


2010



 Affiliate of NAMI ~ National Alliance on Mental Illness

HIGHLIGHTS

JAN FEB MAR APR MAY JUNE JULY AUG SEPT OCT NOV DEC



Education – Support – Advocacy

NAMI NJ Annual 2010 Conference

“*Hope for a Better Future*” addressed the critical issue of early intervention and community support in mental illness. Leading researchers such as Dr. William McFarlane outlined the enormous promise of early intervention for adolescents and young adults with symptoms of serious mental illness, while workshops provided by experts discussed a range of issues.

NAMI NJ Educational Resources

Information about mental illness was provided in a variety of settings across the state. Over 40,000 visitors looked for information on the NAMI NJ Website, and thousands more were reached through newsletters, science and treatment updates, community events, e-news bulletins, and help-line information calls. NAMI NJ is the National Institute of Mental Health (NIMH) Outreach Partner to provide science based information and current research findings to the public across the state.

Family Education Programs

Caregivers are the cornerstone of NAMI NJ’s efforts to provide families the tools they need to care for their loved ones. Family-to-Family Education and NAMI Basics were provided to hundreds of families across NJ. A special Family-to-Family Education course for the families of Veterans was also offered. Local affiliate volunteers were provided with intensive training in NAMI NJ’s annual teacher training sessions.

School Education Programs

Educating the Educators and Every Mind Matters, two unique programs gained a significant foothold in the state. The programs partner with the NJ Department of Education to provide training to school staff, and with the NJ Psychiatric Association and the Council of Child and Adolescent Psychiatry to help classroom teachers better understand students with the signs and symptoms of mental illness and equip them with teaching strategies.

NAMI NJ Advocacy Network

Promoting safe, treatment oriented state psychiatric hospitals, reducing waiting times in emergency services, establishing outpatient commitment as a more timely and less restrictive alternative to inpatient commitment, adopting a privacy standard that promotes family involvement and increasing housing opportunities were among the major advocacy issues in which NAMI NJ provided leadership.

Law Enforcement Education

“*The Community I Serve*,” NAMI NJ’s award winning video, was recognized by The NJ Governor’s Council on Mental Health Stigma as an powerful resource for police training. The video, along with “*Finding Our Way*,” a user’s guide to the criminal justice system are being used in more than 60 NJ police departments, and 18 states and Canada to train officers to recognize mental illness and to effectively intervene in a psychiatric emergency.

NAMI NJ Programs Empowering Consumers and Fighting Stigma In Our Own Voice educates people around the state to dispel stigma. A new and diverse group of IOOV presenters have been trained and are available to present in any location free of cost.

NAMI Connection, a consumer peer support group provided by trained consumer facilitators has been developed and offered in several locations across the state on a weekly or bi-weekly basis.

Hearts & Minds is in its fifth year of bringing the message of physical wellness, particularly around the issue of heart health to consumers, family members, and mental health staff throughout the state. NAMI NJ has been recognized for its effective development of the program in encouraging consumers to put positive, doable goals into practice.

Expressive Arts Awards supporting local activities are given to artists, writers and performers who promote awareness and fight stigma. The 2010 awards were presented to poet Jacques Armstrong and performer/advocate Drew Horn of the Turn-A-Frown-Around Foundation.

NAMI NJ Multicultural Outreach Programs are recognized as national leaders and pioneers.

NAMI NJ en Español brought presentations in Spanish to diverse settings such as school PTO's, Headstart Centers and libraries. The Latino Mental Health Conference is scheduled for April 9 2011 in New Brunswick.

AACT-NOW! presented a hugely successful and inspiring conference fo-

cused on wellness and spirituality in the African American community. The program continues to expand and develop support groups in different regions of the state.

CAMHOP developed new initiatives, e-updates, holiday cards in Chinese for families and consumers, and is involved in a new pilot study to destigmatize mental illness in the Chinese community. In February 2011 CAMHOP families will celebrate Chinese New Year at an annual luncheon.

SAMHAJ presented a premiere of a new independent film about mental illness among South Asians, *Hiding Divya*. The program was very successful in media outreach and awareness work, appearing on a TV program called "Visions of Asia," and participating in a variety of community partnerships and major health based initiatives such as medical conferences and health fairs.

Providing Support for those affected by mental illness is a fundamental pillar of NAMI. NAMI NJ works with its grassroots network of county based affiliates, as well as program coordinators and volunteers to provide emotional support to caregivers and consumers of mental health services.

NAMI NJ has been recognized for its outstanding achievement in fulfilling its mission to improve the lives of those affected by mental illness.

To learn more about NAMI NEW JERSEY programs and initiatives, visit www.naminj.org.

Program Listing

Providing information, referral & Public Education and Awareness

Self-Help Support Group Facilitator Training and Consultation

Education Programs and Conference

Newsletter, Website and Publications

Legislative and Public Policy Advocacy

Family Support Act Workgroups

Law Enforcement Education Program

School Education Programs

Family-to-Family Education Program

Intensive Family Support Staff Training

Leadership Training and Development

SAMHAJ—South Asian Mental Health Awareness

CAMHOP—Chinese American Mental Health Outreach

NAMI NJ en Español Program

AACT-NOW!- (African American Outreach)

National Institute of Mental Health Outreach Partner

"In Our Own Voice—Living With Mental Illness" Consumer Speaking Program

News Media and Community Outreach

Expressive Arts Network— "People With Mental Illness Enrich Our Lives"

"Caring for Someone with a Mental Illness" - Caregiver Outreach Program

"Freedom from Stigma" Campaign

Family Participation in DMHS Site Reviews

"Hearts and Minds" Consumer Presentation Wellness & Recovery Program

NAMI Connection Support Groups

Happy Holidays
from the NAMI NJ Staff,
Program Coordinators and
Volunteers

