

NAMI Mid-Hudson Fact Sheet

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 living with a mental health condition. NAMI advocates for access to services, treatment, supports, and research and is steadfast in its commitment to raise awareness and build a community of hope for all of those in need. NAMI Mid-Hudson (NAMI-MH), our local affiliate, is a 501(c)(3) organization serving the people of Dutchess and Ulster Counties in New York since 1981. NAMI-MH strives to be active in our community by collaboratively working with other organizations, local businesses, and schools to educate the public, promote mental wellness and increase mental health literacy.

OUR MISSION

1. **ADVOCATE** for and support individuals living with a mental health condition and their families.
2. **ERADICATE** stigma.
3. **SUPPORT** research, causes, treatment, and access to services regarding mental health conditions.
4. **EDUCATE** the public about mental health.

Educational Classes and Presentations in Dutchess and Ulster Counties:

NAMI FAMILY-TO-FAMILY, a NAMI Signature Program, is a **FREE** eight-week, evidence-based course for families, partners, and friends of individuals living with a mental health condition. Many family members describe their experience in this program as "life changing."

NAMI FAMILY & FRIENDS is a 2-hour seminar that informs and supports people who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. Seminar leaders have personal experience with mental health conditions in their families.

NAMI Basics, a NAMI Signature Program, is a **FREE** six-week or three full Saturdays, education program developed specifically for parents and caregivers of children and adolescents who have behavioral issues, undiagnosed emotional issues, ADHD, ODD, OCD, DMDD, or have developed symptoms of mental health issues.

NAMI Basics OnDemand Online is available 24/7. OnDemand offers the flexibility of participating in the course on *your* schedule. Both formats help families and caregivers build confidence to support their children with compassion, give a better understanding of the various treatment options, and prepare for a crisis situation and how to navigate the public mental health care system, school, and juvenile justice system. Both offer the opportunity to connect with other parents and caregivers.

NAMI PEER-TO-PEER, a **FREE**, eight-week educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos.

NAMI IN OUR OWN VOICE is a unique and powerful public presentation that offers insight into the realities of recovery for individuals living with a mental health condition. In Our Own Voice changes attitudes, assumptions and stereotypes by sharing personal stories in this free, 60-minute presentation.

NAMI ENDING THE SILENCE PRESENTATION (ETS) for students, staff or families, is a fifty-minute presentation program. ETS for Students is for high school students engaging them in a discussion about mental health. Students learn symptoms and indicators of mental illness. Students learn how to help themselves, friends or family members who may need support. ETS presentations for Staff are available as well as for Families (or primary caregivers) of students.

NAMI HOMEFRONT Online is a **FREE**, six-week education program to meet the needs of families of Service Members and Veterans who live with mental health conditions. Focuses on unique needs of military and veteran communities, such as post-deployment and post-discharge transitions. Taught by families of Service Members and Veterans who have experience with military culture. Classes meet weekly in a virtual classroom, so participants experience the same level of interaction and learning as traditional in-person classes.

MONTHLY NAMI FAMILY SUPPORT GROUPS

Resources*Support*Hope

<p>1st Wednesday of the month In-Person or Zoom 1797 Rt 22 Wingdale NY 12594 American Legion Post 1949 Below Dover Library</p> <p>6:30 pm - 8:30 pm</p> <p>Facilitators: Jo Ann and Debbie</p>	<p>2nd Monday of the month In-Person Only Perkins Restaurant (Back Room) 1576 US 9 Wappingers Falls, NY 12590</p> <p>6:30 pm - 8:30 pm</p> <p>Facilitators: Jane and Karen</p>	<p>3rd Tuesday of the month Zoom</p> <p>6:30 pm - 8:30 pm</p> <p>Facilitators: Lenny and Jo Ann</p>	<p>4th Monday of the month Zoom</p> <p>6:30 pm - 8:30 pm</p> <p>Ulster Facilitators: Kie and John</p>
<p align="center">NAMI CONNECTION ADULT RECOVERY SUPPORT GROUP Zoom Only Peer-led support group for any adult who is living with a mental health condition. 2nd Friday of every Month 6:30 pm – 8:00 pm</p>			

For more information or to register call 845-206-9892 or email contact@namimidhudson.org.

Please visit our website www.namimidhudson.org for more information.