



National Alliance on Mental Illness

**nami**

North  
Carolina

**NC Psychiatric Association  
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“The Family in Psychiatric Care”**

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**NAMI North Carolina Board Members**

# Disclosure

- We have no relevant financial relationship with the manufacturers of any commercial products and/or providers of commercial services discussed in this CME Activity

# Catastrophic Stressors

- An unanticipated event
- No time to prepare for it
- No previous experience about how to handle it
- Has a high emotional impact
- Involves threat or danger to others.

# Predictable Stages of Emotional Reactions

- **Dealing with the Catastrophic Event**
  - Crisis/Shock
  - Denial
  - Hoping-against-Hope
  - Needs: \*Support\*Comfort\*Empathy for confusion\*Help finding resources\*Early intervention\*Prognosis\*Empathy for pain\*NAMI
- **Learning to Cope: “going through the mill”**
  - Anger/Guilt/Resentment
  - Recognition
  - Grief
  - Needs: \*Vent feelings\*Keep hope\*Education\*Self-Care\*Networking\*Skill training\*Letting go\*Co-operation from system\*NAMI

# Predictable Stages of Emotional Reactions Cont.

- **Moving into Advocacy: “CHARGE!”**
  - Understanding
  - Acceptance
  - Advocacy/Action
  - Needs: \*Activism\* Restoring balance in life\* Responsiveness from system\* NAMI

**Family members and caregivers  
can become important partners in  
supporting and advancing your  
patient's recovery.**

# NAMI

## National Alliance on Mental Illness

- Founded 1979 in Madison, Wisconsin
- Headquarters in Arlington, Virginia
- NAMI is the largest consumer- and family- run advocacy organization in the country.
- 1100 Affiliates in 50 States, Washington D.C. and Puerto Rico
- **NAMI North Carolina** has 34 affiliates across the State and over 1,500 members; Formed in 1984

# What is the NAMI mission?

- NAMI is dedicated to the eradication of mental illnesses and to the improvement of the quality of life of all whose lives are affected by these diseases.
- The mission of NAMI North Carolina is to promote recovery and optimize the quality of life for those living with mental illness.



# Central Beliefs

- Mental Illnesses are illnesses like any other
- Stigma is real and has terrible consequences
- Consumers and families alike are essential to the recovery process
- Family and consumer education and support make substantial differences in outcomes
- With appropriate treatment and services, people can and do recover from mental illness

# What does NAMI do?

NAMI members, leaders, and friends, work tirelessly across all levels to meet a shared NAMI mission of support, education, advocacy, and research for people living with mental illness through various activities

# Public Education and Information Activities

# Public Education and Information Activities

- **NAMI's website ~ [www.nami.org](http://www.nami.org)**
  - receives over 5.4 million visitors a year
- **NAMI's Toll-free HelpLine ~ 1 (800) 950-6264**
  - serves over 50,000 callers a year (staffed by a dedicated team of volunteers)
- **NAMI North Carolina website ~ [www.naminc.org](http://www.naminc.org)**
  - Receives over 52,500 visitors a year
- **NAMI NC HelpLine ~ 1 (800) 451-9682**
  - serves over 4,500 callers a year

# Public Education and Information Activities

- ***Mental Illness Awareness Week***, held during the first week of each October, May as Mental Health Month, July as Minority Mental Health Month, etc.
- Newsletters – Clippings and Insights (for young families)
- NAMI on campus
- Special events – Statewide and Regional Conferences; NAMI Walks; Health Fairs, etc.



# **NAMI** In Our Own Voice

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- Is a unique public education program in which two trained speakers share personal stories about living with mental illness and achieving recovery.
- Is an opportunity for those who have struggled with mental illness to gain confidence
- Audience participation is an important aspect of IOOV because the more audience members become involved, the closer they come to understanding what it is like to live with a mental illness and stay in recovery.



- NAMIWalks is a nation-wide event being held in 82 communities across the country in 2010.
- It is the largest anti-stigma effort in North Carolina and America.
- NAMI Walks raises public awareness about mental illness and allows individuals with mental illness and their families and friends, as well as the larger community, to gather for this special day of celebration.
- The North Carolina event hosts over 100 teams from across the state and features a program of community stakeholders, local dignitaries as well as food, information booths, and prominent recognition of media, business, and healthcare sponsors.
- **MAY 2, 2015 – JOIN US!**

# Family and Consumer Peer Education and Support Activities





# **NAMI** Family-to-Family

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- 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
- Close to 200,000 family members have graduated from this national program
- Acquired an EBP designation by SAMSHA in 2011



# Support Group Program

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- The NAMI Support Group model operates differently than other, more traditional "share-and-care" groups.
- The NAMI Support Group model offers a set of key structures and group processes for facilitators to use in common support group scenarios. These structures come with clear guidelines to follow; used together, they encourage full group participation in support group meetings.



- NAMI Basics is 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.
- All instruction materials are FREE to participants.



- Peer-to-Peer is a unique, 10 week 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 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.



NAMI Connection is a weekly recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.



- The purpose of the program is to raise awareness and provide information on:
  - diabetes, diet, exercise, and smoking
  - basic information on addictions, recovery, stigma, and treatment
  - information on sleep apnea
  - tips for exercise,
  - diet -including a shopping list template- recipes, and a food diary
- Online and interactive



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- NAMI Smarts for Advocacy is a hands-on advocacy training program that helps people living with mental illness, friends and family transform their passion and lived experience into skillful grassroots advocacy.
- Three 1-2 hour workshops or a full-day training
  - Module 1: Telling a compelling story that is inspiring and makes an “ask” in 90 seconds.
  - Module 2: Writing an effective email, making an elevator speech and making an impactful phone call.
  - Module 3: Orchestrating a successful meeting with an elected official.

# Advocacy – NAMI North Carolina

- *Heard in the Halls* – NAMI NC, grassroots, communications initiative
- Presence at General Assembly
- Mobilize Our Grassroots Network
- Public Policy Platform updated yearly
  - Improve quality of life through integrating primary and behavioral healthcare
  - Collaboration with law enforcement and criminal justice through CIT, jail diversion, and specialty courts
  - Affordable housing
  - Employment
  - Consumer and Family Engagement at Provider and MCO level



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