

CAMHOP-NJ

CHINESE AMERICAN MENTAL HEALTH OUTREACH PROGRAM IN NEW JERSEY



PROGRAM INTRODUCTION

Chinese American Mental Health Outreach Program (CAMHOP) is a NAMI New Jersey initiative to serve individuals with lived experience of mental health conditions and their family members in the Chinese community in New Jersey and beyond, through support, education and advocacy. Our free services include NAMI Signature peer-led support groups and education programs, information & referral services, advocacy, community educational workshops, and educational materials in Chinese language. CAMHOP pronounces like “Golden Crane” in Chinese. The crane is a symbol of health and longevity in the Chinese culture.

HIGHLIGHT OF FREE SERVICES OFFERED

Online NAMI Signature Peer-Led Support Groups

CAMHOP adopts the model of two NAMI Signature Programs - NAMI Family Support Group and NAMI Connection Recovery Support Group. These peer-led confidential groups are conducted in a culturally sensitive and linguistically appropriate way, by trained program leaders from the community who've been there. Adult attendees gain insight from hearing the challenges and successes of others facing similar experiences. Check our webpage for monthly schedule of these group meetings, and registration link.

- **NAMI Family Support Group** a support group for family members, significant others and friends of people with mental health conditions. Currently all group meetings are conducted in Mandarin Chinese.
- **NAMI Connection Recovery Support Group** is a support group for people with mental health conditions. Separate group meetings are offered in English and in Mandarin Chinese.

NAMI Family-to-Family in Chinese

NAMI Family-to-Family is a free educational program for family, significant others and friends of people with mental illness. Taught in Mandarin by NAMI-trained family members from the Chinese community who have been there, this program provides caregivers with insight, skills and hope. Online registration is taken on a rolling basis, and class schedule will be published on website when available.

Chinese Language Resources

Resources and materials in Chinese language about mental illness, treatment and support are developed or compiled for Chinese community members, including translated articles from the NAMI Blog, mental illness information, personal stories, and more. Free download is available on our program webpage.

Other Services

CAMHOP provides other services in support, education, advocacy and public awareness: Information & referral Services (phone/email); social support such as monthly social group meetings for peers, summer picnics, and lunar new year luncheons; educational webinars; periodic e-Newsletters; system advocacy and public policy; community outreaches; as well as all statewide resources offered by NAMI NJ. Visit our program webpage for more information.

Program contact: 732-940-0991, ext. 114 or e-mail camhop@naminj.org

Facebook: www.facebook.com/CAMHOP.NJ

Visit our website at www.naminj.org/programs/camhop/camhop.html



金鶴計劃 - 新澤西華人心理健康推廣計劃



計劃簡介

金鶴計劃是由全美精神疾病聯盟新澤西分部創始和推動的新澤西華人心理健康推廣計劃。此計劃是為了幫助新州華人對心理健康與精神疾病有正確的理解，從而減少對精神疾病的歧視；並為需要專業幫助的個人和家庭提供華語資訊及支持。此計劃名為金鶴，乃取“鶴”在中國文化中健康長壽之意。

免費服務介紹

線上互助會

我們採用兩個具 NAMI 特色計劃的模式：家庭互助會和患者康復互助會。這些由同儕領導的互助會由受訓組長們以普通話主持，並敏感於華人文化。成人與會者通過聆聽過來人的挑戰和成功，而獲得對康復的洞見和希望。訪問我們網站查詢聚會日期和時間，及線上報名表。

- **家屬互助會**為精神疾病患者的家人和親友而設，目前所有家屬互助會均以普通話進行。
- **康復互助會**為精神疾病患者而設，我們提供英語和普通話兩種語言的互助會。

華語「家連家課程」

華語「家連家課程」是一個面向精神疾病患者的家人和親友的免費教育計劃。該課程由受過培訓的家屬以普通話授課，為學員提供病理知識、溝通技巧和希望。在線註冊全年開放，課程表將在網站上公佈。

中文資源

為華人社區成員開發或編譯有關精神疾病、治療和支持的中文資源和材料，包括 NAMI 博客的翻譯文章、精神疾病信息、個人故事等。可在我們的計劃網頁上免費下載。

其他服務

金鶴計劃在支持、教育、宣傳和公眾意識方面提供其他服務：轉診諮詢和電話/電郵支持；社交活動，例如每月的同儕線上文娛小組、夏季野餐和農曆新年午餐會；教育網絡研討會；電子月刊；系統宣傳和公共政策；社區外展；以及全美精神疾病聯盟新澤西分部向全州居民所提供的所有資源。訪問我們的網頁了解更多信息。

聯繫電話 732-940-0991 ext. 114 | 電郵 camhop@naminj.org

臉書 www.facebook.com/CAMHOP.NJ

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