**NAMI Utah Financial Report 2012-2013**

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| Program | Program Description | Number of Participants |
| Family-to-Family | Free 12-week classes for family members and caregivers of those living with a mental illness | 323 |
| Familia-a-Familia | Free 12-week classes for family members and caregivers of those living with a mental illness (In Spanish) | 48 |
| Basics | Free 6-week education course for families of children/adolescents living with a mental illness | 145 |
| Family Support Group | Weekly or monthly support groups for family members and caregivers of those with a mental illness | 474 |
| Grupo de Apoyo Familiar | Weekly or monthly support groups for family members and caregivers of those with a mental illness (In Spanish) | 17 |
| BRIDGES | Free peer-led 12-week courses for individuals living with mental illness | 538 |
| BRIDGES in Jail | Offered in Salt Lake County, Utah County, and Cache County jails | 435 |
| Progression | Free 6-week education course for youth/adolescents 13-18 living with a mental illness | 82 |
| Connection | Weekly peer-led support groups for individuals living with a mental illness | 3,121 |
| Conexión | Weekly peer-led support groups for individuals living with a mental illness (In Spanish) | 168 |
| Peer and Family Mentoring | Free resource and referral service for individuals navigating the mental health, criminal justice and law enforcement systems | 12,572 |
| Social Group | Weekly, informal gathering for those participating in mental health court in Salt Lake | 1,569 |
| Parents and Teacher as Allies | School-based presentations specifically geared toward parents and teachers around mental health education | 199 |
| Provider Education | 5-week courses for professionals providing care to individuals and families; taught from the lived experience perspective by 2 individuals, 2 family members and a professional who is also an individual and/or family member | 181 |
| Hope for Tomorrow | School-based presentations for students (focused on education regarding Substance Abuse Disorders, Mood Disorders and Eating Disorders) | 4,499 |

**NAMI Utah Programs Snap-shot 2012-2013**

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**Who We Are**

The mission of NAMI Utah is to ensure the dignity and improve the lives of those who live with mental illness and their families through support, education, and advocacy. Our message is: “Treatment works. Recovery is possible. There is hope. You are not alone.”

**What We Do**

NAMI Utah is a grassroots organization that has been serving those living with mental illness and their families for 34 years. NAMI Utah works diligently in communities statewide to offer free education, support, training, and outreach services to those affected by mental illness as well as the general public. NAMI Utah strives to erase stigma and raise awareness about mental illness through ongoing prevention and promotion efforts, as well as improve our systems of care by working with community partners, agencies, corporations, and other entities. Our desired outcome is to help people living with mental illness live fulfilled, productive lives by directing them to the treatment, services, and support they need in the community, as well as strengthening the family “support system”.

**Who We Serve**

NAMI Utah’s various programs are specifically designed to offer support and education at all levels of intervention to members of the general public, individuals and groups at a higher risk of experiencing mental health disorders, individuals experiencing symptoms of mental illness or living with a diagnosed mental illness, family members, care givers, and loved ones of individuals living with a mental illness, and human service agencies, organizations, corporations and other community entities.

NAMI Utah affiliates provide services in Box Elder County, Cache Valley, Carbon County, Davis County, Kanab, Salt Lake County, Sanpete County, St. George, Cedar City and surrounding areas,Tooele, Utah County, Wasatch County, Summit County, and Weber County.

**How We Give Hope**

“Wonderful course – we received a lot of one on one help and attention. We came to the Family to Family class with no knowledge of mental health and I feel more equipped and knowledgeable to deal with issues we are facing. I feel like I have gained more empathy for mental illness.”

-Family-to-Family Course Participant