

**NAMI EDUCATION,  
TRAINING AND PEER  
SUPPORT STAFF**

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Colleen Duewel

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[NAMI Basics](#)  
[NAMI Connection](#)  
[NAMI Family-to-Family](#)  
[NAMI In Our Own Voice](#)  
[NAMI Peer-to-Peer](#)

## Please Welcome Our New Director of Education!

NAMI is pleased to announce that Colleen Duewel, MPH will be joining us Sept. 19 as Director of NAMI education.



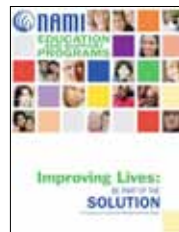
Before coming to NAMI, Colleen was with Inova Health System, directing the community health education programs. Through these programs she worked to develop, implement and evaluate education and support programs designed to meet the needs of individuals, families, health professionals and employers. Colleen created ongoing evaluation processes to gather outcome and process data to maintain and improve program quality. Her experience includes webdevelopment, e-learning, survey design and analysis, evaluation and return on investment (ROI) calculations.

Colleen's previous positions at Virginia Hospital Center, Northern Virginia Family Services and the American Heart Association have allowed her to serve as advocate and liaison to address the needs of target populations through coalition building with relevant agencies and partners. Colleen has a master's degree in public health from the University of North Carolina.

In addition to Colleen Duewel joining us as the new director of education, Teri Brister, Ph. D has been promoted to director of content integrity. In this role, Teri will be responsible for ensuring that NAMI's program content is of the highest caliber and fully reflects the lived experience that is the corner stone of who we are and what we offer. Teri will focus on content, curriculum and training, working with Colleen to ensure we provide a top-notch set of programs that reflect and promote NAMI values and competitive advantages. Teri has assumed the acting director role between Joyce Burland's departure and Colleen Duewel's arrival—a double duty we very much appreciate!

### A FREE COMMUNITY OUTREACH TOOL FOR YOU TO USE

*This brochure describes the programs offered by NAMI's Education, Training and Peer Support Center.*



Contact [ppg@ucwpf.org](mailto:ppg@ucwpf.org), tell her how you plan to use the brochure and you will receive your free copies.

If you are working with a Veterans Health Administration (VHA) facility you can request the veteran-specific version of this brochure.

## Education in the Windy City!

The Education, Training and Peer Support Center hosted many events at the 2011 Convention in Chicago.



The first event consisted of a program directors meeting, held on Wednesday, July 6. The session started with a role-play by NAMI Education staff on volunteer appreciation and continued with an interactive discussion about program responsibilities at the NAMI State Organization and NAMI Affiliate levels.

The Education, Training Institute took place on the morning of Thursday, July 7. This event highlighted the 20th anniversary of Family-to-Family and the program's achievement of eligibility for designation as an evidence-based practice. Audience members had the chance to share the personal impact the signature programs have had on their lives and in their communities. Program Leadership Awards were also presented to one deserving individual from a NAMI State Organization or NAMI Affiliate for each of the signature programs:

**Basics Leadership Award:**  
Deniece Chi David, NAMI New York City Metro  
**Connection Leadership Award:**  
Carol Weber, NAMI Florida  
**Family-to-Family Leadership Award:**  
Holly McCaffrey, NAMI Illinois  
**In Our Own Voice Distinguished Service Award:**  
NAMI Massachusetts  
**Peer-to-Peer Distinguished Service Award:**  
Haydee Meza, NAMI Southern Arizona

Following the Education Institute, the center held six concurrent program workshops, including a Peer-to-Peer master class on how to transform a challenging classroom dynamic, a Connection master class on reaching out to underserved

populations and an In Our Own Voice workshop explored the four pillars of a successful program, a workshop highlighting the collaboration between a local school system and a NAMI Affiliate, a Parents & Teachers as Allies workshop on how to get the program into area schools, and a Spanish-language workshop showcasing the signature programs available in Spanish and how mental illness affects this community.

The day concluded with a large NAMI homecoming party, which included dancing to a live band, games, great snacks, a chance to contribute to a graphic history of NAMI, a poetry slam and a photo booth.

On Friday, July 8, the center held a workshop on the NAMI Family-to-Family program and its partnership with the Veterans Administration (VA). The workshop was an interactive session where attendees began in small break-out groups to discuss challenges they are facing in setting up F2F classes at VA hospitals and medical centers. They then learned from an "expert panel" best practice strategies to strengthen existing and create new NAMI/VA partnerships to expand F2F classes and other NAMI programs to veterans and their families.

The center's convention activities concluded with the Research Plenary on Saturday, July 9 which celebrated the 20th anniversary of Family-to-Family. The session began with Dr. Lisa Dixon's presentation on her F2F research findings which puts F2F into the category of an evidence based practice. Three very moving presentations on the impact of the F2F program were made by Dr. David Carroll representing the VA, Steve Colton representing a perspective of an individual living with mental illness and Norma Garcia Bangs representing the perspective of family members as well as the Latina community. Dr. Joyce Burland received the NAMI Distinguished Service Award presented to her by Judi Evans, executive director, NAMI Florida. Joyce thrilled the audience with her inspirational acceptance speech and introduction of her family.

To find Education information available in NAMILand at Your Fingertips, please [CLICK HERE](#).

## Family-to-Family Alumni Raise Funds for NAMIWalks

Cindy Kurey, NAMI New Mexico



It has always been my feeling that we in NAMI don't do enough to get our classes and programs plugged into NAMIWalks or other volunteer opportunities after classes are over. In class we talk briefly about what we offer, but we don't actively do enough to engage our graduating classes and new dues paying members. We need to work together to find a way to plug these potential leaders, walkers, and team captains into what I believe is the most important thing NAMI does, that is, NAMIWalks. I used to think that providing the Family-to-Family (F2F) classes was the most important thing that NAMI does, but if it wasn't for NAMIWalks we wouldn't have the funds to provide F2F classes and the other programs NAMI offers. NAMIWalks is the life-blood of NAMI.

I first came to NAMI like most people do, because of a family member being diagnosed with a mental illness. In 2005 I found NAMI and attended F2F classes. I was so thankful for what I learned and what NAMI had done for me and my family. A few months after the classes were over I happened to see a TV public service announcement that NAMIWalks would be held that week in Albuquerque. In five days I collected \$750.00 from family and friends, and I composed a team in honor of my son who lives with schizophrenia. It was such a positive experience for me. I was able to do something to thank NAMI for what NAMI had done for me.

After I became a F2F teacher, we came to the portion in one of the lessons that talked about NAMIWalks and I asked my students if they would walk with me at the next NAMIWalks.

I had 20 students and thought if each of them raised \$500, our walk team could raise \$10,000. Walking as a team would also be beneficial for all of us to stay connected when the 12 weeks of class were over. We had become like family during those 12 weeks.

When Judy Timson, our national walk leader for NAMI New Mexico, learned of my class's efforts she suggested that a challenge go out to other NAMI New Mexico walk teams to meet \$10,000 as well. As a result of Judy's idea there were four teams that raised more than \$10,000 that year.

Our Footsteps4RFamilies team has been walking for 3 years now and every year we have raised more than \$10,000 for NAMIWalks. We also at times have had the biggest walk team, with 81 walkers.

What can you do? As education and support program directors, coordinators, teachers, mentors, and facilitators you can ask your program participants to actively be part of NAMIWalks. You can find those potential champions who will encourage their classes and support groups to participate in NAMIWalks. You can help give those program participants, who have received so much support from NAMI, the opportunity to give back, to raise awareness on mental illness and most importantly to raise much needed funds for NAMI.



## Spanish-language Efforts

The NAMI Education, Training and Peer Support Center now has almost all of our signature programs translated from English to Spanish: De Familia a Familia, Persona Persona, Conexión NAMI and En Nuestra Propria Voz. We continue these efforts with the translation of NAMI Basics, due to be completed by the end of the year.

Spanish Language Specialist, Carmen Argueta is finalizing the work of the Latino Expert Advisory Group on the development of a directory of Spanish resources for parents to use in advocating with school systems for their children living with a mental illness. This directory will also be available for parents by the end of the year.

The Spanish version of the Parents & Teachers as Allies monograph is now in print and available for sale in the [NAMI Store](#).

In October we will host NAMI's first all Spanish training for the signature programs. Details of this training are outlined below.

We see a bright future for our Spanish programs and look forward to continue fostering their growth and expansion.

## Spanish-language training for NAMI Signature Programs

This October we will host our first multi-program training for Spanish language signature programs. By preparing new leaders to conduct our programs in Spanish, NAMI will more effectively reach a community that is often underserved-welcoming its members to join our mission of education, support and advocacy for individuals, families and communities impacted by mental illness. The fall training includes:

- De Familia a Familia teachers (Family-to-Family)
- Persona a Persona mentors (Peer-to-Peer)
- En Nuestra Propria Voz presenters (In Our Own Voice)
- Conexión NAMI facilitators (NAMI Connection)

States sending participants to the fall training are invited to select individuals whose first language is Spanish, as the training will be given completely in Spanish. This is a proud step for the Education, Training and Peer Support Center as we continue our efforts to grow and expand our Spanish programs.

This event is being offered at a discounted rate for all applicants, with applications due by Sept. 9. For more information or questions on the training, please contact us at [edutraininfo@nami.org](mailto:edutraininfo@nami.org).



## Announcements

### National Training Event en Español in St. Louis, Oct. 13-16, 2011

This will include training for:

- De Familia a Familia teachers
- En Nuestra Propia Voz presenters
- Persona a Persona mentors
- Conexión NAMI facilitators

We are able to provide this training for a minimal fee of \$100 per trainee which will cover lodging, meals and training materials. Fee DOES NOT include travel expenses.

If you have Spanish-speaking leaders who want to become teachers, mentors, presenters and/or facilitators of NAMI programs in your community we highly encourage you to take advantage of this wonderful opportunity!

For a copy of the application, please [CLICK HERE](#). Applications are due to NAMI by Sept. 9, 2011.

To review the FAQs about this training, please [CLICK HERE](#). If you have additional questions, please contact us at [edutraininginfo@nami.org](mailto:edutraininginfo@nami.org).

### NAMI California Trains Trainers

To expand capacity to provide education, support and stigma-reducing programs, NAMI California held several Trainings of Trainers in June. NAMI staff and National Trainers were gathered to facilitate the following trainings (total number of graduates included):

**State Trainers:** Total 24  
(those who can train within their state)  
Peer-to-Peer: 10  
Connection: 6  
In Our Own Voice: 8



**National Trainers:** Total 2  
(those who can train others to become Trainers)  
Connection National Trainers: 1  
Peer-to-Peer National Trainers: 1

Since cultural diversity is a major focus of NAMI California, bilingual trainers were also trained in these programs.

**Spanish-Speaking Trainers:** Total 4  
Persona a Persona: 1  
Conexión: 1  
En Nuestra Propia Voz: 2

*Congratulations California!*

### Parents and Teachers as Allies Training of State Trainers

St. Louis, Oct. 14-16, 2011

In conjunction with our Spanish efforts, the Education Center will also host a training of state trainers for Parents and Teachers as Allies October 14-16, 2011.

The fee for this training is \$300 for non-target states. This registration fee includes meals, lodging and all training materials. Fee DOES NOT include travel expenses.

If you are interested in bringing or expanding the Parents & Teachers as Allies School In-service Program in your state, we highly encourage you to take advantage of this wonderful opportunity!

To download a copy of the application please [CLICK HERE](#). Applications are due to NAMI by Sept. 9, 2011.

If you have additional questions, please contact either [Teri Brister](#) or [Carmen Argueta](#).

## Resources

[CLICK HERE](#) for Program Evaluation Change      [CLICK HERE](#) for Training Notification Form