



nami

National Alliance on Mental Illness

Clackamas County

SUPPORT*****EDUCATION*****ADVOCACY

For people with mental health disorders and those who love them

Our Stories



What is Mental Illness

- Mental illnesses are medical conditions that disrupt a person's
 - Feeling
 - Mood
 - Ability to relate to others
 - Thinking
 - Daily functioning



“Severe mental illnesses” are brain disorders.

- They are not preventable
- Nor are they curable
- They are treatable, manageable and recoverable.

NAMI believes there is a genetic component to some serious mental illnesses.

Environmental/social tiggers can include:

- Stress or
- Drug and alcohol abuse
- Trauma

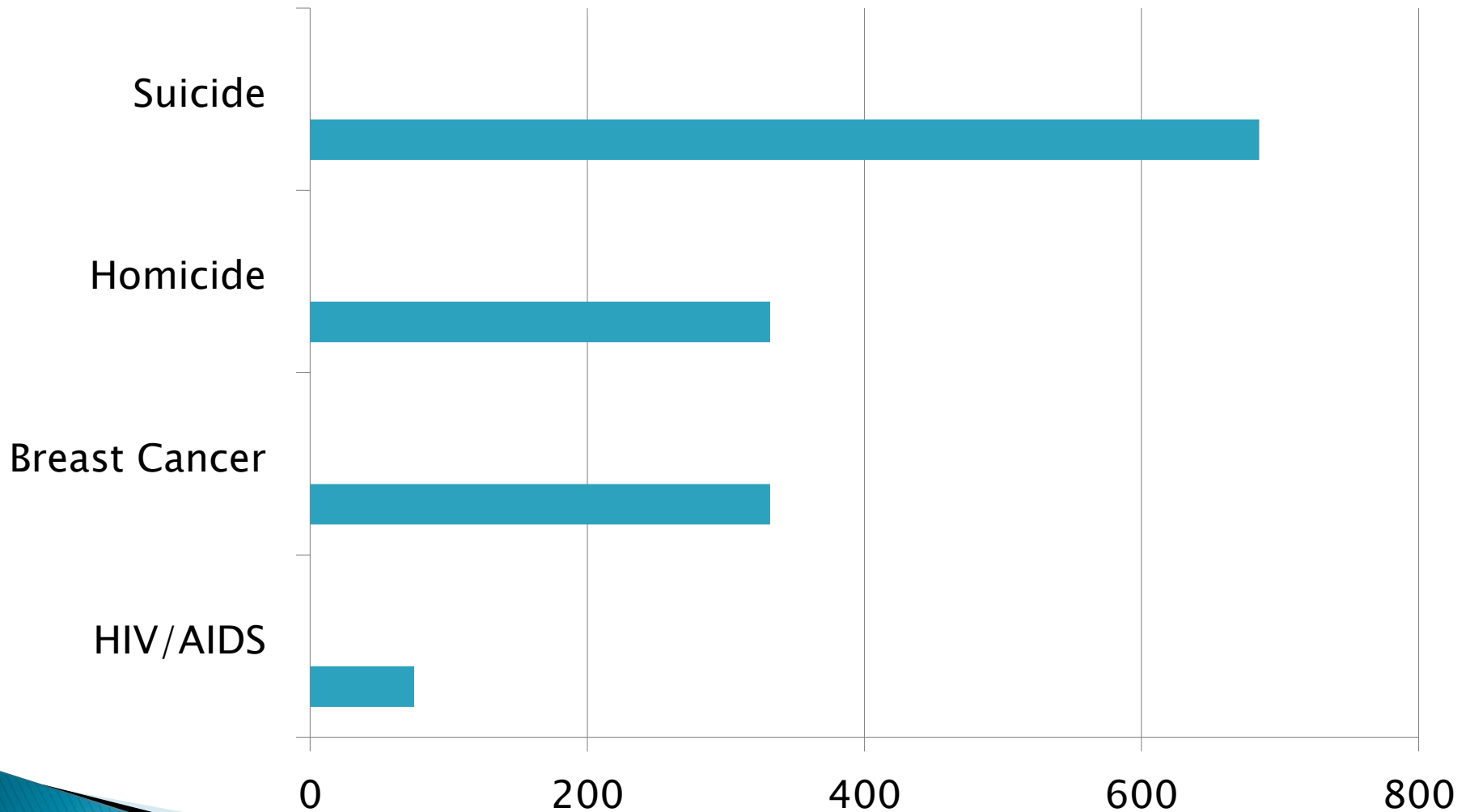
Environmental/social influences are not primary causes.



- Mental illness is not the result of personal weakness, lack of character or poor upbringing
- Mental disorders fall along a continuum of severity from mild to severe.
- Mental illnesses can affect persons of any age, race, religion, or socioeconomic status



Deaths in Oregon ~ 2011



Mental Illness Impacts Us All

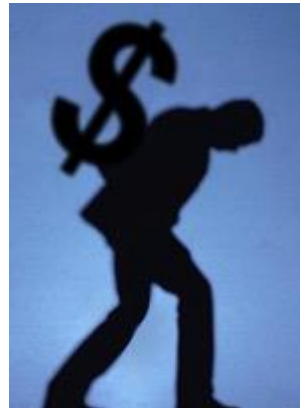
Some boring statistics

- 1 in 5 people in the United States had a diagnosable mental illness in 2013.
- People with mental illnesses die an average of 25 years sooner.
- Half of all lifetime cases of mental illness begin by age 14.

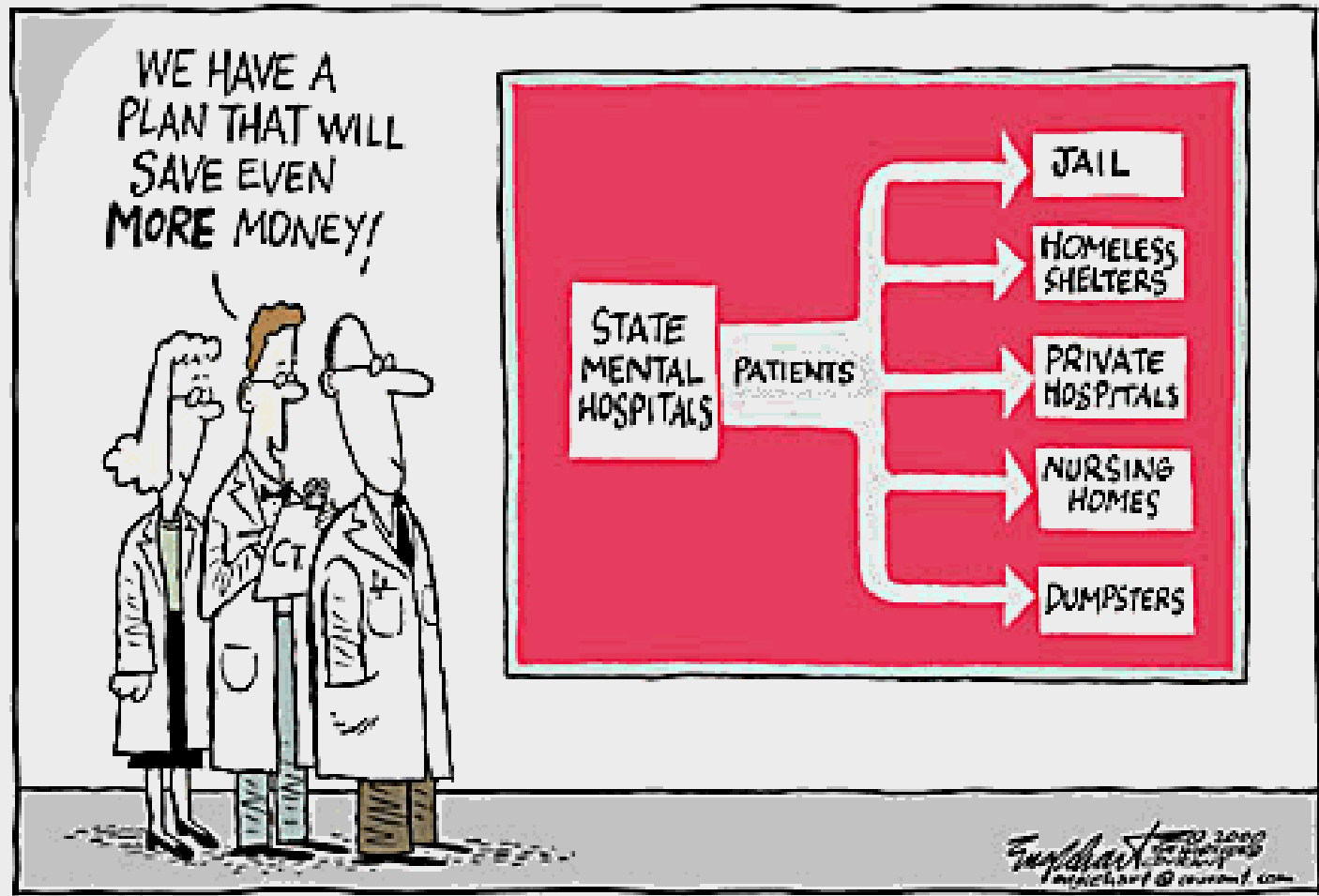


The Economic Cost

- The economic burden of depression alone was estimated to exceed \$83 billion.
- Mental health costs are the largest single source of lost productivity,
 - larger than cardiovascular disease,
 - chronic respiratory disease,
 - cancer,
 - or diabetes.
- Not only does it impact the person with mental health disorders, but it impacts loved ones, often resulting in “presentee-ism”.



Deinstitutionalization



Recovery Is Possible

Treatment is highly effective with medication and a range of services **tailored to the individuals needs.**

Success rates with adequate treatment for mental health disorders are 60–80%, exceeding the 41–52% treatment success rate for heart disease.



NAMI's Mission

NAMI is a grassroots organization of individuals with mental illnesses, especially serious mental illnesses, their family members, friends and supporters whose mission is to advocate for effective prevention, diagnosis, treatment, support, research and recovery that improves the quality of life of persons of all ages who are impacted by mental illnesses.





NAMI Family-to-Family
National Alliance on Mental Illness

- Free 12 week class
- Designed for loved ones of a person living with mental illness
- Research studies evaluating the program's effectiveness indicate that course graduates gain in coping skills, emotional understanding, and empowerment to advocate for better treatment and services for their loved one who is living with a mental illness.





- NAMI Basics is a free 6 week class for parents and other caregivers of children and adolescents living with mental illnesses.
- Basics gives the parent/caregiver the basic information necessary to take the best care possible of their child, their family, and themselves.
- Basics provide tools for the parent/caregiver to use after completing the program that will assist in making the best decisions possible for the care of the child.



Peer-to-Peer is a unique class for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery.



Participants come away from the course with a binder of hand-out materials, as well as many other tangible resources:

- an advance directive; a “relapse prevention plan” to help identify tell-tale feelings, thoughts, behavior, or events that may warn of impending relapse and to organize for intervention;
- mindfulness exercises to help focus and calm thinking; and
- survival skills for working with providers and the general public.

Wellness By Design

Wellness By Design is the next step up for a person who has completed Peer-to-Peer. It is an advanced course for people living with a mental health disorder that includes:

- successful goal planning,
- everyday coping skills,
- help with negative thinking,
- expanding social supports and more.

Participants need to have a good foundation for your wellness program and have a desire to move forward in all aspects of their recovery.





A weekly recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.





Stigma and discrimination produces silence. Silence allows stigma and discrimination to go unabated. We do need more than talk to stop stigma, but it would be a huge step toward its elimination if the voices of those affected by mental illness could be heard.

In Our Own Voice (IOOV) is a unique public education program in which two people share compelling stories about living with mental illness and achieving recovery. We have presented to

- high school students,
- university students,
- youth groups,
- churches,
- community groups

Where can you schedule an IOOV presentation?



Recognizing early onset mental illness in children and adolescents

An in-service program focuses on helping school professionals and families within the school community 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.

Parents and Teachers as allies is told from the perspective of an educator, a parent and an individual who experienced mental illness as a youth in the school system.



NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness.

The hallmark of a NAMI support group is leveraging the collective knowledge and experience of the other participants.





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Peer Resource Connections (PeRC)

Work with one of our peer partners...

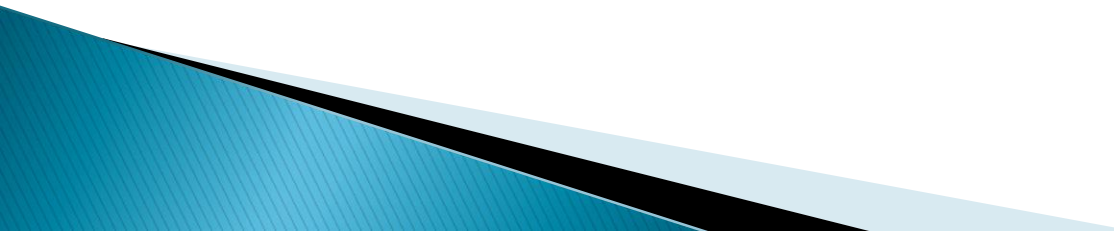
- Finding and applying for no or low cost prescriptions
- Locating appropriate family & peer support groups
- Applying for social security and other entitlement programs
- Connecting to community resources as needed for attaining and sustaining recovery
- Completing a mental or physical health advanced directive
- Applying for medical insurance under Cover Oregon
- Accessing physical health care screenings and other health care needs

Help & hope

All at no cost to the participant!

PeRC Plus

Weekly visits to Kaiser in-patient psychiatric unit by people with lived experience in psychiatric hospitalization. They provide:

- Resources
 - Coping Strategies
 - Support
 - Hope
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Peer Support Specialist Training

- Two English Peer Support Trainings. The first in December.
- One Spanish Language Peer Support Training in March
- \$250 (normally \$400)
- Contact Maeve at maeve@namicc.org or 503-344-5050 for an application.





Peer Support Specialists can meet you where you're at, both in your community and in your recovery.

Services are offered in English and Spanish and LGBTQI-specific support is available. Peer Support Specialists are not clinicians, therapists or prescribers.

Stand Up for Mental Health

In Stand Up For Mental Health course, mental health peers turn their problems into stand up comedy, then perform their acts. SUMH comics perform at conferences, treatment centers, psych wards, for mental health organizations, corporations, government agencies, on college and university campuses and most importantly for the general public.



Compartiendo Esperanza

- Many studies have highlighted the limited opportunities for mental health education and the high levels of stigma that prevent many members of the Latino/Hispanic community from accessing mental health support.
- NAMI developed Compartiendo Esperanza to fill the gap of available knowledge and resources about mental health for the Latino community.



Open Minds Art Studio

- Beading, stamping, journals, painting, mosaic and more...
- Work on a project with our supplies or bring your own...
- Connect with others...Free Drop-in studio

“I love it on the good days. I need it on the tough days.”

“I struggle with social anxiety, but when I was met with smiles I knew I was in the right place.”



Friday Goodness Group

The Friday Goodness Group is a positive support group where each participant can:

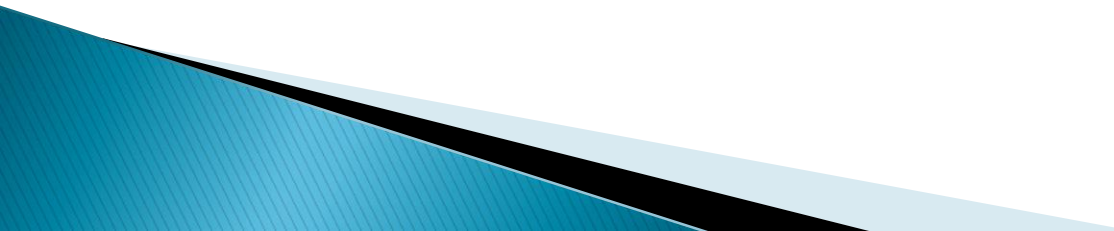
- Share two good things that happened during their week and
- Set a positive goal for the upcoming week.

The extras–

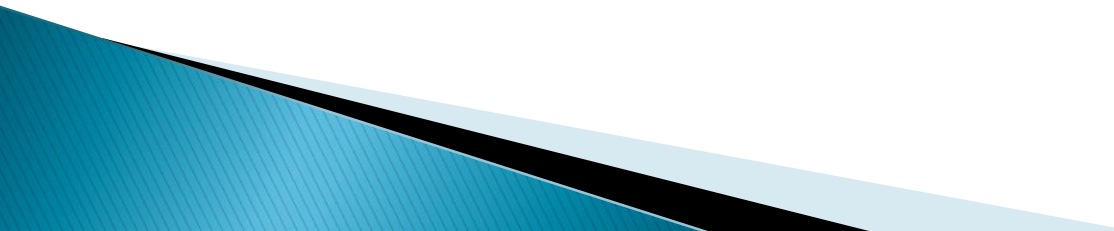
- Free lending library
- Bi-monthly newsletters
- Customized mental health trainings
- Discovery to recover seminar series, movie screenings and more
- Computer and internet access
- Community advocacy



NAMI-CC Goals

- To increase youth programming for both kids that have a mental health disorder and those who have a parent or sibling with a mental health disorder.
 - Increase our geographic footprint to more fully include outlying communities and rural areas.
 - To increase programming and resources to meet all unmet need in Clackamas County.
 - To increase community education and have an impact on the stigma and discrimination that people with mental illnesses face.
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Opportunities

- Volunteer
 - Support Meetings
 - Office
 - Outreach
 - Fundraising
 - Distribute Flyers
 - And more....
 - Donate
 - NAMI is a 501(c)3 nonprofit whose services are free and depend on donations for provide services
 - Schedule a presentation or training
 - Attend/sponsor our NAMIWalk or our Party for a Purpose
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Tell someone in need of support about NAMI

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