



...building communities of hope in Arizona

The capacity for hope is the most significant fact of life. It provides human beings with a sense of destination and the energy to get started. - Norman Cousins

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, support and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.

Our promise...NAMI promises to build better lives for the millions of Americans affected by mental illness.

Our passion...Because mental illness impacts the lives of at least one in four adults and one in 10 children--or 60 million Americans--NAMI will work every day to save every life.

Our people...Hundreds of members and supporters are the face and voice of the NAMI movement--families, individuals, friends and businesses--who come together to celebrate mental illness recovery, to honor those who have lost their lives to mental illness and to combat stigma, promote awareness and advocate for others.

Our work...NAMI stays focused on education on mental illness. NAMI Affiliates and volunteer leaders work in their local communities across Arizona to raise awareness and provide essential and free education, advocacy and support group programs for people living with mental illness and their loved ones. NAMI creates change and works tirelessly to advocate for an Arizona health care system that ensures access to treatment to those in need.

Our success..NAMI is the largest grassroots mental health organization and is a lifesaver to many...offering help, hope and resources to people affected by mental illness. NAMI members and leaders are visible and formidable advocates, owning a well-earned reputation for taking on hard battles and winning them, ensuring a national commitment to research as well as access to services and treatment that promote recovery.

Our future...To accomplish our promise to build better lives, NAMI will continue to provide education, support and advocacy programs and services that benefit individuals and families affected by mental illness in our communities.

We invite you to...Join our efforts by promoting and displaying our materials to individuals and families in need of mental health support!

Yes, I would like to connect with NAMI...

Coming together, sharing together, working together, succeeding together.

I will promote the mission of NAMI as we work together to bring education, support and advocacy to individuals, as well as their family and friends, living with mental illness in Maricopa county.

Our combined efforts will bring us closer to our mutual goal of assisting these individuals and their families. During these hard economic times and government cut backs, the role of the community is more important than ever. Recognizing the dignity and value of *every* individual, I will do what I can to ensure that I promote the various opportunities that are available to help our families in need.

Please send me:

- NAMI in Maricopa county brochures quantity: _____
- Mental illness information brochures quantity: _____
- Schedule an In Our Own Voice Presentation
- Offer the use of a conference room to hold classes
- Promote (or volunteer in) the NAMI Walk, our major source of funding
- None of the above, but I would like to make a donation to NAMI to help with the costs of the programs which are always offered free to the public.

There are four affiliates in Maricopa county, please send your tax deductible donation and make your check out to the NAMI affiliate of your choice:

- NAMI Phoenix
- NAMI East Valley
- NAMI Southeast Valley
- NAMI West Valley
- NAMI _____

Mail to: NAMI, 5025 E. Washington Street, Suite 112, Phoenix, Arizona 85034

We are located in the *Disability Empowerment Center*.

Name/organization: _____

Address: _____

Phone/e-mail: _____

You can't lead anyone else further than you have gone yourself. ~Gene Mauch

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

The course was written by Kathryn Cohan McNulty, a person with a psychiatric disability who is also a former provider and manager in the mental health field and a longtime mutual support group member and facilitator. An advisory board comprised of NAMI consumer members, in consultation with Joyce Burland, Ph.D., author of the successful NAMI Family-to-Family Education program, helped guide the curriculum's development. Since 2005, NAMI's Peer-to-Peer Recovery Program has been supported by AstraZeneca.



What does the course include?

Peer-to-Peer consists of ten two-hour units and is taught by a team of two trained “Mentors” and a volunteer support person who are personally experienced at living well with mental illness. Mentors are trained in an intensive three day training session and are supplied with teaching manuals. 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.

for more information contact: namimaricopaedu@gmail.com, 602-759-8177
www.namiaz.org

Who then can so softly bind up the wound of another as he who has felt the same wound himself. - Thomas Jefferson

The NAMI Family-to-Family Education Program... is a free, 12-week course for family caregivers of individuals with severe mental illnesses. The course is taught by trained family members. All instruction and course materials are free to class participants. Over 300,000 family members have graduated from this national program.

What does the course include?

- Current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, borderline personality disorder, and co-occurring brain disorders and addictive disorders
- Up-to-date information about medications, side effects, and strategies for medication adherence
- Current research related to the biology of brain disorders and the evidence-based, most effective treatments to promote recovery
- Gaining empathy by understanding the subjective, lived experience of a person with mental illness
- Learning in special workshops for problem solving, listening, and communication techniques
- Acquiring strategies for handling crises and relapse
- Focusing on care for the caregiver: coping with worry, stress, and emotional overload
- Guidance on locating appropriate supports and services within the community
- Information on advocacy initiatives designed to improve and expand services



“Family members who take the NAMI Family-to-Family course are better equipped to work with mental health clinicians in a collaborative manner.

My bottom-line recommendation? Take this course. It will help you learn to cope successfully with a major challenge in your life, and that, in turn, will help your loved one as he or she works toward recovery.”

-- Peter Weiden, M.D., author of Breakthroughs in Antipsychotic Medications

*"Believe that there's light at the end of the tunnel.
Believe that you might be that light for someone else." - Kobi Yamada*

The fundamentals of caring for you, your family and your child with mental illness

NAMI Basics... is the new signature education program for parents and other caregivers of children and adolescents living with mental illnesses. The NAMI Basics course is taught by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years.

The course consists of six classes, each lasting for 2 ½ hours. Classes may be offered weekly for six consecutive weeks, or may be offered twice per week for three weeks to accommodate the hectic schedules of parents. All instruction materials are **FREE** to participants.

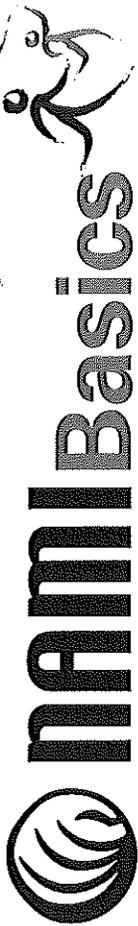
What are the goals of the NAMI Basics program?

To give the parent/caregiver the basic information necessary to take the best care possible of their child, their family, and themselves. To help the parent/caregiver cope with the impact that mental illness has on the child living with the illness and the entire family. To provide tools for the parent/caregiver to use even after completing the program that will assist in making the best decisions possible for the care of the child.

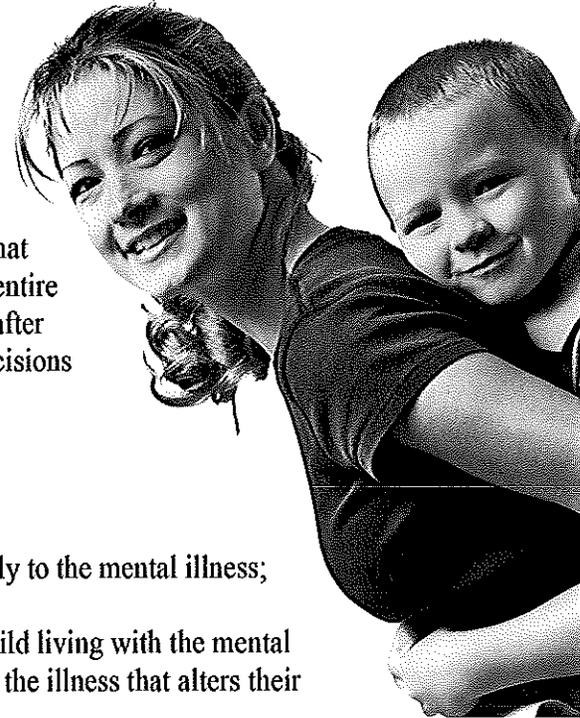
What does the course include?

- Introduction to the stages of emotional reactions of the family to the mental illness; including crisis, shock, denial, grief and acceptance.
- Insights into understanding of the lived experience of the child living with the mental illness, including learning to separate the child you love from the illness that alters their behavior and abilities.
- Current information about Attention Deficit Disorder, Major Depression, Bipolar Disorder, Conduct Disorder, Oppositional Defiant Disorder, Anxiety Disorders, Obsessive Compulsive Disorder, Childhood Schizophrenia and Substance Abuse Disorders.
- Current research related to the biology of mental illness and the evidence-based, most effective treatment strategies available, including medications used to treat mental illness in children and adolescents.
- Specific workshops to learn problem solving, listening and communication skills *and much more...*

for more information contact: namimaricopaedu@gmail.com, 602-759-8177
www.namiaz.org



National Alliance on Mental Illness



*The gift of friendship... a willingness to listen... a pair of helping hands...
a whisper from the heart. That someone cares and understands.*

NAMI Family Support Group is..

- For family members/loved ones of individuals living with a mental illness
- Meets once or twice a month or weekly in some areas.

"Using the support group model is so essential to the success of our family support groups. Without the training, networking, and support of the group members I fear that support groups would become nothing more than "cry" sessions or "gripe" sessions. As a group the collective wisdom covered a lot of possibilities towards the issues."

Studies show that...

June 21, 2010

Arlington, Va. -- Parents of adult children with mental illness who participate in education and support groups such as those offered by the National Alliance on Mental Illness (NAMI) experience more positive outcomes and fewer burdens than those who do not, according to a study in the current issue of *Psychiatric Services*.

"Participation in support groups (such as NAMI) through education and mutual support encourages parents to become advocates for their loved one, fight the stigma of mental illness, and take on various leadership roles," reports the study.

Families tell us...

In Greenville, South Carolina, WYFF-TV (Channel 4) recently reported:

"When local families can't get the help they need, many turn to NAMI." Said one local family member: "I can't imagine life without NAMI. I thank God for them. They changed our life."

"I was fortunate that when I was in crisis, I found a local Family Support group that was meeting that very night! The other family members I met there helped calm my fears and helped me to feel that I was not alone..." NAMI member 2 years



"In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us." - Flora Edwards

What is NAMI Connection?

NAMI Connection is a recovery support group program for adults living with mental illness that is expanding in communities throughout the country. These groups provide a place that offers respect, understanding, encouragement, and hope.

NAMI Connection groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Each group:

- Meets weekly for 90 minutes
- Is offered free of charge
- Follows a flexible structure without an educational format
- Does not recommend or endorse any medications or other medical therapies
- All groups are confidential - participants can share as much or as little personal information as they wish.

Meetings will be guided by NAMI Connection's Principles of Support.

"I am not alone!

***There is a place where people understand me, are there to help me,
and I feel better about myself when I help someone else.***

I can get involved in NAMI Connection and make a difference!"

website: nami.org/connection...watch program video

For more information contact:
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602-759-8177





National Alliance on Mental Illness

NAMI In Our Own Voice *Living with Mental Illness*

A Program For and By People with Mental Illness To Promote Education, Empowerment and Recovery

**Do you have a family member, friend, co-worker
or acquaintance living with a mental illness?**

Do you enjoy hearing success stories filled with inspiration?

Do you believe in the power of hope?

Then you will enjoy NAMI'S *In Our Own Voice!*

Join us... for an "In our Own Voice" Presentation

**Presentations are ideal for: human resource departments,
health care providers law enforcement professionals faith communities,
consumer groups, students or any community or civic organization!**

90 Minutes of Inspiration! Free of Charge!

Two presenters will walk you through their journey to recovery...

They will speak of their despair and of their hope...

How they are leading successful lives despite their illness...

*"Obstacles cannot crush me. Every obstacle yields to stern resolve.
He who is fixed to a star does not change his mind." -Leonardo da Vinci*

**Call 602-759-8177 to schedule an
"In Our Own Voice" presentation!**