

# NAMI for Professionals and Providers



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## How can NAMI Minnesota help you help your clients?

### Who is NAMI Minnesota?

The National Alliance on Mental Illness of Minnesota is a statewide grassroots organization dedicated to improving the lives of children and adults with mental illnesses and their families. Our mission is to champion justice, dignity, and respect for all people affected by mental illnesses. Through education, support and advocacy, we strive to eliminate the pervasive stigma of mental illness, effect positive changes in the mental health system, and increase the public and professional understanding of mental illnesses.

### NAMI provides free information for your clients and their families:

- Fact sheets on medications, mental illnesses, and other related topics can be downloaded from our website.
- Booklets on the Commitment Process, Data Practices, Children & Adult Psychiatric Hospitalization, Mental Health Crisis Planning for Children & Adults, Advocating for a Child with a Mental Illness in the Minnesota Juvenile Justice System, the Criminal Justice System, the Adult Mental Health System and the Children's Mental Health System can be ordered or downloaded from our website.

### NAMI provides programs and online training for providers:

- Compassion into Action is an online training program to help recognize and respond to patients with mental illnesses in the emergency department.
- Allies in Recovery is an online training that includes strategies for engaging family members in recovery.
- Smoking Cessation Program provides guidance for mental health providers to help their patients.
- Suicide prevention trainings include Means Restriction Education: Question, Persuade and Refer; and safeTalk.
- Mental Health First Aid for Youth & Adults provides basic first aid skills for a mental health crisis.
- Anti-stigma posters include personal stories, Learn the Lingo, How to Help & Hope for Healing.
- Specific trainings for the criminal justice system, teachers, adult foster care providers and people who work with older adults

### NAMI provides peer-to-peer support groups that supplements mental health treatment:

- NAMI Connection peer led support groups are for anyone living with a mental illness. There also special support groups for parents living with a mental illness and GLBTQAI.
- Open Door Support Groups are for people experiencing anxiety.
- Young Adult Connections are peer led support groups for youth ages 16-20.
- Family Support Groups are for family and friends of individuals living with mental illness.
- Parent Resource Groups helps parents discover resources to meet the challenges of raising a child living with a mental illness, learn coping skills and develop problem solving skills.

### NAMI provides family psychoeducation and support:

- **Family-to-Family.** A 12 week course for family members who have a loved one living with a mental illness is taught by experienced family members. Participants learn about mental illnesses, identify community resources, build communication skills, reduce stress, and find support.

- **Hope for Recovery.** A one-day family education workshop that offers information, hope, and practical strategies for dealing with the complexities of mental illness. Participants learn about mental illnesses, treatments, recovery, coping strategies, the mental health system, and local resources.
- **Transitions.** Helps parents to gain tools to prepare their teen or young adult for independence.
- **Family Connections.** A 12 week course is for family members who have a loved one living with borderline personality disorder.
- **When Crisis Occurs.** A workshop that explores the common elements of a crisis, the options available, and helps families plan and prepare for an emergency or crisis.
- **Children's Challenging Behaviors.** An all day workshop where parents and caregivers of school-age children learn the five essential tasks of raising children with a mental illness to build confidence in their skills, improve the relationship with their child and create balance in their life.
- **What Works, What Helps?** A workshop for parents where they will learn early warning signs, the diagnostic assessment process, and evidence-based treatment options in children's mental health.
- **Kidshop.** A four hour workshop provides a fun experience where kids who have a parent or sibling living with a mental illness join in activities, share concerns, get support and learn they are not alone.

**NAMI educates the public to eliminate the stigma surrounding mental illnesses:**

- NAMI has co-produced three award-winning documentaries *Hope for Recovery: Understanding Mental Illness*; *Understanding Mental Illness in Children*; and *Coming Home: Supporting Your Soldier* and produced *Keeping Families Together* to help families understand how to access residential treatment.
- NAMI provides a toll-free helpline, 1-888-NAMI HELPS, assisting over 3,000 people a year with information, support, and guidance.
- NAMI's website, [www.namihelps.org](http://www.namihelps.org), provides information on mental illness and mental health services specific to the State of Minnesota as well as a teen site, [www.namihelpsyouth.org](http://www.namihelpsyouth.org). Follow us on Facebook or Twitter, too.
- NAMI publishes a quarterly newsletter and a bimonthly e-newsletter providing up-to-date information on public policies, research and NAMI programs.
- NAMI's Speakers' Bureau and In Our Own Voice programs offer anti-stigma presentations and personal stories on mental illnesses and recovery for schools, churches, organizations, corporations and mental health programs.
- NAMI Walks, NAMI's signature event, where thousands of concerned citizens raise awareness about mental illnesses and reduce stigma.

**NAMI works to enact positive changes in the mental health system.**

- NAMI provides a detailed weekly legislative update during the legislative session so that people know what is going on and when to act.
- NAMI educates legislators about the mental health system and needed changes.

**NAMI hosts a fall conference, winter research dinner, and spring conference on postpartum depression that offer Continuing Education Credits.**

For more information, please call 651-645-2948 or 1-888-NAMI-HELPS. You can also visit our website, [www.namihelps.org](http://www.namihelps.org), and click on Providers and Professionals under the Education section.

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