

NAMI Basics
National Alliance on Mental Illness


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

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NAMI Signature Programs

- ❖ Family to Family
- ❖ Peer to Peer
- ❖ Provider Education
- ❖ In Our Own Voice
- ❖ Parents and Teachers as Allies
- ❖ NAMI Connection (support groups)




Basic Principles of NAMI Educational Programs

- ❖ Recognition that mental illness is a continuing traumatic event for the individual and the family
- ❖ Families and individuals adjust to this traumatic experience in predictable stages over time
- ❖ If families and individuals know which stage they are in, they can determine what they need




Basic Principles of NAMI Educational Programs

- ❖ Family and individual strength, persistence and heroism in the face of overwhelming human challenges must be recognized and validated
- ❖ Recovery and reconstruction of personal priorities must be a goal of treatment for the individual and the family



Basic Principles of NAMI Educational Programs

- ❖ Family members and consumers make ideal teachers because of their lived experience
- ❖ Peer-directed education courses provide a dimension of emotional healing not available in any other setting



Techniques used in NAMI Family Education

- ❖ Model that a path of transformation is attainable
- ❖ Blame busters, “you can’t know what no one has told you”
- ❖ Re-framing of the illness perspective
- ❖ Mental illness symptoms are real – not “just” bad behavior



Techniques used in NAMI Family Education

- ❖ Shift from intense personal focus to group focus
- ❖ Demonstrate family and individual strength
- ❖ Use information overload to break through long held stereotypes
- ❖ Provide an invitation to “let go” of hoping against hope



Question:

What should NAMI program for parents and other caregivers of children and adolescents with mental illness look like?



Development Process

- ❖ Young Family Advisory Committee
- ❖ Review of Existing Programs within NAMI State Organizations



Goals

- ❖ To provide caregivers the information they need to be effective
- ❖ To help caregivers cope with the traumatic impact mental illness has on the child and the family
- ❖ To provide tools to help caregivers make the best decisions regarding care
- ❖ To help caregivers take the best care possible of their families and themselves



How does it look?

- ❖ Core Program is 6 classes – 2.5 hours each
- ❖ Taught in consecutive 6 weekly sessions or two classes per week for 3 weeks
- ❖ Web-based component; “Ask the Doctor”
- ❖ Topic specific, stand alone modules (to be developed)



Content

- Class 1** – Introduction: It's not your fault, mental illnesses are brain disorders
- Class 2** – The biology of mental illness; getting an accurate diagnosis
- Class 3** – The latest research on the medical aspects of the illnesses & advances in treatment



Content

- ❖ **Class 4** – The impact of the child's mental illness on the rest of the family; skills training
- ❖ **Class 5** – The systems involved with your child and the importance of record keeping
- ❖ **Class 6** – Advocacy, self-care, review, sharing and evaluation



Pilot Class Evaluation

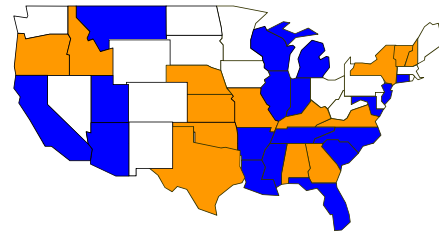
Classes provided between Jan & May 2008


- ❖ Pre-post tests administered to 19 classes in Illinois, South Carolina & Utah
- ❖ 18 items; 9 knowledge specific and 9 self perception of caregiver
- ❖ Significant increases in knowledge
- ❖ Significant increases in self-perception items



Current Evaluation Process

- ❖ All classes taught in Tennessee and Mississippi between October 2008 and May 2009
- ❖ Pre-test, Post-test and 3-month follow up
 - Family Problem Solving & Communication Scale
 - The Parent Stress Survey
 - Family Empowerment Scale
 - Self-Care Inventory
 - Demographic Questionnaire



 States Currently Offering NAMI Basics (18)

 States on waiting List for NAMI Basics (14)



States Currently Offering Classes

- ❖ Arizona
- ❖ Arkansas
- ❖ California
- ❖ Connecticut
- ❖ Florida
- ❖ Illinois
- ❖ Indiana
- ❖ Louisiana
- ❖ Maryland
- ❖ Michigan
- ❖ Mississippi
- ❖ Montana
- ❖ New Jersey
- ❖ North Carolina
- ❖ South Carolina
- ❖ Tennessee
- ❖ Utah
- ❖ Wisconsin



The numbers

- ❖ 258 teachers trained in 2008
- ❖ 61 classes completed in 2008
- ❖ 484 graduates
- ❖ 30 classes currently underway in 13 states



NAMI Basics Education Program

For more information contact

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