

NAMI-Washtenaw County



Resources presentation for Barrier Busters
Wednesday, 10/27/21

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namiwc.org

Who We Are

- Local affiliate of the National Alliance on Mental Illness (NAMI)
- Largest grassroots, volunteer-led, mental health organization in the nation
- 600 local affiliates and 48 state organizations nationwide
- Provide mental health resources and programs free of charge to participants
- Our expertise is our “lived experience” with mental health conditions

Mission Statement & Values

*NAMI provides **advocacy, education, support, and public awareness** so that all individuals and families affected by mental illness can build better lives.*

- **Hope:** We believe in the possibility of recovery, wellness and the potential in all.
- **Inclusion:** We embrace diverse backgrounds, cultures and perspectives.
- **Empowerment:** We promote confidence, self-efficacy and service to our mission.
- **Compassion:** We practice respect, kindness and empathy.
- **Fairness:** We fight for equity and justice.

Support Groups

<https://namiwc.org/about/mental-health-support-groups/>

- Groups available for those with mental health conditions, as well as their loved ones
- Currently available on Zoom
- Facilitated by trained and certified NAMI volunteers
- Register to join an upcoming session via the link above

Peer-to-Peer

<https://namiwc.org/about/mental-health-education/peer-to-peer>

- 8-week educational course for those who live with mental health conditions
- Meets once a week for 2 hours via Zoom
- Taught by trained and certified NAMI volunteer instructors
- Register for an upcoming class online via the link above
- Topics covered in class:
 - Mental health diagnoses
 - Coping strategies and management for mental health conditions
 - Communication skills (how to better communicate with loved ones and health care providers)
 - Skills training to accomplish goals
 - How to build a better quality of life despite having mental health conditions

Family-to-Family

<https://namiwc.org/about/mental-health-education/family-to-family/>

- 8-week educational course for those who live in support of individuals with mental health conditions
- Meets once a week for 2 hours via Zoom
- Taught by trained and certified NAMI volunteer instructors
- Register for an upcoming class online via the link above
- Topics covered in class:
 - Mental health diagnoses
 - Communication skills (how to better communicate with loved ones and care providers)
 - Compassion, empathy, understanding
 - Strategies to better support loved ones who live with mental health conditions
 - How to care for oneself while caring for a loved one

Ending the Silence

<https://namiwc.org/about/mental-health-education/ending-the-silence/>

- 50-90 minute mental health awareness presentations for schools, churches, orgs
- Offered both virtually and in-person
- Provide mental health information and resources
- Present panel of trained and certified NAMI volunteer speakers to share their mental health journeys
- Purpose: raise awareness and end stigma surrounding mental health
- Request a presentation or more information via the link above

Advocacy

<https://namiwc.org/about/mental-health-advocacy/>

- Education and information
- Expressions of experience
- Data and knowledge
- Policy analysis

Featured initiatives:

- Mental health treatment court
- Behavioral health crisis trainings for law enforcement and first responders
- Advocacy Digest (newsletter of current advocacy initiatives)

Contact Information & Resources

- Local:
 - Namiwc.org
 - office@namiwc.org
 - Lderamos@namiwc.org
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 - 1100 N Main St., Ann Arbor, MI 48104
- State:
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