



## HIGHLIGHTS OF 2007

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

2007 has been an eventful year for NAMI NEW JERSEY, marking our 23rd 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 2007*, a condensed end of year review, featuring highlights of NAMI NJ's major activities.



(From L to R): Director of Advocacy Phil Lubitz, Executive Director Sylvia Axelrod, Board President Mark Perrin, M.D., SAMHJ Coordinator Anu Singh, Administrative Assistant Celina Sanchez, Program Assistant Cynthia Miles, Director of Affiliate and Professional Training Kathleen Consideine, Family-to-Family Program Director Marilyn Goldstein, Bookkeeper Sharon Marshall, Director of Education Programs Aruna Rao, and CAMHOP Coordinator Maggie Luo.

The NAMI NJ 2007 Annual Conference "Experiencing Recovery" focused on different aspects of the wellness and recovery process, featuring presentations and insightful plenary presentations on the role of the mental health system in recovery, and on getting beyond stigma. The NAMI NJ Legislative Award was presented to Senator Joseph Vitale and the NAMI NJ 2007 Governor Codey Mental Health Champion Award was presented to Kevin Martone, NJ Assistant Commissioner for Mental Health Services.

NAMI NEW JERSEY Advocacy continues to make its mark on legislation and policies that affect persons with a mental illness and their families. The past year has seen a 31% increase in the NAMI NJ Advocacy Network and a corresponding growth in clout in Trenton and Washington, whether it be

in legislation to expand insurance parity for all mental illnesses and substance abuse treatment or increasing state mental health funding by 20 million dollars. NAMI members throughout the state work to adopt a *State*

*Family Support Plan* which serves as a state blueprint for improving the lives of persons with a serious mental illness and their families. This is just one of the ways that NAMI members make their voices known to the state's decision makers. NAMI NJ will be developing a long needed user's guide for individuals with a mental illness and their families who become involved with a mental illness.

NAMI NJ's Family-to-Family Education Program trained fifteen new Family Educators and sponsored twenty 12-Session Family-to-Family Courses throughout the state, providing educational materials free of charge for over 400 family members. 12 dedicated Family-to-Family Educators were honored by being entered in the *NAMI NJ Family-to-Family Hall of Fame for teaching* the course at least 5 times.

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### NAMI NEW JERSEY PROGRAMS

*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*

*Every Mind Matters*

*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*

*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 In Our Own Voice: Living with Mental Illness Program continues to be one of the most active nationally.** By the close of 2007 NAMI NJ presenters will have brought our message of hope and recovery to over 20,000 people in nearly 900 presentations. In November, we conducted a state-wide presenter in-service training, and honored 31 of our presenters who have entered the *NAMI NJ In Our Own Voice Hall of Fame* by making nine or more presentations.



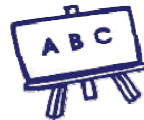
**The NAMI NJ Consumer Outreach Team** provided training to local

affiliates on conducting NAMI CARE (Consumers Advocating Recovery through Empowerment) support groups, and collaborated with a local affiliate on Hospital Outreach/Patient Education (NAMI HOPE) groups. We have developed and presented several offerings of *Overview of Wellness, Recovery and Psychiatric Rehabilitation* and *Services to Help Us Return to School and Work*.

**NAMI NJ's Hearts & Minds Program** is in its third 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. Each month 5-7 presentations were delivered to consumers and family members emphasizing the 4 big risk areas including: diabetes, no smoking, exercise, and healthy diet. Consumers are encouraged not to give up, and to keep putting into practice positive, doable goals.



**NAMI NJ's Educating the Educators (ETE) Program** has brought education about mental illness in the classroom to over 2,000 teachers in all reaches of NJ, while providing each attendee with NJDOE-approved CEUs. At the 2007 NJEA Convention, educators rated the ETE Workshop as the best presentation they had ever attended.



**NAMI NJ's "Every Mind Matters" Program**, a new mental illness

education program targeted to children in Grades 5-8 and Grades 9-12 was introduced on 2007. "Every Mind Matters" is an interactive program designed to teach children the importance of taking care of their mental health, as well as their physical health. Students learn the meaning of stigma and how we can stamp out stigma related to persons with disabilities.



**NAMI NJ Cultural Competence Training** is offered to mental health providers, schools, social service agencies and community groups to increase their awareness about New Jersey's diverse communities. A brand new initiative for 2008 is the launch of a documentary entitled "*Documenting Our Presence: Multicultural Experiences of Mental Illness.*"



**NAMI NJ en Español Programs** offers Spanish language resources to the Latino community, and conducts six self help support groups in Spanish. We will be bringing information into the Adult Learning Center in New Brunswick on a monthly



basis as well as educational presentations open to the public in houses of worship in Middlesex county. The Family-to-Family in Spanish program graduated 40 families in 2007.

**NAMI NJ 's SAMHAJ and CAMHOP-NJ Programs** served over 500 Asian American families and consumers and worked in innovative ways to combat stigma in the South Asian and Chinese immigrant communities. CAMHOP-NJ has been successful in media



outreach, generating great interest in the Chinese community toward NAMI NJ's work. CAMHOP-NJ now has four trained support group facilitators, and plans to expand the number of self-help groups offered in 2008.

SAMHAJ continues to provide support to a growing number of South Asian families in Central Jersey, and has initiated a new consumer support group. Program activities also include educational events and creating partnerships with community organizations.



**AACT-NOW! (African American Community Takes New Outreach Worldwide)** support groups have been formed in the Central and Southern locations to provide support to family members. Members of NAMI NJ's African American Outreach Advisory Group and program coordinators have outreached to churches, community groups, senior centers, health fairs, festivals and other community activities. AACT-NOW participated in two large conferences this year reaching over 3,000.



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