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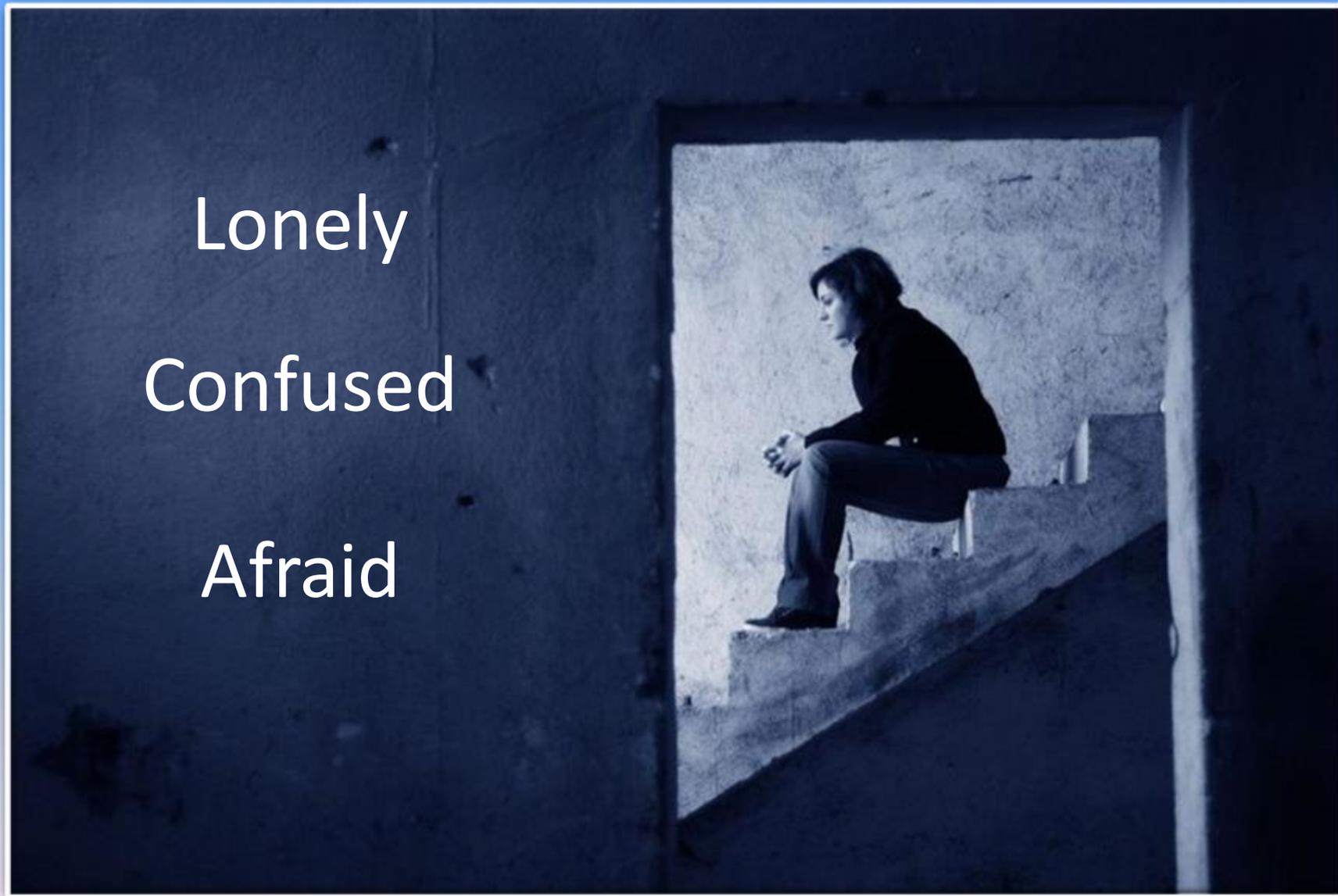


**What would you do if
you or a loved one was
diagnosed with a
mental illness?**

Lonely

Confused

Afraid





How We Can Help!

What is NAMI?

National Alliance on Mental Illness

The nation's largest grassroots mental health organization dedicated to improving the lives of people affected by mental illness.

Who is NAMI?

Mission Statement

- The Mission of NAMI Antelope Valley is to provide Outreach, Education, Support and Advocacy to anyone impacted by mental illness.



Hope



How do we accomplish this?

Outreach

- Community Networking
- Help Line
- Referrals
- Outreach Navigators
- LPS Conservatorship Navigators

Educational Programs

- Family to Family
- Peer to Peer
- Basics
- Homefront
- Ending the Silence presentation

Support Groups

- Family and Friends Support Groups
- Spanish Language Family Support Group
- NAMI Peer Connection Support Group

Speaker Meetings

- Monthly General Meeting
- Continuing Education for Family Members
- Variety of Topics
 - Integrated Dual Diagnosis Treatment
 - Unlisted: A Story of Schizophrenia
 - Special Needs Trusts
 - The Discovery of Recovery
 - Ask The Doctor
 - The Inner Game of Stress
 - In Our Own Voice
 - Tapping the Power of Mindfulness for Recovery
 - Choices In Recovery
 - Los Angeles County's Department of Mental Health Office of Consumer and Family Affairs

NAMI Programs

- NAMI on Campus
 - Mental health support groups on college and high school campuses

Ending the Silence

- One-hour school program
- Educating students, student's family members or administrators, teachers and school staff
- Team presentation
- Standard program from NAMI National
- Recruiting additional presenters

Ending the Silence

- Free educational presentation for High School students
- Presented by two NAMI trained members to High School classes
- 50 minute presentation by trained consumer and family member
- Educates students on facts of mental illness
- Identifies signs and symptoms of mental illness
- Talks about recovery

In Our Own Voice

- A NAMI Public Education Program
- Presented by two consumers to various groups in the community, such as:
 - Law Enforcement, Schools, Faith-based Organizations, Mental Health Professionals
- A discussion in five stages:
 - Dark Days, Acceptance, Treatment, Coping Skills, Successes/Hopes/Dreams
- Puts a “face” on mental illness and reduces stigma
- Conveys the message of hope for recover

Advocacy

- Working with Los Angeles County providers and local/state legislators to increase support
- Training law enforcement officers in Crisis Intervention Training (CIT)



- **All** programs, services and classes are ***Free of charge!***
- NAMI AV is funded by donations and membership dues



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