

Building the Bridge Together

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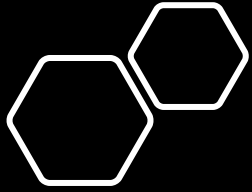
Overview

- Introduction to NAMI
- What is NAMI and what we do
- NAMI Programs
- Working together
- What's next

ADVOCACY ACTION Catastrophic Event
ANGER GRIEF Denial crisis Shock
TRAUMA GUILT MOVING INTO ADVOCACY Acceptance
LEARNING TO COPE
RESENTMENT
RECOGNITION Understanding

Mental Illness in Georgia

- 1 in 5 adults in America experience a mental illness
 - In Georgia, this equates to about 2.3 million adults living with a mental illness
 - Approximately 300,000 of these adults have a Serious Mental Illness (SMI) such as Schizophrenia or Bipolar Disorder
 - **Additionally, about 110,000 children in Georgia have been diagnosed with SMI**



What is NAMI

Nation's largest grassroots
mental health organization.

Dedicated to building
better lives for the millions
of Americans affected by
mental illness.

What started as a small
group of families gathered
around a kitchen table in
1979 has blossomed into
the nation's leading voice
on mental health.

Resource for those you
support.

We have 20 affiliate
locations throughout the
state.



VISION: A Georgia where all affected by mental illness find Hope, Help and Acceptance.

MISSION: To empower NAMI affiliates to create communities where all effected by mental illness find Hope, Help and Acceptance through **Support, Education and Advocacy.**

What Do We Do

- **We educate.** Our [education programs](#) ensure hundreds of thousands of families, individuals and educators get the support and information they need.
- **We advocate.** NAMI shapes national and state [public policy](#) for people with mental illness and their families at state and local levels.
- **We listen.** Our toll-free [NAMI HelpLine](#) allows us to respond personally to hundreds of thousands of requests each year, providing free referral, information and support—a much-needed lifeline for many.
- **We lead.** Through public awareness events and activities, NAMI works to decrease stigma and to make sure our country understands how important mental health is.



Under the NAMI Umbrella

- Individuals
- Family
- Professionals
- Community

Educate, Support, Advocate



National Alliance on Mental Illness

nami | Georgia

Trauma Informed Practices

Trauma Informed Practices are intended to help adults create safe, stable, supportive environments where learning can take place.

NAMI's Role

In NAMI's strategic plan, we emphasize a focus on *developing and implementing strategies that **engage those living with mental illness, their advocates and their families**—expanding our reach across the lifespan.*

- Support affiliates in local communities by promoting resource development and learning opportunities
- Facilitate the coordination and delivery of Mental Health Awareness Training in the schools
- Respond to requests to provide information and resources regarding mental health and mental illness in youth

Collaborate to Develop Resources

- Georgia ranks 51st in terms of the availability of mental health service providers
 - Accessibility is worse in rural and/or lower-income areas
 - Of the individuals in Georgia with a mental health condition, almost TWO THIRDS did not receive any mental health services within the past year

How NAMI can Help

- NAMI Ending the Silence
 - Students / Families
- NAMI Basics
- NAMI Family-to-Family
- NAMI Family Support Group
- Georgia Youth in Crisis / CIT-Youth
- IBHAD
- NAMI Georgia HelpLine 770-40
- NAMI website: www.namiga.org





NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties prior to age 13.

Support Groups and Training Opportunities: Ending the Silence



- Through this free presentation, students and educators get to see the reality of living with a mental health condition.
- A young adult living with mental illness and a family member tell their stories about mental health challenges, including what hurt and what helped.

Support Groups and Training Opportunities: CIT -Youth

- CIT-Youth training offers education on adolescent brain development and how mental health symptoms can manifest with youth. Children, youth and young adults express their distress differently than adults and often respond to different styles of interaction.
- The success to CIT-Youth is strong working relationships between families, schools, mental health providers, juvenile justice and youth serving systems, and law enforcement.
- CIT-Youth works with law enforcement, school based police officers, schools, children's mental health providers and parents/caregivers to accomplish these goals.





NAMI Family Support Groups, offered by NAMI Affiliates in communities across the country, are free, confidential and safe groups of families helping other families who live with mental health challenges. In NAMI Family Support Groups, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family members can achieve a renewed sense of hope for their loved one living with mental health challenges.

VETERANS COURT



Train-the-Trainer Opportunities

- CIT-Youth
- NAMI Basics
- Ending the Silence

Additional Train-the-Trainer opportunities may be scheduled at other locations based on demand.



NAMI Georgia Help Line

1-800-715-4225

- NAMI Help Line is a warm-line.
- We provide support and resources to individuals experiencing mental health issues.
- Managed by volunteer consumers and/or family members with lived experiences.
- Hours of Help Line:
 - Monday – Friday
 - 10:00 a.m. – 3:00 p.m.

Let's work together Questions

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