duration:** Information not available **Website:** Information not available

NAMI Organization: NAMI Hamilton Co. Ohio Contact Person: Cheryl Reeve

Email: cheryl.reeve@namihc.org Phone: (513) 351-3500

Added: 11/1/2012 Updated:

#### **NAMI Peer-to-Peer for Young Adults**

**Target Population:** 18-28 years of age

**Description:** Free learning and support program for young adults living with mental illness who are interested in establishing and maintaining their recovery and wellness through peer support.

Duration: 10 sessions

**Duration:** 10 session:

Website: <a href="https://www.NAMI-NorthernVirginia.org">www.NAMI-NorthernVirginia.org</a>
<a href="https://www.NAMI-NorthernVirginia.org">NAMI Organization:</a> NAMI Northern Virginia

Email: kristen.duda.naminova@gmail.com

Added: 11/1/2012

Contact Person: Kristen Duda

Phone: (703) 525-0686

Updated:

#### Progression – Utah (also available in Minnesota)

Target Population: 13-18 years of age

**Description:** Progression is a course for adolescents with mental health issues. We usually use it as a companion class to NAMI Basics. It is taught by young adults 21 and over who have experience being an adolescent with mental illness. Youth learn about different illnesses, coping skills, advocacy, etc.

**Duration:** 6 weeks

**Website:** http://www.namiut.org/find-local-support/free-education/progression

NAMI Organization: NAMI Utah Contact Person: Wendy Fayles

Email: wendyf@namiut.org Phone: (801) 323-9900

Added: 11/1/2012 Updated:

# **Education Programs for Parents, Family Caregivers & Professionals**

#### **Children's Challenging Behaviors Workshops**

**Target Population:** Parents and family caregivers

Description: Information is provided on childhood mental health disorders along with support and

strategies for home and school.

**Duration:** Information not available **Website:** <a href="http://www.namihelps.org">http://www.namihelps.org</a>

NAMI Organization: NAMI Minnesota Contact Person: Donna Fox Email: dfox@namimn.org Phone: (651) 645-2948

Added: 11/1/2012 Updated:

#### **Colorado Visions**

**Target Population:** Parents and family caregivers

**Description:** The Colorado Visions program provides education and support to family members and caregivers of children and adolescents with a mental illness. Colorado Visions is extremely helpful to those who face the day-to-day challenges of taking care of their children or adolescents with mental health issues.

Duration: 5 weeks, 1-3 hours

Website: <a href="http://www.namicolorado.org/visions.html">http://www.namicolorado.org/visions.html</a>

NAMI Organization: NAMI Colorado Contact Person: Cheri Bishop
Email: cbishopnami@aol.com Phone: (303) 518-1289

Added: 1/16/2013 Updated:

#### Community Mental Health Workers (CHMW) or Promotores de Salud Mental

**Target Population:** Parents and family caregivers

Description: CMHW Program is a peer-based project that offers community – based education and tools to parents and caregivers of children or adolescents with behavioral health disorders regarding mental health, children's mental illnesses, and mental health services available to the Hispanic / Latino community. CMHW services are delivered, for the most part, through an educational program — "Learning Together: Changing Minds" which is a FREE program for Spanish speaking or bilingual parents and caregivers of children and adolescents who have a mental illness.

**Duration:** 6 weeks

Website: http://www.namict.org/educational-programs.php

NAMI Organization: NAMI Connecticut Contact Person: Janice Shilosky

Email: resources@namict.org Phone: (860) 882-0236

Added: 1/16/2013 Updated:

#### **Helping Students Succeed**

Target Population: Parents of school-age children

**Description:** This workshop provides information to parents of school-age children about special education services, the evaluation process, Individualized Education Programs (IEP), 504 plans, accommodations and modifications.

**Duration:** 2 hours

Website: http://www.namihelps.org/classes/other-classes.html

NAMI Organization: NAMI MinnesotaContact Person: Andrea LeeEmail: <a href="mailto:alee@namimn.org">alee@namimn.org</a>Phone: (651) 645-2948 x106

Added: 1/9/2013 Updated:

#### Parents Meeting the Challenge (PMC)

**Target Population:** Parents and caregivers

**Description:** PMC is an 8 session educational program that provides parents and primary caregivers the opportunity to learn, share and connect with others who face similar challenges in caring for children/adolescents with emotional and behavioral disorders. This program provides tools, strategies and information to help parents and caregivers meet the challenges of parenting/taking care of a child with emotional and behavioral disorders, to navigate the system and advocate for their child's mental health needs.

Duration: 8 weeks

**Website:** <a href="http://www.naminh.org/education/family-education/pmc">http://www.naminh.org/education/family-education/pmc</a>

NAMI Organization: NAMI New Hampshire Contact Person: Claudia Ferber

Email: cferber@naminh.org Phone: (603) 255-5359

Added: 1/25/2012 Updated:

#### **Visions for Tomorrow (VFT)**

Target Population: Parents and caregivers

**Description:** VFT is a curricula that addresses the needs of younger families who have a child or adolescent with a mental illness. Taught by primary caregivers, VFT classes offer families a safe and supportive place to share experiences and learn from other adults who care for children with mental illness. Primary caregivers include not only parents, but grandparents, aunts,

uncles, respite care providers and foster parents, as well. By providing education, empathy and empowerment, families will have the tools to build visions for their family's tomorrow.

Duration: 8, 10 or 12 week format

Website: http://www.namitexas.org/programs/visions.shtml

NAMI Organization: NAMI Texas Contact Person: Patti Haynes Email: <a href="mailto:phaynes@namitexas.org">phaynes@namitexas.org</a> Phone: (512) 693-2000

Added: 1/9/2013 Updated:

#### What to Expect When You are Transitioning

Target Population: Parents and caregivers of transition age adolescents

**Description:** Transition to the next step after high school is especially difficult for kids with mental illnesses. NAMI Minnesota's transition project director provides an overview of transition-

related issues to help parents think about planning.

**Duration: 2 hours** 

Website: <a href="http://www.namihelps.org/classes.html">http://www.namihelps.org/classes.html</a>

NAMI Organization: NAMI Minnesota Contact Person: Andrea Lee
Email: alee@namimn.org Phone: (651) 645-2948 x106

Added: 1/24/2013 Updated:

#### **Young Families Program**

**Target Population:** Parents and child-serving agency professionals.

**Description:** This program offers educational workshops and presentations by trained volunteers to parents and child-serving agency professionals to help them better understand the nature and treatment of serious emotional disorders and mental illness in children.

**Duration:** Information not available

Website: <a href="http://naminc.org/support-and-education/children/young-families/">http://naminc.org/support-and-education/children/young-families/</a>

NAMI Organization: NAMI North Carolina Contact Person: Jennifer Rothman

Email: jrothman@naminc.org Phone: (919) 788-0801

*Added:* 1/9/2013 *Updated:* 

# **Support Groups for Youth & Young Adults**

#### 5 O'Clock Friday

Target Population: 19-26 years of age

**Description:** Support group for young adults – peer led connections group

**Duration:** Ongoing

Website: www.namifoxvalley.org

NAMI Organization: NAMI Fox Valley, Wisconsin

Contact Person: Beth Clay

Email: beth@namifoxvalley.org

Phone: (920) 954-1550

Added: 11/1/2012 Updated:

#### **Care Connection Weekly Support Group**

Target Population: 18 to 28 years of age

**Description:** Weekly Connections support group for young adults affected by mental illness.

**Duration:** Ongoing

Website: www.namiwaukesha.org

NAMI Organization: NAMI Waukesha, Wisconsin Contact Person: Barbara Ducey

Email: barb@namiwaukesha.org Phone: (262) 524-8886

Added: 11/1/2012 Updated:

#### **Community Activities for Reaching Empowerment (CARE)**

Target Population: 18 and up

**Description:** CARE is a goal-directed psychosocial program that provides rehabilitation opportunities to persons who have severe and persistent mental illness or are Psychiatric Service Rehabilitation (PRS) eligible and live in Shawnee County. Services are provided to develop skills in the areas of pre-vocation/education, daily problem solving, leisure strategies, health, personal relationships, and emotional/behavior self-management to assist in overcoming functional deficits and interpersonal and/or environmental barriers associated with mental illness.

Contact Person: Patricia (Pat) Vega

**Duration:** Ongoing

Website: <a href="https://www.namikansas.org">www.namikansas.org</a>
<a href="https://www.namikansas.org">NAMI Organization: NAMI Kansas</a>

Email: pvega@valeotopeka.org Phone: (785) 357-0580

Added: 11/1/2012 Updated:

#### **Friends in Recovery**

Target Population: 18 and up

**Description:** Our peer-pal program partners two people to mentor one another.

**Duration:** Ongoing

Website: www.namistanislaus.org

NAMI Organization: NAMI Stanislaus, California Contact Person: Lynn Padlo Email: LPadlo234@comcast.net Phone: (209) 404-6015

Added: 11/1/2012 Updated:

#### **Life Under Construction**

Target Population: 14-21 years of age

**Description:** Peer-to-peer young adult support page on Facebook.

**Duration:** Ongoing

Website: http://www.naminh.org/support/teens-young-adults

NAMI Organization: NAMI New Hampshire Contact Person: Claudia Ferber

Email: cferber@naminh.org Phone: (603) 225-5359

Added: 1/4/2013 Updated:

#### **NAMI Journey Support Group**

Target Population: Transition aged youth in Hamilton County, Ohio

Description: Five-year grant from the Ohio Department of Mental Health & SAMSHA to develop a

system of care for transition aged youth - currently (2013) in year four.

**Duration:** Ongoing

Website: www.namihc.org

NAMI Organization: NAMI Hamilton County, Ohio Contact Person: Cheryl Reeve

Email: Cheryl.reeve@namihc.org Phone: (513) 351-3500

Added: 11/1/2012 Undated:

#### **OutSpoken Young Minds**

Target Population: 13-25 years of age

**Description:** A community collaborative to coordinate and provide resources information and education to our community on mental health issues through outreach and quarterly conferences. The goal is to develop trained peer facilitated supervised support groups for youth ranging in age

from 13 to 25.

**Duration:** Ongoing

Website: http://www.kernosym.blogspot.com/

NAMI Organization: NAMI Kern County, California Contact Person: Russ Sempell MFT

Email: russmft@aol.com Phone: (661) 303-1416

Added: 1/16/2013 Updated:

#### **Peer Support Program**

Target Population: 18 and older

**Description:** Peer Support is a structured relationship with a trained individual who has, personally, gone through a process of recovery. This trained recovery specialist assists others with mental

**Contact Person:** Patricia (Pat) Vega

health issues, identify and achieve life goals as part of their recovery process.

**Duration:** Ongoing

Website: www.namikansas.org **NAMI Organization:** NAMI Kansas

Email: pvega@valeotopeka.org Phone: (785) 357-0580

Added: 11/1/2012 Updated:

#### **Teens ADHD Success Strategies Support Group**

Target Population: Teenagers with ADHD

Description: Support group that focuses on coping strategies for teens who have ADHD. Group co-

facilitated by a LPC.

**Duration:** 1 ½ hours

Website: www.namigreatercleveland.org

NAMI Organization: NAMI Greater Cleveland, Ohio **Contact Person:** Evelyn Rivera-Mosquera

Email: evelyntrivera@sbcglobal.net Phone: (216) 875-7776

Added: 1/9/2013 Updated:

#### **Teen Support Group**

**Target Population:** 13-18 years of age

**Description:** Support group for teens, facilitated by professionals

**Duration:** Ongoing

Website: www.namifoxvalley.org

**NAMI Organization:** NAMI Fox Valley, Wisconsin **Contact Person:** Beth Clay Email: beth@namifoxvalley.org Phone: (920) 954-1550

Added: 11/1/2012 Updated:

#### **Text 4 Teens**

**Target Population:** Teenagers

Description: Text 4 Teens is a program that offers teens who might be dealing with difficult situations a

way to text anonymously to receive support that they might be too embarrassed to get

elsewhere. **Duration:** Ongoing

Website: <a href="http://naminc.org/support-and-education/text-4-teens/">http://naminc.org/support-and-education/text-4-teens/</a>

NAMI Organization: NAMI North Carolina Contact Person: Jennifer Rothman

Phone: (919) 788-0801 Email: jrothman@naminc.org

Added: 1/4/2013 Updated:

#### V.E.N.T.

Target Population: 18-26 years of age

Description: Support group for young adults. Together we can work through life's hardships, give

suggestions, and most importantly support each other in an environment that is judgment free.

**Duration:** 1 ½ hours, once a week

Website: http://www.namitoledo.org/?pg=support

NAMI Organization: NAMI Greater Toledo, Ohio Contact Person: Linda Barnes

Email: lbarnes@namigreatertoledo.org Phone: (419) 243-1119

Added: 1/9/2013 Updated:

#### **Young Adult Support Group**

**Target Population:** 18-30 years of age

**Description:** Support group for young adults. Meetings are led by NAMI members who have personal

experience with the topic. **Duration:** 1 ½ hours, once a month

Website: http://www.nami-eastside.org/

**NAMI Organization:** NAMI Eastside, Washington **Contact Person:** 

Email: info@nami-eastside.org Phone: (425) 885-NAMI (6264)

Added: 1/9/2013 Updated:

# Support Groups for Parents of Children, Youth & Young Adults with Mental Illness

#### **Family Partnership Support**

Target Population: Parents and caregivers with youth 16-25 years of age

**Description:** Support group for Parents/Caregivers of Transition-Age Youth with Psychiatric Disabilities.

**Duration:** 1 ½ hours, once a month

Website: http://www.namicalifornia.org/event-classes.php?page=event-

classes&lang=eng&id=758#.UPcQ1h2x82s

**NAMI Organization:** NAMI California (Yolo County) Contact Person: Donna Bousquet Email: Information not available Phone: (530) 666-6769

Added: 1/16/2013 Updated:

#### NAMI Children and Adolescent Network (CAN)

Target Population: For parents with children 5-16 years of age

**Description:** NAMI–CAN is a support group for parents of young children with early onset mental illness.

The support group is led by trained facilitators who have a child with mental illness.

**Duration:** Once a month Website: www.namisg.info

NAMI Organization: NAMI Stamford/Greenwich, CT **Contact Person:** Lorraine Zegibe

**Email:** lorraine z@yahoo.com Phone: (203) 858-1477

Added: 11/1/2012 Updated:

#### **Parent Online Support Group**

Target Population: Parents and primary caregivers of children, adolescents and young adults

**Description:** An online parent support group for parents with children, adolescents and young adults

who have mental illness. Duration: 1 ½ hours, twice a month

Website: http://www.naminh.org/support/online-support-groups

**NAMI Organization:** NAMI New Hampshire Contact Person: Susan Allen-Samuel

Email: sallen@naminh.org Phone: (603) 225-5359

Added: 1/29/2013 Updated:

#### **Parent Resource and Support Group**

Target Population: Parents with children diagnosed with or suspected of having bipolar or other mood

disorders

**Description:** A twice-a-month parent support group for parents with children diagnosed with or

suspected of having bipolar or other mood disorders.

Duration: 2 hours, twice a month

Website: http://www.namicalifornia.org/event-classes.php?page=event-

classes&lang=eng&id=1015#.UPcIPh2x8rc

NAMI Organization: NAMI California (Alameda County) Contact Person: Suzi Glorioso

Email: glorios4@comcast.net Phone: (925) 443-1797

Added: 1/16/2013 Updated:

#### **Parent Resource Groups**

Target Population: Parents of children, adolescents and young adults

Description: This support group helps parents discover resources to meet the challenges of raising a child with mental illness, learn coping skills and develop problem solving skills. Each of the support groups are facilitated by a parent who has a child with a mental illness and who has

received specialized training.

**Duration:** 1 ½-2 hours, number of times per month varies

Website: http://www.namihelps.org/support/parent-resource-groups.html

Contact Person: Jennie Bennett **NAMI Organization:** NAMI Minnesota

Email: jbennett@namimn.org Phone: (651) 645-2948

Added: 1/23/2013 Updated:

#### **Parent Support Groups**

Target Population: Parents and caregivers of children and adolescents who have serious emotional

disorders

**Description:** These support group helps parents and caregivers in the following areas:

understanding the challenges they face and the opportunities ahead

learning new coping skills

sharing successes and strategies

**Duration:** 2 hours, once a month

Website: http://www.naminh.org/support/families-friends-children/parent-support-groups **NAMI Organization:** NAMI New Hampshire Contact Person: Susan Allen-Samuel

Email: sallen@naminh.org Phone: (603) 225-5359

Updated: Added: 1/29/2013

#### **Parent Email Warmline**

Target Population: Parents of children, adolescents and young adults

Description: Feeling isolated & overwhelmed by your child's behavior or mental illness? Not sure where to start or who to talk to? No time to attend support groups or classes? Even phone calls a challenge? NAMI's Parent Warmline allows callers to connect with a parent peer specialist. Each support team member is a parent of a child or young adult with a mental illness or challenging behavior that can help find resources, answers to questions and a support network. Messages get a response within 24 hours.

Contact Person: Jenny Bennett

**Duration:** Ongoing

Website: http://www.namihelps.org/ **NAMI Organization: NAMI Minnesota** 

**Email:** parent.resources@namimn.org **Phone**: (651) 645-2948

Added: 1/16/2013 Updated:

#### Support Group for Parents and Families of Children, Adolescents & Teens

Target Population: Parents of children, adolescents and teens

**Description:** Support group for parents and families of children, adolescents and teens with neurobiological disorders; such as Tourett's Syndrome, obsessive-compulsive disorder, schizophrenia, anxiety and bi-polar disorder.

**Duration:** 1 hour and 45 minutes

Website: http://www.namicalifornia.org/event-classes.php?page=event-

classes&lang=eng&id=739#.UPb9vB2x8rc

NAMI Organization: NAMI California (Alameda County) Contact Person: Liz Rebensdorf

**Email:** namieastbay@earthlink.net Phone: (510) 524-1250

Added: 1/16/2013 Updated:

#### **Young Families Program**

Target Population: Parents and caregivers of children who have severe emotional disorders

**Description:** Young Families offers support for parents and direct caregivers of children who have severe emotional disorders through the Young Family Network. The groups are led by parents and caregivers who have lived and are living with these same experiences.

**Duration:** Varies

Website: http://naminc.org/support-and-education/children/young-families/

NAMI Organization: NAMI North Carolina Contact Person: Jennifer Rothman

Email: jrothman@naminc.org Phone: (919) 788-0801

Added: 1/9/2013 Updated:

#### **Young Families Support Meetings**

Target Population: Parents and caregivers of children under the age of 18

**Description:** NAMI Young Families Support Group is a place for parents or caregivers of a child or adolescent who has a mental illness or suffers from emotional disturbances. These meeting provide a safe place for sharing successes and the challenges of coping in a safe, confidential, and caring environment.

**Duration:** Once a month **Website:** www.namilake.org

NAMI Organization: NAMI Lake County, Ohio Contact Person: Christi Farmer

Email: cfarmer@namilake.org Phone: (440) 639-1200

Added: 1/9/2013 Updated:

# **Social Groups**

#### **Becoming Friends**

Target Population: 19-30 years of age

**Description:** Becoming Friends is a social group for young adults living with mental illness, who seek support, friendship and opportunities to have a good time. The group is peer-led by mental health consumers. Some of the typical activities include bowling and pizza, dinner trips, seasonal outings, movies and parties. Most events are free for members, however some events require a small fee.

**Duration:** Varies

Website: www.namimercer.org

NAMI Organization: NAMI Mercer County, New Jersey Contact Person: Danita Saunders-Davis

Email: home@namimercer.org Phone: (609) 799-8994

Added: 11/1/2012 Updated:

#### **Ending the Silence Support Group**

Target Population: 18-30 years of age

**Description:** The goal of the drop in center is to connect people with similar situations, to foster a relaxed and supportive group. Participants get a free meal and there is an activity that follows, sometimes off campus, sometimes just hanging on site.

Duration: 2-3 hours, once a week

Website: http://www.endingthesilence.org/

NAMI Organization: NAMI DuPage, Illinois Contact Person: Brenda Hilligoss

Email: <u>brendahilligoss@ameritech.net</u> Phone: (630) 873-0644

Added: 11/1/2012 Updated:

#### **Game Club**

**Target Population:** 7 – 14 years of age

**Description:** One Friday night a month, kids meet to play board games and hopefully in the future, Wii activity games. Healthy snacks are provided. Parent/caregivers must remain on site and siblings

can attend.

**Duration:** 2-3 hours, once a month **Website:** www.nami-clark.org

NAMI Organization: NAMI Clark County, Washington Contact Person: Rhonda Smith

Email: smithra234@comcast.net Phone: (360) 798-7803

Added: 11/1/2012 Updated:

#### **Just Kids**

Target Population: 5-18 years of age

**Description:** Just Kids is a social group, led by NAMI Mercer volunteers and parents for children and young adolescents who are challenged by behavioral, emotional or mental disorders. Just Kids offers monthly recreational activities and opportunities for social interaction. Some of the typical activities include bowling and pizza, yoga, special programs, seasonal outings and a community service project. Most activities are free, however some require a small fee.

**Duration:** Once a month

Website: www.namimercer.org

NAMI Organization: NAMI Mercer County, New Jersey Contact Person: Danita Saunders-Davis

Email: <a href="mailto:home@namimercer.org">home</a>: (609) 799-8994

Added: 11/1/2012 Updated:

#### **NAMI Clackamas County Movie Group**

Target Population: Teens and young adults

Description: Geared toward teens and young adults to socialize, connect and find support while

watching movies.

**Duration:** 3 hours, twice a month **Website:** Information not available

NAMI Organization: NAMI Clackamas County, Oregon Contact Person: Sarah Kimes

**Email:** <u>saphire7720@ymdil.com</u> **Phone**: (503) 933-4206

Added: 11/1/2012 Updated:

#### **Awareness Events & Presentations**

#### Fairfax High School's SuperDance for NAMI-NoVa

**Target Population:** High school students

Description: A dance that was held and organized by local high school students to raise funds and

awareness for NAMI Northern Virginia.

**Duration:** One-time event

Website: <a href="https://twitter.com/FHS">https://twitter.com/FHS</a> SUPERDANCE

NAMI Organization: NAMI Northern Virginia Contact Person: Kristen Duda

Email: kristen.duda.naminova@gmail.com Phone: (703) 525-0686

Added: 11/1/2012 Updated:

# Speaker's Bureau

#### **Family Speakers**

Target Population: 18 and up

**Description:** Speakers go to hospitals, community groups and first responders

**Duration:** Information not available Website: www.namistanislaus.org

NAMI Organization: NAMI Stanislaus, California Contact Person: Lynn Padlo Email: LPadlo234@comcast.net Phone: (209) 404-6015

Added: 11/1/2012 Updated:

#### **Suicide Prevention**

#### Connect

Target Population: Adults working with youth; youth peer leadership program

**Description:** Peer leadership program trains youth to train their peers together with an adult trainer.

Designated National Best Practice Program approved by the Suicide Prevention Resource Center and the American Foundation of Suicide Prevention.

Comprehensive training curriculum including:

- Prevention and intervention
- Postvention (promoting healing and reducing risk after a suicide).
- SurvivorVoices: Sharing the Story of Suicide Loss program trains survivors of suicide loss how to safely share their story privately and publicly.

Contact Person: Anne Rugg

**Duration:** Information not available Website: www.theconnectprogram.org **NAMI Organization:** NAMI New Hampshire

Email: arugg@naminh.org Phone: (603) 255-5359

Added: 11/1/2012 Updated:

# **Other Programs & Activities**

#### **Child & Adolescent Network**

Target Population: "Open membership" to youth and family members, family organizations, providers and other interested individuals

Description: The National Alliance on Mental Illness NH Child and Adolescent Network's purpose is to give focus and direction to the "NAMI NH" Board of Directors with respect to services and supports needed by children, adolescents with serious emotional disturbances and their families. It will also support parents/caregivers of youth with serious emotional disturbances to have a strong voice and role in the decisions and policy making for the New Hampshire mental health system of care.will collaborate with youth, families, natural supports and providers to:

**Duration:** 2 hours, once every other month, from September to June **Website:** http://www.naminh.org/advocacy/child-adolescent-network

NAMI Organization: NAMI New Hampshire Contact Person: Claudia Ferber Email: cferber@naminh.org Phone: (603) 225-5359 ext. 13

Added: 1/29/2013 Updated:

#### Children's Subcommittee of the Mental Health Board

Target Population: Pre-school through 18 years of age

Description: The subcommittee collaborates with NAMI in holding community outreach meetings. The

goal is to expand this outreach especially in suicide prevention.

**Duration:** Information not available **Website:** www.namiventura.org

NAMI Organization: NAMI Ventura, California Contact Person: Lisa Rubio Email: <a href="mailto:prubio81583@roadrunner.com">prubio81583@roadrunner.com</a> Phone: (805) 984-2839

Added: 11/1/2012 Updated:

#### **CIT for Youth**

Target Population: Law enforcement officers, school resource officers, and school professionals

**Description:** CIT for Youth aims to improve interactions between youth and law enforcement officers by training law enforcement officers and encouraging a community partnership that connects youth with mental health needs to effective services and supports in their community.

**Duration:** Varies. Between 8 and 40 hours **Website:** www.nami.org/citforyouth

NAMI Organization: NAMI Contact Person: Laura Usher Email: laurau@nami.org Phone: (703) 600-1109

Added: 1/29/2013 Updated:

#### **GLBT Youth Support Project**

**Target Population:** Health and human services providers, youth workers, guidance counselors, social workers, educators and administrators

**Description:** The GLBT Youth Support Project provides training and technical assistance to youth service providers, educators, and administrators. The trainings cover cultural competency for work with GLBTQ youth, bullying prevention, assessment and evaluation of agencies and schools. The program includes materials and tools available online and in print for creating safe spaces and best practices. There are also regular scheduled GLBTQ cultural competence online courses.

**Duration:** Information not available

Website: www.healthimperatives.org/glys

Organization: Health Imperatives

Contact Person: Missy Sturtevant
Email: msturtevant@healthimperatives.org

Phone: (800) 530-2770 x229

Added: 11/1/2012 Updated:

Make it OK Campaign

**Target Population:** General

**Description:** NAMI Minnesota has teamed with HealthPartners to launch a new campaign to break the silence surrounding mental illnesses and make it ok to talk about it. The effort to raise public awareness and reduce stigma includes the launch of a new website, makeitok.org, a toolkit of posters and booklets, outreach to hospitals to help inpatient psychiatric units improve their care, staff training and more.

**Duration:** Ongoing

Website: <a href="http://makeitok.org/">http://makeitok.org/</a>

NAMI Organization: NAMI Minnesota Contact Person: Sue Abderholden

Email: namihelps@namimn.org Phone: (651) 645-2948

Added: 1/23/13 Updated:

#### **NIMH Educational Resources**

**Target Population:** Middle school students

**Description:** This program consists of school curricula for multiple grade levels. The curriculum titles include: The Science of Mental Illness: Grades 6-8; The Brain's Inner Workings: Activities for

Grades 9 through 12 and Brain Basics

Website: <a href="http://www.nimh.nih.gov/educational-resources/index.shtml">http://www.nimh.nih.gov/educational-resources/index.shtml</a>

Organization: National Institute on Mental Health

Added: 11/1/2012 Updated:

#### Parent Advocacy Connection (PAC)

Target Population: Parent/Guardian of children aged 0-18 years (some older) with multi-system needs.

Description: The mission of the PAC is to educate, encourage, equip and empower families to partner with professionals in promoting access to needed services that are family-centered, community-based, comprehensive and culturally competent. PAC was created in 2004 to serve families with children diagnosed with mental illness and at risk for out of home placement. Trained advocates attend meetings, (treatment, school, court, etc.) to assist families as they navigate the multiple systems addressing the needs of their children. The program is funded by the Ohio Department of Mental Health, Job and Family services, Alcohol & Drug Addiction Services, Developmental Disabilities and Education. PAC advocates work with families in crisis to acquire services not otherwise paid for by Medicaid, Medicare or private insurance.

**Duration:** Ongoing

Website: www.namiohio.org

NAMI Organization: NAMI Ohio

Email: Suzanne@namiohio.org

Added: 11/1/2012

Contact Person: Suzanne Robinson

**Phone**: (614) 244-2700 or (800) 686-2646

Updated:

#### Research and Training Center (RTC) for Pathways to Positive Futures

Target Population: 14-30 years of age

**Description:** The RTC for Pathways to Positive Futures aims to improve the lives of youth and young adults with serious mental health conditions through rigorous research and effective training and dissemination. Our work is guided by the perspectives of young people and their families, and based in a positive development framework.

**Duration:** Varies

Website: <a href="http://www.pathwaysrtc.pdx.edu/index.shtml">http://www.pathwaysrtc.pdx.edu/index.shtml</a>

Organization: RTC for Pathways to Positive Futures Contact Person: Janet Walker

Email: janetw@pdx.edu Phone: (503) 725-8236

Added: 1/29/2013 Updated:

#### Raising Challenging Children Ages 3 through 5

Target Population: Parents of Children ages 3 through 5

**Description:** Challenging children who are often very bright and interested in many things, may also be uncooperative and have a hard time participating in basic activities such as mealtimes, dressing, transitions, peer interactions, controlling impulsive actions, managing a high activity level, and/or calming after stressful episodes. This workshop helps parents: look at temperament as a component on the parent-child interaction, develop ways to care for and nurture themselves while responding to the needs of their child, and strengthen your understanding of and relationship with your child. Free.

**Duration:** Information not available **Website:** <u>www.firstconnections.org</u>

Organization: Justice Resource Institute (MA) Contact Person: Linda Jensen

Email: <a href="mailto:lmattherw@jiri.org">lmattherw@jiri.org</a> Phone: (978) 866-9562

Added: 11/1/2012 Updated:

#### StrengthofUs

**Target Population:** Young adults

**Description:** StrengthofUs is an online community designed to empower young adults through resource sharing and peer support and to build connections for those navigating the unique challenges and opportunities in the transition-age years. StrengthofUs provides opportunities for you to connect with your peers and offer support, encouragement and advice and share your real world experiences, personal stories, creativity, resources and ultimately, a little bit of your wonderful and unique self.

**Duration:** Ongoing

Website: <a href="http://strengthofus.org/">http://strengthofus.org/</a>

NAMI Organization: NAMI Contact Person: Dana Crudo Markey

Email: danac@nami.org Phone: (703) 600-1117

Added: 1/29/2012 Updated:

#### **Transitions Research and Training Center (RTC)**

**Target Population:** 14-30 years of age

**Description:** Transitions Research and Training Centers (RTC) are a national effort funded by SAMHSA to conduct research and dissemination activities in an effort to help transition age youth and young adults with serious mental health conditions succeed in school and work. This project develops an integrated research program examining this developmental stage for transition age youth and young adults with serious mental health conditions. The Centers develop and translate knowledge from state-of-the-art rigorous research on education and work experience, is informed by consumer and family input and carried out in real world settings.

**Duration:** Varies

Website: <a href="http://labs.umassmed.edu/transitionsRTC/">http://labs.umassmed.edu/transitionsRTC/</a>

**Organization:** Transitions RTC

Email: Lisa.Smith2@umassmed.edu

Added: 11/1/2012

Contact Person: Lisa M. Smith

Phone: (508) 856-1072

Updated: