



National Alliance on Mental Illness

Find Help. Find Hope.

About NAMI

Mental illness affects everyone. Nearly 60 million Americans experience a mental health condition every year. Regardless of race, age, religion or economic status, mental illness impacts the lives of at least one in four adults and one in 10 children across the United States.

People living with mental illness need help and hope: they need a community that supports them, their families and their recovery.

Because mental illness devastates the lives of so many Americans, NAMI works every day to save every life.

NAMI is the National Alliance on Mental Illness, 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, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need.

NAMI is the foundation for hundreds of NAMI State Organizations, NAMI Affiliates and volunteer leaders who work in local communities across the country to raise awareness and provide essential and free education, advocacy and support group programs.

Our History

Since its inception in 1979, NAMI has established itself as the most formidable grassroots mental health advocacy organization in the country. Dedication, steadfast commitment and unceasing belief in the NAMI's mission have produced profound changes.

NAMI has been the driving force behind a national investment in lifesaving research, parity for mental health care, increased housing and to ensure that treatments and services are available to those in need when they need them most.

NAMI awareness efforts have successfully addressed the stigma of mental illness, ensuring the decrease of barriers to treatment and recovery. NAMI's signature education programs have served as a beacon of hope for hundreds of thousands of families and individuals.

And NAMI's support efforts expand to meet the challenges of a changing world by supporting virtual communities of help and hope to millions through NAMI.org and NAMI's social media channels.

As the need remains, so will NAMI.

What We Do

NAMI offers the understanding that only those with the lived experience of mental illness can provide. Together with our grassroots volunteers, we work every day to provide help and hope to millions of Americans.

Support, Education, Awareness, Advocacy, Research

Every day, we reach out and respond to those in need.

As the navigator of our nine signature education and support programs, offered in thousands of communities across America through our NAMI State Organizations NAMI Affiliates, we ensure hundreds of thousands of families, individuals and educators are served. NAMI is tireless in our efforts to equip and train grassroots volunteer facilitators who provide individual and family support groups in thousands of communities across America. Through the toll-free NAMI Helpline, (800) 950-6264, we respond personally to hundreds of thousands of requests each year, providing free referral, information and support—a much-needed lifeline for many.

Public awareness events and activities including Mental Illness Awareness Week (MIAW), NAMI Walks, and other efforts, successfully combat stigma, promote awareness and encourage understanding.

By responding to current news events as they happen, NAMI ensures that media reporting is compassionate, understanding and accurate in portrayals of mental illness.

Each day, NAMI effectively shapes the national public policy landscape for people with mental illness and their families and equips grassroots volunteer leaders with the tools, resources and skills necessary to save mental health in all states.

NAMI reaches out to our country's youth and young adults, helping to shape the next generation's experiences with recovery, encouraging a better tomorrow for all Americans.

NAMI actively promotes mental health care, support and a caring community for our veterans, their spouses and their children. Recognizing the unique needs of our American heroes and their families, NAMI aggressively reaches out to help offer free and essential NAMI education and support group programs in thousands of local communities.

Tirelessly promoting research, as we have done for decades, NAMI ensures solutions for early intervention, improved treatments and, eventually, a cure for mental illness.

Continuing to build and cultivate virtual communities that reach millions of Americans who turn to NAMI through www.NAMI.org and social media channels for the latest information on treatment, services, supports, advocacy, research happenings, NAMI works every day to offer inspiration, information and encouragement.

Discover NAMI at www.nami.org.



About NAMI's Peer Support and Education Programs

Peer support is getting help from someone who has been there. People with similar experiences may be able to listen, give hope and guidance toward recovery in a way that is different, and may be just as valuable, as professional services.

NAMI specializes in peer directed programs for those families and individuals living with mental illness. NAMI has developed eight signature peer directed national programs that are offered by NAMI affiliates across the United States. **NAMI Juneau** currently offers **three** of NAMI's signature peer directed programs and is planning on starting a fourth.

NAMI Juneau offers peer support and education along two tracts:

1. **Peer support and education for families who are in the early process of caring for a loved one experiencing mental illness.** NAMI understands the impact of mental illness on a family is huge and often traumatic. Helping families cope, adjust, understand, and advocate is a crucial factor in making strides in wellness for the family member living with mental illness and the wellbeing of the family in general.
2. **Peer support and education for individuals living with and seeking recovery from a mental illness.** NAMI believes that peer support for individuals living with mental illness is a vital tool in recovery and adjustment in the face of the unique challenges of a brain disorder. NAMI peer support and education deals with all facets of the impact of mental illness, utilizing the vast store of knowledge and experience of NAMI members across the country to help in recovery and improved mental wellness.

NAMI Juneau's peer directed programs include two types: **support groups** and **mental illness awareness education programs**.

A **peer support group** is a voluntary gathering of people with similar challenges, usually weekly or monthly for an hour or two, to share experiences and coping strategies and offer understanding. Nami offers peer support groups for

1. **Families and Friends caring for an individual living with a mental illness:** **NAMI Family Support Group** is a peer support group aimed at providing support and promoting family engagement for family members supporting a loved coping with a mental illness. NAMI Juneau currently offers this support group in the community.
2. **Individuals living with mental illness.** **NAMI Connection Recovery Support Group** is a NAMI signature program of peer support for individuals in which trained facilitators, who themselves have live with mental illness, guide group members to listen and

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provide supportive, meaningful feedback to each other. NAMI Juneau currently offers this support group in the community.

Peer Mental Illness Awareness Education is structured instruction taught by people who have lived experience of mental illness as family members caring for a loved one living with a mental illness. Peer education can include vital information such as the process of recovery or family support, wellness and self-care, symptoms and diagnoses of mental illness, what to expect from professional mental health services, coping and communication skills and advocacy. NAMI Juneau offers or will offer these programs:

1. **Families and Friends caring for an individual living with a mental illness:** **NAMI Family to Family Course** is one of NAMI's most well-known and highly regarded programs which has been listed on SAMSHA's list of evidence based programs. It is a 12 week course taught by NAMI trained peer teachers on the major dimensions of mental illness. It helps families gain hope and skills in supporting their loved ones. NAMI Juneau offers NAMI Family to Family twice a year.
2. **Families caring for a child or adolescent with an emerging diagnosis:** **NAMI Basics** is another signature program that focuses on families dealing with early diagnosis of a child with mental illness. NAMI Juneau plans to offer NAMI Basics in the fall of 2014.

NAMI Juneau peer facilitators and teachers for all of our signature programs go through extensive NAMI training usually in the form of 15 to 25 hour weekend trainings organized by NAMI state organizations which are taught by certified NAMI state and national trainers who have extensive experience. All of NAMI's peer support and education programs are free to facilitate access and help families and individuals in a timely manner.

NAMI Juneau receives its funding for peer driven programs from both local support such as membership and donations and grants from the Alaska Mental Health Trust Authority which subsidize our programs. The funds are used for training peer facilitators and leaders, printing course materials, marketing costs, and staff costs to put these all together. Like all NAMI affiliates across the country NAMI Juneau relies on the support from both the public and private sector to offer these vital peer support and education services that complement treatment by providers.

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Below are quotes taken from our recent state-wide Family-to-Family Teacher Training. We trained 14 volunteer peer teachers in five communities including Anchorage, Barrow, Juneau, Fairbanks & Soldotna. This course, designated as an Evidence Based Practice by SAMHSA, has been taken by over 300,000 people across the U.S. and provides families caring for a loved one with a mental illness FREE access to education, understanding, resources, and connection.

“NAMI has been a light in our families’ darkness with mental illness. The support and information has been a life saver. Our medical community needs to tell families about NAMI. I wish we knew about it years ago, so we didn’t feel so isolated and alone.”

-Suzie Morgan, Family-to-Family Teacher

“This NAMI course gave me wonderful insight into the importance of recognizing that persons with mental disorders have struggles that we can’t possibly imagine. But by educating ourselves as family members and using the NAMI tools we learned in class, we can make a huge difference in understanding and enriching their lives and making them feel like valued jewels in our society.”

-NAMI Family-to-Family Teacher

“NAMI has given me support, information and skills for dealing with my husband’s illness. Eventually, he took notice of how helpful NAMI has been for me and became involved, which made an enormous impact and has been a huge part of encouraging his recovery and supporting his full re-integration into functional life.”

-Jane Bedwell, NAMI Family-to-Family Teacher

fact sheet about mental illness

Mental illness touches everyone...

You probably know somebody who is affected.

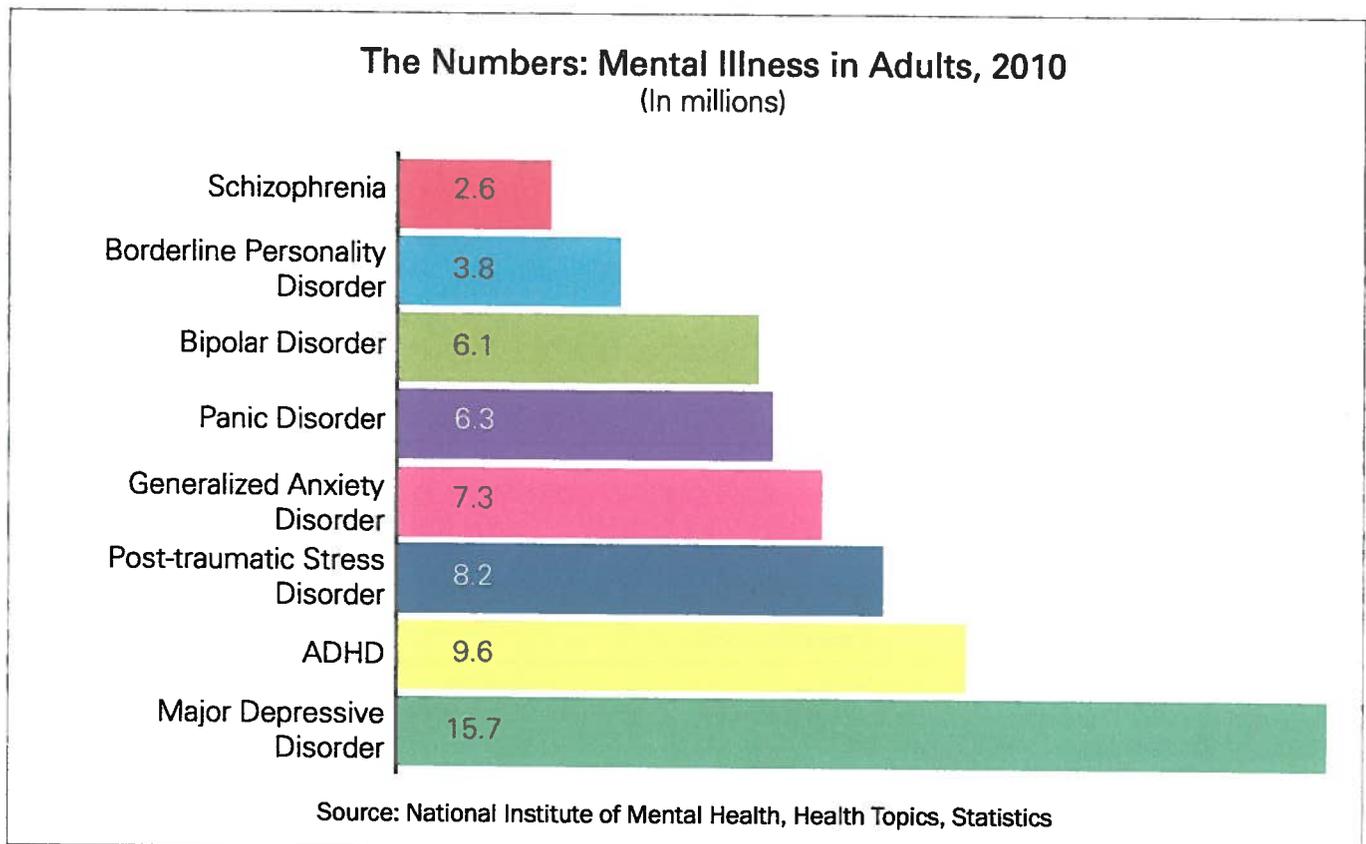
1 in 4 adults experience a mental health problem in any given year.

1 in 17 adults lives with a serious mental illness like major depression, bipolar disorder or schizophrenia.

1 in 10 youth lives with a mental health condition that interferes with their day-to-day lives.

Mental illness is a leading cause of disability in the U.S.¹

- ▶ Serious mental illness costs America \$193.2 billion in lost earnings per year.²
- ▶ Mood disorders such as depression are the third most common cause of hospitalization for youth and for adults ages 18-44.³
- ▶ Youth and adults living with serious mental illness are more likely to be confined to jails and juvenile facilities, often as a result of untreated mental illness.^{4,5}



Treatment works and recovery is possible, but more than one-half of adults and children go without the mental health care they need.^{6,7} Below are the types of services that need to be present for appropriate care.

Services for all mental illness

- Prevention and outreach services
- Screening, assessment and evaluation
- Effective therapies
- Integrated mental health, addictions and primary care
- Medications

Additional services needed for serious mental illness

- Case management and care coordination
- Peer and caregiver education and support services
- Intensive outpatient services
- Employment and education supports

Additional services needed for severe mental illness

- Housing with supports
- Skill-building and socialization services
- Daily living and personal care services
- Assertive Community Treatment
- Crisis intervention and stabilization
- Psychiatric hospitalization
- Longer-term care

You can help.

- ▶ Protect and strengthen mental health services;
- ▶ Support coverage for mental health care in all public and private health plans;
- ▶ Contribute to America's growing discussion of mental illness and recovery; and
- ▶ Learn more at www.nami.org.

¹National Institute of Mental Health. (n.d.) *Leading categories of diseases/disorders* [Data file]. Retrieved from www.nimh.nih.gov/statistics/2LEAD_CAT.shtml

²Insel, T. (2008, June) Assessing the economic costs of serious mental illness. *The American Journal of Psychiatry* 165(6). Retrieved from <http://ajp.psychiatryonline.org/article.aspx?Volume=165&page=663&journalID=13>

³Healthcare Cost and Utilization Project. (2012, Feb.). *HCUP facts and figures: statistics on hospital-based care in the United States, 2009* [Data file]. Retrieved from www.hcup-us.ahrq.gov/reports/factsandfigures/2009/TOC_2009.jsp

⁴Skowrya, K., & Cocozza, J. (2006, June). A blueprint for change: improving the system response to youth with mental health needs involved with the juvenile justice system. Retrieved from www.ncmhjj.com/Blueprint/pdfs/ProgramBrief_06_06.pdf

⁵Glaze, L., & James, D. (2006, Sept.) Mental health problems of prison and jail inmates. Retrieved from <http://bjs.ojp.usdoj.gov/index.cfm?ty=pbdetail&iid=789>

⁶Centers for Disease Control. (2007). *National survey of children's health* [Data file]. Retrieved from www.cdc.gov/nchs/slats/nsch.htm#2007nsch

⁷Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services. (2010, Dec.). Results from the 2009 national survey on drug use and health: mental health findings. Retrieved from <http://oas.samhsa.gov/nsduh/2k9nsduh/mh/2k9mhresults.pdf>