



nami

National Alliance on Mental Illness

Southwest
Washington

**Serving Clark, Cowlitz,
Skamania, and
Wahkiakum counties**

NAMI Southwest Washington Offices

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NAMI SW WA

- ▶ **Helps all people affected by mental health issues**
- ▶ **Provides services in Clark and Skamania counties (Southwest Washington region)**
- ▶ **Provides services in Cowlitz and Wahkiakum County (Great Rivers BHO)**
- ▶ **Provides education, support, and advocacy for individuals and families/caregivers, at no charge**
- ▶ **Uniquely recognizes that external support – family, friends, community - is key to recovery from mental health disorders**

NAMI SIGNATURE PROGRAMS

Program	Function
Family to Family (Familia a Familia)	12-week education course for families of loved ones with a mental health diagnosis
HomeFront	6-week education class for families of veterans
Basics	6-week course for families newly experiencing a mental health diagnosis with a child
Parents and Teachers as Allies and Ending the Silence	Education for school staff and for parents about mental health signs and symptoms and program for teens who want to advocate for friends with diagnoses
Peer to Peer	10-week peer-led training for individuals with mental health issues as first step to working with other
Connection	Recovery support group to reconnect recovering individual with community and employment
Family Support Group	Peer-led drop-in group for family and loved ones

UNIQUE SERVICES BEYOND THE TRADITIONAL

Program	Function
Crisis Intervention Training ("CIT")	40-hour training for law enforcement officers in the community and corrections
SEE ME (Sharing Experiences and Empathy with Mental Illness)*	2- or 4-hour workshop presented to over 2,500 residents in the last 3 years that has raised knowledge about mental illness to >85%
STRivE * and First Steps	Weekly psycho-educational program for individuals with mental health diagnoses
Women's Support Group	Addresses challenges for women; (Vancouver only)
Pain Support Group	Pain support (Medicaid only)
Benefits Counseling	Assists individuals with conditions to understand and obtain benefits
Genetics testing for medication metabolism and medication counseling	DNA testing at no cost to individual to identify what meds can be metabolized; counseling for optimum medication regimens
ACES Education	Adverse Childhood Experiences, an important factor in predicting chronic conditions including mental health issues

* Outcomes based programs

UNIQUE SERVICES CONTINUED

Program	Function
LGBTQ+ Support Group	Weekly drop-in group for any person questioning or choosing alternative sexuality (Vancouver only)
Art Therapy Group	Weekly drop-in groups, Vancouver and Longview, for learning socialization and experiencing various art techniques
Writers' Group	Weekly drop-in sharing group for those who like to write non-fiction or fiction
Seated Exercise Group	Weekly drop-in group for people who want to begin to move their bodies a bit

ADVOCACY ROLE

- ▶ **Corrections**
- ▶ **Court system/law and justice**
- ▶ **State and federal legislatures**
- ▶ **County councilors/commissioners and community leaders**
- ▶ **Other non-profits and providers to the mental health community**

HELPING INDIVIDUALS AND FAMILIES IN CRISIS

- ▶ Staff spends an average of 30 hours/week on the phone or meeting with individuals in crisis (or their families) who need assistance with advocacy, service acquisition or simply support
- ▶ Staff identifies solutions for urgent mental health needs before they escalate to Crisis Line, hospital emergency room, or law enforcement/jail
- ▶ These solutions actually help the individual to recover in many cases