



National Alliance on Mental Illness

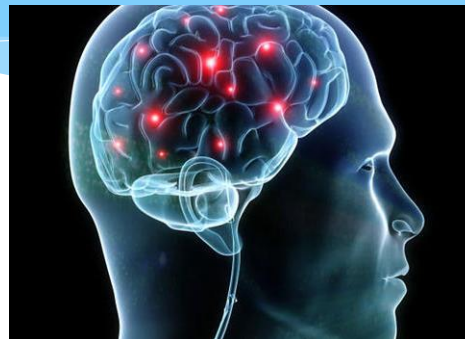
nami

Yolo

National Alliance on Mental Illness

Volunteer-run nationwide Signature Programs for
Recovery Education

Davis | Woodland | West Sacramento

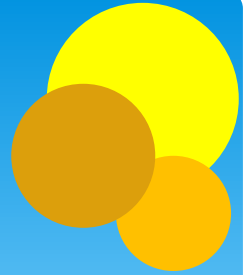


40 Year History in Yolo County

- * Originally an outgrowth of the Yolo County Mental Health Association
- * Offered first NAMI Signature program, Family to Family in, Fall 1997. Peer to Peer followed in 2005
- * Founded by the late local activist Pat Williams, we incorporated & became an independent not-for-profit under IRS section 501 (c) (3) in 2008
- * Additional Signature Programs launched in 2015
- * Basics for Professionals and In Our Own Voice introduced in Fall 2016

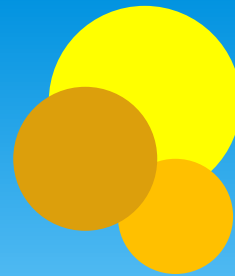


Quick Facts



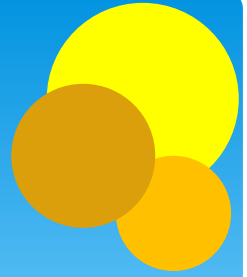
- * Members are people with lived experience of mental illness, their families, their care providers and community members who share our mission
- * 700 on mailing list
- * 4,000 volunteer hours/year
- * ~60/year complete our Signature Courses
- * 100/month attend support groups
- * ~250 Helpline calls fielded every year

NAMI Basics for parents and caregivers



- * Six-session education program for parents and guardians whose children and adolescents experience emotional and behavioral difficulties
- * Provides education concerning illnesses causing behavioral difficulties, treatment options
- * Gain tools to manage medication, crises and relapse, and navigate the mental health and school systems

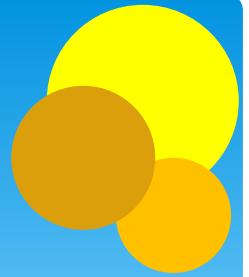
NAMI Basics for professionals



- * For mental health professionals, day care workers, child protective service workers, teachers and others
- * Six-session education program
- * Illnesses that cause behavioral difficulties
- * Critical role of families



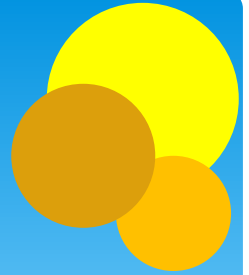
NAMI Family to Family



- * 12 session class for families and friends of people who live with mental illness
- * The course balances basic education about common mental illnesses with skill training, self-care, emotional support and empowerment



NAMI Peer-to-Peer



- * For any person with serious mental illness who is interested in establishing and maintaining wellness
- * A series of 10 meetings with lectures and interactive exercises
- * Led by trained people who are making their own successful recoveries

NAMI Family Support Group

- * Confidential meetings led by NAMI-trained relatives of people who experience mental illnesses.
- * They offer sincere, uncritical acceptance and the wisdom of shared experience to relatives (18 and over) of people who experience mental illness.



NAMI Connection Recovery Support Group

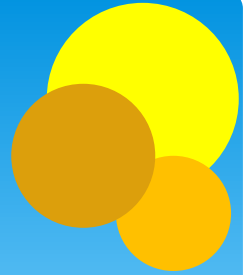


“Talk to someone who understands...someone like you”

- * NAMI Connection is a 90-minute support group
- * Run by people who live with mental illness for people who live with mental illness.
- * The group is led by NAMI-trained peer facilitators who understand the daily challenges of living with a mental illness and can offer encouragement and support

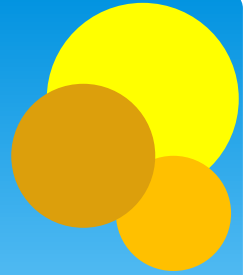


In Our Own Voice Awareness Campaign



- * Speakers' compelling personal stories of living with mental health challenges and achieving recovery
- * Inspire hope, change attitudes, assumptions and stereotypes.

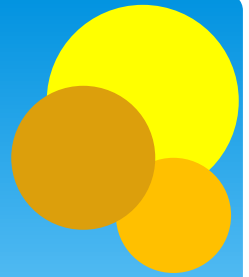
Can-Do Peer Support



A unique program of support for people in Davis who are recovering meaningful things to do, caring relationships and hope for the future.

- * Volunteer-led monthly dinners & activities
- * Outings
- * Rides to appointments & special events
- * Holiday celebrations
- * Special projects have included successful advocacy for upgrades at Homestead Co-op and the Pine Tree Gardens Great Room Makeover

First Wednesdays Experts and Fellowship



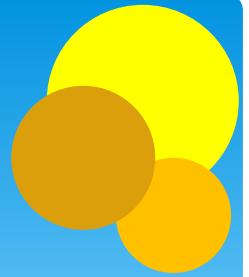
- * Expert guest speakers answer FAQ's
 - * Getting & Keeping Benefits (Social Security, Medi-Cal)
 - * Special Needs Trusts
 - * Cops, Courts & Mental Illness
 - * Street Drugs, Booze & Mental Illness
 - * Local Leaders in Specialty Mental Health Care
- * Network with others who are coping with experiences like yours
- * Learn how they can help you and you can help them
- * Guests bring food to share

Mental Illness Awareness Week

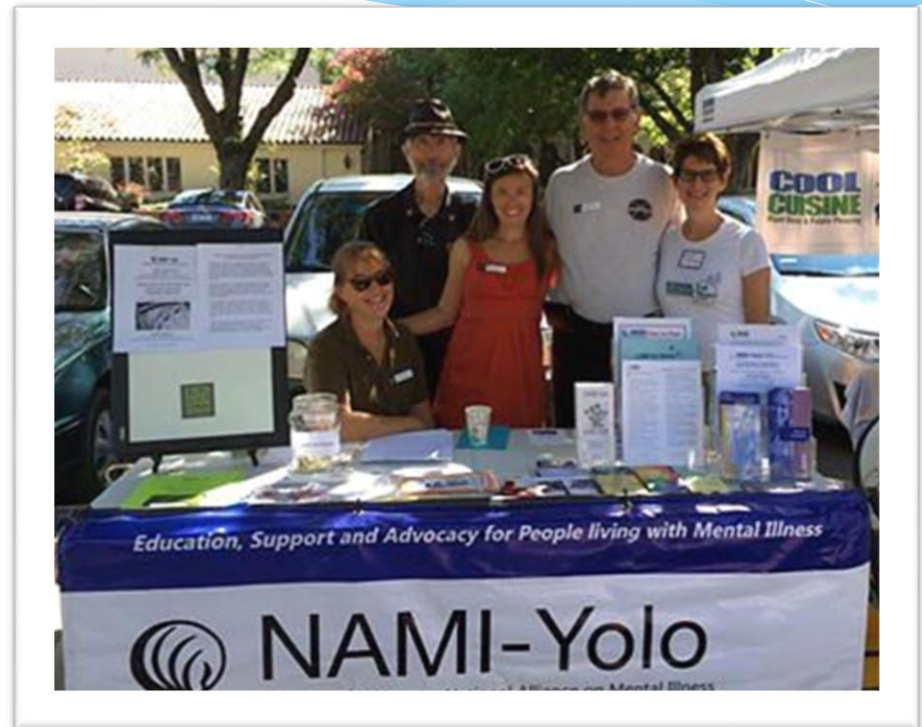


- * The first full week of October
- * Interfaith Service of Prayer for Understanding & Recovery, followed by a luncheon reception.
- * Rally to Shine a Light on Recovery
- * “Ask the Doctor” events

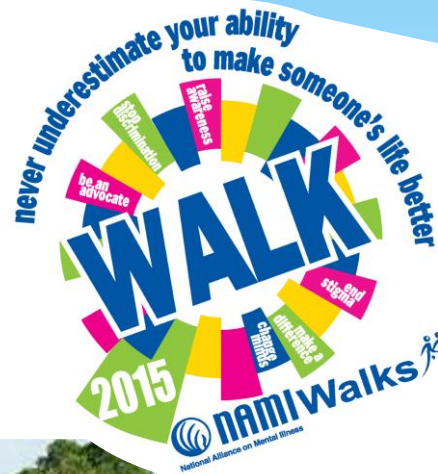
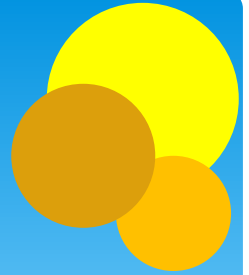
Awareness & Advocacy



- * In Our Own Voice
- * Monthly booth at Davis Farmers Market
- * Helpline for information – about 250 calls per year
- * Namiyolo.org
- * NAMI Yolo is on Facebook

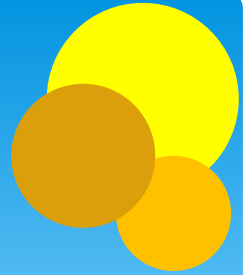


NAMI Walks



- * May is Mental Health Month
- * We walk with other chapters in Sacramento
- * NAMI walks are held across the country
- * This is our 2nd largest funding source

Pat Williams Dinner



- * Patricia “Pat” Williams was an advocate for assisting those living with mental illness.
- * She founded our chapter.
- * This event is our primary annual fundraising event.
- * She established Pine Tree Gardens residential group home in Davis and Safe Harbor Crisis House in Woodland, and co-founded the Yolo Community Care Continuum