BRIDGES TO HOPE

Bringing people together for stronger communities
WHAT IS NAMI?

- Grassroots organization
- National, State & Local Affiliates
- Dedicated to building better lives for those affected by Mental Health concerns
- Education, Support, Advocacy
- Neuroscience research, behavioral research, pharmaceutical research, clinical research and service system research are some initiatives supported by NAMI
NAMI MASS EDUCATION AND SUPPORT PROGRAMS
WHAT IS A MENTAL HEALTH CONDITION?

- Chronic disruptions in the neural circuits of the brain that can be caused by biology and/or your environment. Your thoughts, feelings, actions and emotions can all be affected.
SERIOUS MENTAL HEALTH CONDITIONS ARE:

- Medical illnesses
- Treatable
- Include Schizophrenia, wide mood fluctuations, Post Traumatic Stress and Obsessive Compulsive Disorder
- Equal opportunity disorders
- Can have life changing effects on the person affected and their loved ones
SIGNS & SYMPTOMS

- A marked personality change
- An inability to cope with problems and daily activities
- Strange or grandiose ideas
- Excessive anxiety
- Prolonged depression or apathy
1 in 5 Adults experiences a mental health disorder every year
1 in 20 live with a serious mental illness
20 - 25% of inmates and 20% of homeless are living with a serious mental illness
Someone ends their life every 1.5 seconds in the United States
HELP IS OUT THERE

- Therapy
- Psychiatry
- Support Groups
- Education
- Support from Family and Friends
- Community and Faith-based Support
- Alternative therapies
RESPONDING TO ILLNESS

When Ellen was diagnosed with cancer she received:

- Visits in the hospital
- Notes and cards
- Meals for her family
- Prayers
- Support for treatment
- A ‘welcome back’

When Ellen was diagnosed with bipolar she received:

- Visits in the hospital
- Notes and cards
- Meals for her family
- Prayers
- Support for treatment
- A ‘welcome back’
YOU CAN HELP

- Learn to recognize and accept
- Assist in finding the help needed
- Support treatment and recovery
- Attend to the person’s basic needs
- Offer spiritual support
- Offer the gift of presence
- Listen and share the journey
- Hold them in thought and prayer
NAMI CAN HELP

- a class for families, partners and friends of individuals with mental illness
- designed to improve understanding of mental health issues
- increases coping skills and empowers participants to become advocates for their family members
- designated as an evidence-based program by SAMHSA
NAMI CAN HELP

- a class for parents and other family caregivers of children and adolescents
- open to parents of children through transition age who have a diagnosis or behavioral issue
- concentrates on coping skills, communication and school concerns
NAMI CAN HELP

Peer-to-Peer

- a recovery education course open to anyone experiencing a mental health challenge
- the course is designed to encourage growth, healing and recovery
- empowers participants to take next steps:
  - reconnecting with community
  - returning to school
  - volunteering
  - providing support to other peers
  - employment
NAMI CAN HELP

In Our Own Voice

- a presentation for that changes perceptions about mental illness
- promotes awareness of mental health issues
- demonstrates the possibility of recovery

Seen by:
- general public
- Family-to-Family class participants
- police departments
- health providers
- students
NAMI CAN HELP

Allies for Student Mental Health

- presentation by
  - students who have experienced mental health issues
  - parents
  - therapists
  - teachers

- creates awareness of mental health issues in the classroom
- offers coping skills and strategies for school personnel
- Creates awareness of difficulties for students and parents
NAMI CAN HELP

- a presentation for African American communities
- designed to promote mental health awareness
- explores signs and symptoms of mental health conditions
- highlights how and where to find help.

Bridges to Hope
NAMI CAN HELP

- a confidential and free
- led by trained facilitators living with mental illness
- a safe environment for you to express yourself without being judged.
- a proven avenue to recovery
- inclusive - anyone welcome, regardless of diagnosis
- provides a sense of community and hope throughout recovery.
- Support any adult who is concerned about their mental health
NAMI CAN HELP

- welcome family members, friends and other caregivers caring for persons with mental illness
- provide understanding, comfort, hope and help for family members, friends and other caregivers.
- provide a secure nonjudgmental environment where caregivers can discuss concerns and benefit from the collective knowledge and experience from one another.
NAMI CAN HELP

- (617) 704-NAMI (6264)
- or toll free (800) 370-9085
- Monday-Friday 9am to 5pm

- help individuals and families affected by mental health issues find their way.
- operated by peers and family members who have dealt with these issues first hand
- navigators are available to answer a wide range of questions
- can refer to NAMI support & education programs
- suggest community resources
Common Questions & Topics Include...

- Where to find support (Peer and Family)
- How to access treatment
- Employment Issues
- Police & Legal System
- Housing programs & questions

NAMI CAN HELP

- Managing financial stress
- NAMI Education Programs
- Substance Use
- Discharge Rights
- Transportation
- Insurance Issues & Questions
- Benefits
- Youth & Transition

and much more!
NAMI CAN HELP

Advocacy

NAMI Massachusetts works with your lawmakers on important legislation that helps persons with mental health issues enjoy a better life.

NAMI Massachusetts holds a statewide Advocacy day where we speak up, model recovery, and visit lawmakers.

NAMI Massachusetts testifies at hearings that concern issues of mental health, budgets, criminal justice, parity and more...
NAMI CAN HELP

Our yearly walk raises money so that the NAMI Massachusetts and all 21 affiliates can offer all our programs free to participants.
35th Annual NAMI Mass Convention

living with respect, hope, resilience

Holiday Inn Taunton, MA

Saturday, October 28, 2017
8 am – 4 pm
NAMI CAN HELP

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ANY QUESTIONS?