



## HIGHLIGHTS OF 2008

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

NAMI NEW JERSEY is pleased to present highlights of successful activities and programs that provide education, support and advocacy towards improving the lives of individuals and families affected by mental illness.



NAMI NJ Staff: (From L to R, back row): Director of Education Programs, Aruna Rao; Every Mind Matters Coordinator, Lorrie Bauman; Director, NAMI NJ en Español, Martha Silva; Director, Educating the Educators, Kathleen Considine. (From L to R, front row): CAMHOP-NJ Coordinator, Maggie Luo; Administrative Assistant, Celina Sanchez; SAMHAJ Coordinator, Anu Singh; Executive Director, Sylvia Axelrod; Program Assistant, Cynthia Miles, and Director of Advocacy, Phil Lubitz.

**NAMI NJ 2008 Annual Conference**  
“Putting the Pieces Together: Providing a System of Care That Sustains Recovery” in June presented an array of speakers who tackled present-day issues from a variety of perspectives that helped paint the complete picture regarding the current state of mental health treatment and where it is heading in the future.

**NAMI NJ Educational Resources** provide important information about mental illness in a variety of ways. Over 40,000 visitors look for information on the NAMI NJ Website, [www.naminj.org](http://www.naminj.org). NAMI NJ reached thousands of individuals through its newsletters, science and treatment updates, distribution of literature at community events, online alerts, e-news bulletins, and help-line information calls.

**NAMI NJ Advocacy** led the way in several important issues including: \*\*\* Federal Mental Health Parity, which became a reality in October 2008. NAMI NJ advocacy resulted in 14 members of New Jersey’s Congressional delegation co-sponsoring this important legislation. \*\*\* A Superior Court appeal by NAMI NJ resulted in the state adopting a new, inclusive privacy standard for family involvement in partial care treatment planning, allowing sharing of information without written consent. \*\*\* In a time of budget reductions, NAMI NJ Advocacy resulted in a \$14 million increase in mental health appropriations in the current state budget. \*\*\* NAMI NJ successfully fought the proposal to charge Medicaid recipients co-payments for prescription medications and outpatient visits.

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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*
- NAMI Basics**
- 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 Law Enforcement Education Program** produced a police training video, "The Community I Serve" and "Finding Our Way," a user's guide to the criminal justice system for consumers of mental health services and their families.



**NAMI NJ's Family-to-Family Education Program**



trained nineteen new Family Educators and sponsored over twenty 12-Session Family-to-Family Courses throughout the state, providing educational materials free of charge for over 400 family members. The Family-to-Family Course will also be brought to the families of veterans.



**NAMI Basics** is a brand new NAMI parent education program for

primary caregivers of children under 18 with mental illness. NAMI NJ, chosen as one of the initial roll-out states, implemented the program in 2008 by training 16 teachers from 9 counties. Classes were held in 7 counties in 2008 with an enrollment of approximately 80 participants. Training of new teachers will take place early in 2009.

**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 2008 NAMI NJ presenters will have brought our message of hope and recovery to over 25,000 people. The team passed the 1000 presentation milestone in late October. In Our Own Voice team members also wrote and performed *In Our Own Voice: The Musical*.



**The NAMI NJ Consumer Outreach Team** continued to work with local affiliates on conducting NAMI CARE (Consumers Advocating Recovery

through Empowerment) support groups, Hospital Outreach/Patient Education (NAMI HOPE) groups, and a variety of presentations. NAMI Connections (a new NAMI initiative in a support group format) will roll out in New Jersey in 2009.

**NAMI NJ's Hearts & Minds Program**

is in its fourth 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. Consumers are encouraged to put positive, doable goals into practice.



**NAMI NJ's Educating the Educators (ETE) Program**

has significantly expanded with the support of professionals and parents, the NJ Psychiatric Association and the NJ Council of Child and Adolescent Psychiatrists who volunteer their time for the Program. Over 3400 educators have been trained since the program's inception in 2005.



**NAMI NJ's "Every Mind Matters"**

Program was originally developed in 2006 as an outreach to students. In response to requests by educators, NAMI NJ has developed teacher-friendly, mental health teaching packets targeted for use by middle and high school health teachers. This new format will be offered to NJ school districts in the beginning of 2009.



**The first ever Expressive Arts Live!**

performance took place in June 2008. The show and art display, featured an array of outstanding artists whose lives have been touched by mental illness. For more infor-



mation, visit the NAMI-NJ website. Stay tuned for the next show, which is slated to take place in October 2009.

**NAMI NJ en Español Programs**

offers Spanish language resources to the Latino community, and conducts support groups in Spanish in several counties. The first ever Spanish only conference for families took place in October in Jersey City, removing a tremendous barrier and providing easily accessible science based information.



**NAMI NJ's SAMHAJ and CAMHOP-NJ Programs**

work in innovative ways to combat stigma in the South Asian and Chinese immigrant communities. CAMHOP-NJ set up two new support groups, and continues to work in part-



nership with community organizations to bring educational workshops, advocacy, and bilingual referral service to the community. SAMHAJ provides support to a growing number of South Asian families and consumers through support groups and phone and e-mail referrals. Educational events and outreach continue to be a big part of the program, and a community awareness event and fundraiser is planned for March 2009.



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

support groups provide much needed support in two counties. A new social group for young consumers has been initiated. Outreach to churches, community groups, senior centers, health fairs, festivals has been expanded.



*Happy Holidays  
from  
NAMI NEW JERSEY!*