



**nami**  
National Alliance on Mental Illness

Virginia

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## NAMI Programs Yearend Review

We are happy to share our hard work over this past year. And even more pleased to share that we are making a difference!

To date in 2010 Virginia NAMI Affiliates have reached 373 family members through one of our family education program (**MESA, Family-to-Family, Basics**). NAMI family education courses are for family member and caregivers of adults/ children living with mental illness and are designed to reduce stress for the family by providing education, coping strategies, and community resources.

NAMI Virginia reached 121 persons living with mental illness through our consumer education program, **Peer-to-Peer**. **Peer-to-**

**Peer** is a unique, experiential learning program for people living with a mental illness who are interested in establishing and maintain-



**NAMI Connections Support Group Training in Hampton**

ing wellness and recovery.

Our statewide network of consumer run **Connection Recovery Support Groups** has grown from 12 to 19 this year. We were also able to offer the **Basics** program, an educa-

tional course for parents of young children, for the first time in 2010. A total of 7 courses were offered throughout the state.

The **In Our Own Voice** program, an outreach presentation offering insight and hope on recovery from persons experiencing recovery in their own lives has reached 2,284 people through 133 presentation in 2010.

All NAMI programs emphasize the importance of peer support in recovery and wellness. To learn more about NAMI activities in your community please refer to [www.namiva.org](http://www.namiva.org).

Many thanks to everyone who has supported a NAMI program this year!

## NAMI Virginia Spring 2011 Training Schedule

**Connections Recovery Support Group** Facilitator Training

- March 11-13, 2011 – Richmond, VA

**Basics** Teacher Training

- March 25-27, 2011—Richmond, VA

**In Our Own Voice** Presenter Training

- April 15-17, 2011 – Richmond, VA

Depending on interest: **NAMI Family-to-Family** or **MESA**. If interested please contact Sarah Eisenman at [seisenman@namivirginia.org](mailto:seisenman@namivirginia.org). *NAM trainings are free.*



Psychiatric Advance Directives learn more at [www.nrc-pad.org/](http://www.nrc-pad.org/)

“Family members often are the most helpless, and that’s who MESA is trying to reach with practical advice and support.”  
-MESA Teacher



## NAMI Releasing Psychiatric Advance Directive Module in 2011

Beginning in 2011, NAMI Virginia will be offering an easy to implement Facilitation Module for Virginia’s psychiatric advance directive form.

The module is designed to guide facilitation of a psychiatric advance directive which was recently legalized in the state. These forms help ensure that future treatment respects the needs and wishes of the individual. A great tool for maintaining wellness. The module can be com-

pleted in 2.5 hours and can be taught by any interested person.

The module borrows heavily from the Duke and UVA studies on Advance Directive facilitation.

NAMI plans to use the module in conjunction with the NAMI **Peer-to-Peer** education courses to support the continued recovery of program graduates; however the modules are also available for use by outside

organizations. If you are interested in receiving copies of the module please contact Sarah Eisenman at 804-285-8264 x203.

For additional information on Virginia Psychiatric Advance Directives please refer to the Advance Directive Library on the NAMI Virginia website or contact Dana Traynham at Virginia Office for Protection and Advocacy at 434-971-6733.

## NAMI MESA

NAMI **Mutual Education Support and Advocacy (MESA)** is a free 12 week course for family members and caregivers of loved ones living with mental illness. The course is designed to reduce stress for the family by providing education, coping strategies, and community resources.

As one graduate explains “**MESA** relieves a lot of stress. When a family is in crisis, they’re desperate. It’s hard to watch a person you love in crisis, but at the same time they’re creating such havoc in your life, you don’t know what to do. There’s a comfort level when you’re in a room with other families. It’s a way of connecting with mental illness in the most positive way because you’re in an environment of learning.”

The course is unique among NAMI programs in that it is taught by both a professional in the mental health field and a family member of a person living with mental illness. This pairing provides a unique opportunity for participants to have both a peer and professional ally in their community.

The **MESA** program has been running in Virginia since 1987 and is an excellent bridge between the formal and informal resources. Community Services Boards in Roanoke, Chesapeake, Virginia Beach, Norfolk, Charlottesville and others have been successfully partnering with local NAMIs to offer the program for years. **MESA** Train-The-Leader Seminars for family members and mental health professionals are sponsored by NAMI Virginia and held in different parts of the state. To learn more go to [www.namiva.org](http://www.namiva.org).

Tommie Cubine, co-creator of NAMI MESA still teaches the course in Chesapeake.

# Thank you for Supporting NAMIWalks!



**NAMIWalk  
participants**

## NAMI In Our Own Voice



NAMI's *In Our Own Voice (IOOV)* Program is a very special program. It serves many purposes. First it introduces audiences to the face of mental illness and recovery from the personal experiences of those living well with their illness. The one hour presentation includes discussion of dark

days, treatment, acceptance, successes, hopes and dreams for the future. While working to combat the stigma and inaccurate assumptions about those living with mental illness, the presentation also serve as meaningful opportunities for the presenters. Presenters are provided training and a stipend for

sharing their story. The result is a message of hope for both the audience and the presenters as they are able to gain self-confidence, self-esteem, and income while serving as a role model for the community.

To learn more go to [www.namiva.org](http://www.namiva.org).

## NAMI Multicultural Action Center Resources

NAMI created the Multicultural Action Center (MAC) in 2002 to focus attention on system reform to eliminate disparities in mental health care for diverse communities, ensure access to culturally competent services and treatment for all Americans, and particularly to

help and support people of diverse backgrounds who are affected by serious mental illness.

### *Addressing mental health disparities since 2002*

Since its inception, MAC has developed a diverse range of pro-

grams and resources to assist providers and community workers in addressing the needs of minority populations. The most recent addition are mental health fact sheets on a variety of minority populations. To learn more or access these resources go to [www.nami.org](http://www.nami.org).



## Please include NAMI Virginia in your end-of-year giving plans!

With the spirit of the season nearly upon us, we ask that you include NAMI Virginia in your end-of-year giving plans. Your contribution will go directly to improving the lives of individuals and families affected by mental illness.

To donate go to [www.namiva.org](http://www.namiva.org) and click on the donate tab or mail checks to NAMI Virginia at PO Box 8260 Richmond VA 23226.

## NAMI Efforts to Address Child Mental Health

NAMI has strived to meet the needs of all groups struggling with mental illness and is happy to share two new programs designed to support this population.

The first is NAMI **Basics**, an educational course for parents and other caregivers of children and adolescents living with mental illnesses. The course is designed to give parents/caregivers the basic information to take the best possible care of their child, their family, and themselves, provide tools for future use in making best decisions for child's care, and support to help the parent cope

with the impact of mental illness on the child and the entire family.

The second, NAMI **Parents and Teachers as Allies** was created to help families and school professionals identify the key warning signs of early-onset mental illnesses in children and adolescents in our schools. It



focuses on the specific, age-related symptoms of mental illnesses in youngsters. The presentation is intended to provide an educational tool for advancing mutual understanding and communication between families and school professionals. The program strives to make clear that that families and school professionals are natural allies in working to ensure that youth with early-onset mental illnesses receive timely and appropriate treatment.

To learn more about these programs go to [www.namiva.org](http://www.namiva.org).