

NAMI NEW JERSEY

NAMI NJ is a state affiliate of NAMI, the National Alliance on Mental Illness, a nationwide grassroots organization with over 220,000 members. We are dedicated to fighting the devastating effects of mental illness on individuals and families, and providing education, support and systems advocacy to empower families and persons with mental illness. Affiliate self-help and grassroots advocacy groups located in each county offer emotional support, information and advice about treatment and community resources. NAMI NJ programs include:

- *Educating the Educators*
- *Expressive Arts Network*
- *Family-to-Family Education Program*
- *“Freedom from Stigma” Campaign*
- *Hearts and Minds*
- *In Our Own Voice, Living with Mental Illness*
- *Law Enforcement Education Program*
- *Professional Education*
- *Multicultural Programs*
- *Mental Illness Awareness Programs*
- *NIMH Outreach Partnership*
- *Visions for Tomorrow*

Please visit our website
www.naminj.org

NAMI NEW JERSEY Multicultural Programs

NAMI NJ en Español



NAMI NJ en Español is an awareness & education program developed by NAMI NEW JERSEY serving the Hispanic/Latino community in New Jersey. It offers local self-help support groups, Family-to-Family Education Program in Spanish, and a myriad of other outreach activities.

SAMHAJ (South Asian Mental Health Awareness in Jersey)



SAMHAJ is an effort to help South Asians (of Indian, Pakistani, Bangladeshi, Sri Lankan, Nepali, Afghan and Bhutanese origin) in New Jersey understand that mental illness is a biologically based, treatable illness. This program won the NAMI 2002 Multicultural Award.

CAMHOP-NJ (Chinese American Mental Health Outreach Program in New Jersey)



CAMHOP-NJ is a NAMI NJ initiative to help people of Chinese origin (including immigrants from mainland China, Hong Kong, Taiwan, and their descendents) in NJ gain better understanding about mental illness, and provide support to Chinese individuals and family members affected by mental illness.



NAMI NEW JERSEY CULTURAL COMPETENCE TRAINING

Education for healthcare providers to better serve immigrant clients of Chinese, Latino and South Asian origins.



About the Training

“What Helps, What Hurts: Providing Culturally Competent Services to People of Chinese, Latino and South Asian Origin” provides a snapshot of three immigrant communities in New Jersey – Chinese, Latino and South Asian, from the perspective of families and individuals affected by mental illness. Within the workshop, audience will be exposed to both research-based principles and vivid experiential information on the topic, which promises to provide an in-depth view of mental illness coping within the three cultures addressed. Our bilingual/bicultural staff has direct experience working with families affected by serious mental illness to offer support, education and advocacy. Their personal experience as family members of persons affected by mental illness gives them additional insight into the struggles faced by foreign born immigrants affected by mental illness.

The fee-based workshop provides a comprehensive outline of demographics from the most updated census, a brief cultural profile of three communities, what helps and what hurts with regard to mental health services, referral lists of bilingual/bicultural providers in New Jersey, and allows for a Q & A session to address specific agency concerns.

Training Sessions

Part I: Demographics

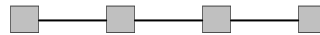
Become familiar with updated demographics of the Chinese, Latino and South Asian populations in the U.S. and specific townships where your agency is located so as to grasp the scope of the issues addressed.

Part II: Attitudes & Barriers

Learn cultural specifics regarding mental illness: What attitudinal and systemic barriers these immigrant populations are facing? What are their cultural attitudes and treatment preferences? What are the common stressors for all age-specific groups?

Part III: Family & Consumer Needs

Learn to be sensitive to the needs of consumers and their family members in the immigrant communities, and what helps and what hurts them during a medical encounter.



For more information on “What Hurts, What Helps” and to schedule a presentation, please contact Aruna Rao, Director of Educational Programs, at (732) 940-0991, or e-mail naminj@optonline.net

National Alliance on Mental Illness of New Jersey
1562 Route 130, North Brunswick, NJ 08902

Scheduling a Workshop

Please complete this section and mail it to:

*NAMI NEW JERSEY, 1562 Route 130,
North Brunswick, NJ 08902*

or fax to 732-940-0355

Organization: _____

Contact person: _____

Title: _____

Phone: _____

Fax: _____

Email: _____

Address: _____

Workshop Choices

- One hour workshop on three communities, \$250
- Two hour workshop on three communities, \$350
- One hour single community workshop, \$150

(Make check payable to NAMI NEW JERSEY)