

COMMUNITY OUTREACH



IOOV un masks mental illness, using speaker stories to illustrate the individual realities of living with mental illness. You, the audience, gains a better understanding of what it is like to live with mental illness and stay in recovery. This program can change attitudes, preconceived notions and stereotypes regarding mental illness. It is a 60-90 minute presentation led by two trained speakers living in recovery.

PRESENTATIONS

NAMI Westchester will provide speakers to help educate the community on mental health and the journey so many families face when dealing with mental illness. To arrange a presentation call our offices at 914-592-5458.

RIBBON CAMPAIGN



May is Mental Health Awareness month. During the month of May ribbons are on display throughout the county to bring awareness to mental illness and where to find help.

SPEAKER SERIES

This event is held once a month. We invite speakers to discuss relevant mental health topics. For more information on the monthly speaker event, please visit our website at www.namiwestchester.org and go to Events/Speaker Series.



NAMI Westchester sponsors a health walk every Spring to raise funds and awareness to end the stigma of mental illness. For more information, visit our website at www.namiwalks.org/westchester

SCHOOL & COLLEGE OUTREACH

NAMI Westchester is committed to educating Westchester's teachers, parents and students about mental health through a variety of presentations. We also provide support and information to local colleges and university counseling centers.



Ending the Silence is a 50-minute presentation given to middle and high school students. Students learn about mental illness from a family member and an individual living in recovery. Presentation includes a video, handouts and discussion.



Parents and Teachers as Allies is a 90-minute program that helps school principals, teachers and staff better understand mental illness in children and adolescents. PTAA provides information on how to link families to local resources and services. School professionals leave presentations with a better understanding of the early warning signs of mental illness, the lived experience of parents raising a child with a mental illness and the individual experience of living with a mental illness from a personal shared view.



The Nation's Voice on Mental Illness



National Alliance on Mental Illness of Westchester, Inc.

A self-help and support organization dedicated to improving the lives of people, and their families, living with mental illness through support, education and advocacy.

NAMI WESTCHESTER

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ELMSFORD, NY 10523

914-592-5458

www.namiwestchester.org

NAMI Westchester is a 501(c)3 organization.



OUR MISSION

NAMI Westchester is one of over 1200 local affiliates of the National Alliance on Mental Illness. We are a grassroots organization dedicated to improving the quality of life for all individuals and families whose lives are affected by mental illness. NAMI advocates for access to services, treatment, support and research and is steadfast in its commitment to raise awareness and build a community of hope for all those in need. We offer the kind of understanding and care that only those who have lived the experience of mental illness can provide.

OUR VISION

Is to create a culture where open disclosure of a mental illness does not have negative consequences in the community, the schools and in the workplace. We continue to seek better treatment for mental illnesses and to eliminate the stigma associated with them. Our programs are a primary source of assistance to people of all cultural and economic backgrounds.

FUNDING

We do not charge any fee for any of our programs and services. We rely on our membership, contributions, fundraisers, and grants for financial support.

Following is a description of our programs and services, for more information or to register please contact our offices at 914-502-5458 or visit our website at www.namiwestchester.org

EDUCATION PROGRAMS



NAMI Basics is a program for parents and caregivers of children and adolescents living with mental illness. It covers the fundamentals of caring for yourself, your family and child. The class meets for 6, 2.5 hours, sessions. It is taught by trained teachers who have also taken the course. The program gives critical information and strategies related to caregiving.



Family to Family is a 12 -week, 2.5 hours, course for family and caregivers of individuals living with a mental illness. The class is taught by trained family members. It provides critical information and strategies related to caregiving. The class incorporates presentations, discussions, problem solving and communication skills. In 2013, the program was designated an Evidence Based Practice by SAMHSA.



Peer-to-Peer is a 10-week program taught by 2 trained individuals in recovery. It provides information on brain biology, symptoms, and relapse prevention. In addition, skills will be taught on how to interact with health providers and family as well as techniques for reducing stress. The course provides a confidential place to learn from shared experiences in an environment of sincere, uncritical acceptance.

PLEASE NOTE

No specific medication or medical therapy is endorsed or recommended during any of the above programs.

SUPPORT SERVICES



NAMI Connection is a Peer Recovery Support Group for people living with a mental illness. The groups are facilitated by trained individuals who are living in recovery. Individuals are able to share experiences, coping skills, resources and hope. NAMI Westchester has several groups that meet throughout the county every month.



NAMI Westchester provides a network of support groups for families & friends of individuals suffering from a mental illness. NAMI Westchester support groups include a spousal group, adult sibling group and parents & caregivers of young adults and adolescents. Groups meet once a month and are peer run by trained facilitators.

HELP LINE

NAMI Westchester operates a help line during operating hours that provides resource information and support. The number is 914-592-5458. In addition, we provide resource information on our website at www.namiwestchester.org.

