



## HIGHLIGHTS OF 2006

NAMI NEW JERSEY  Affiliate of NAMI - National Alliance on Mental Illness

2006 has been an eventful year for NAMI NEW JERSEY, marking our 22nd year of providing statewide leadership in education, support and advocacy to improve the lives of individuals and families affected by mental illness. We are pleased to present *Highlights of 2006*, a condensed end of year review, featuring highlights of NAMI NJ's major activities.



NAMI NEW JERSEY staff (from L to R): Anu Singh, Sylvia Axelrod, Cynthia Miles, Celina Sanchez, Aruna Rao, Kathleen Considine and Maggie Luo

Each year, NAMI NJ's Annual Conference is the highlight of our educational activities. It provides a wonderful opportunity for the statewide mental health community and NAMI NJ's grassroots membership to receive education on the latest issues in mental health. The NAMI NJ 2006 Annual Conference theme "**Building Alliances in a Family and Consumer Driven Mental Health System**" was also a tribute to NAMI NJ's success in building strong alliances with families, consumers, agencies, government, media and other advocacy groups in pursuit of the goal of improving the lives of those affected by mental illness. The conference featured presentations by King Davis, Ph.D., Executive Director of the Hogg Center for Mental Health and Suzanne Vogel-Scibilia, NAMI National President, as well as an extraordinarily moving afternoon

plenary session with Carolyn and Pamela Spiro, based on their book "Divided Minds: Twin Sisters and their Journey through Schizophrenia." Kevin Martone, NJ Assistant Commissioner for Mental

Health Services was a key participant on the "Building Alliances" Panel.

The NAMI NJ Advocacy Programs continue to grow in scope and influence. NAMI NJ staff serve as the vice chairs of the Governor's Council on Mental Health Stigma, the State Mental Health Planning Council and the NJ Mental Health Coalition. NAMI NJ leaders serve on each of the Division of Mental Health Services Wellness and Recovery Transformation subcommittees. NAMI NJ successfully advocated for a \$40 million Medicare Part D "wraparound" making NJ the best state in the country for access to newest, most effective psychotropic medications. The state's mental health parity law, already one of the nation's best, with the help of NAMI NJ members, will soon provide equal coverage for every mental illness.

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### NAMI NEW JERSEY ACTIVITIES

#### *Providing information and referral*

**Self-Help Support Group Facilitation Training and Consultation**

#### *Education Programs and Conference*

**Newsletter, Website and Publications**

**Legislative and Public Policy Advocacy**

**Family Support Act Report Workgroups**

**Law Enforcement Education Program**

**Education for Professionals**

**Educating the Educators Program**

**Family-to-Family Education Program**

**Intensive Family Support Staff Training**

**Leadership Training and Development**

**SAMHAJ - South Asian Mental Health Awareness In Jersey**

**CAMHOP - Chinese American Mental Health Outreach Program**

**NAMI NJ En Español Program**

**AACT-NOW! (African American Community Takes New Outreach Worldwide)**

**Cultural Competence Training Workshop**

**National Institute of Mental Health Outreach Partner**

**"In Our Own Voice - Living with Mental Illness" Consumer Speaker Program**

**NAMI CARE Consumer Support Group**

**Public Education and Awareness**

**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 NJ's Family-to-Family Education Program** trained twelve new Family Educators and sponsored the 12-Session Family-to-Family Course in 15 counties, providing educational materials free of charge for over 500 family members. NAMI NJ also trained 16 new Family Facilitators who will provide facilitation for local self-help support groups.



**NAMI NJ's In Our Own Voice: Living with Mental Illness Program** made over 225 presentations, and reached over 5000 audience members with its message of realistic hope, and recovery. NAMI NJ sponsored the training for consumer presenters and provided stipends to consumers for each presentation. **The NAMI NJ Consumer Outreach Team** participated in a wide variety of community fairs, conferences, and events and worked with local affiliates in launching **NAMI CARE (Consumers Advocating Recovery through Empowerment)** and other consumer support and recreational programs.



**NAMI NJ's Hearts & Minds Program** brought its message encouraging physical wellness to a variety of settings, including hospitals, day treatment, self-help centers, residential programs, and NAMI affiliates.



**The NAMI NJ Educating the Educators (ETE) Program, a teacher education program** developed by NAMI NJ has made great strides in working to make schools aware of serious mental illness among



children. ETE has presented in schools all over the state, reaching hundreds of teachers and other school staff from Sussex county to Cape May county. ETE offers continuing education credits to schools staff who participate in the program.



**NAMI NJ Law Enforcement Education Program** participated in the creation, development and distribution of educational materials including a PowerPoint presentation for teaching judges, public defenders, attorneys, probation officers, court personnel and professionals, and a 17 page pamphlet: "Dealing with Mental Illness Crisis: A Guide for Criminal Justice System Professionals," which includes information about mental illness and how to navigate the local mental health system.

**NAMI NEW JERSEY Multicultural Programs** continue to bring support, education and advocacy to New Jersey's diverse communities. **Cultural Competence Training Workshops** offered mental health providers, schools and other social service agencies a chance to increase their awareness about New Jersey's diverse immigrant groups and communities.



**NAMI NJ en Español Programs** offers Spanish language resources to the Latino community in support groups and the Family-to-Family Education Program in Spanish. NAMI NJ en Español saw the inclusion of a challenging new initiative in New Brunswick with the support of the Rutgers Community Health Foundation.

**NAMI NJ's SAMHAJ and CAMHOP-NJ Programs** served over 500 Asian American families and



consumers and worked in innovative, creative ways to combat stigma in the South Asian and Chinese immigrant communities. The CAMHOP-NJ program, which has pioneered outreach to the Chinese immigrant community organized the very first Chinese language "In Our Own Voice" presentation. The SAMHAJ program continued to provide support to a growing number of South Asian families in Central Jersey, and fight stigma through educational presentations for the community, including a film discussion series.

**AACT-NOW! (African American Community Takes New Outreach Worldwide)** is NAMI NJ's new and exciting initiative to connect with African-American families affected by mental illness, mental health consumers, the faith community and mental health professionals to provide culturally competent support, education and advocacy. AACT-NOW! goals are to dispel the misconceptions surrounding mental illness and to create a stigma free environment for those seeking treatment.



*NAMI NJ appreciates the support received from the NJ Division of Mental Health Services, corporations, foundations and individuals. We thank our affiliate leaders and dedicated volunteers for generously offering their time and talents in working to improve the lives of those affected by mental illness.*

*Happy Holidays and Best Wishes for the New Year!*