

WHO WE ARE

The National Alliance on Mental Illness (NAMI) Utah is a grassroots organization that has been serving those living with mental illness and their families since 1988. NAMI's core belief is that treatment works and recovery is possible. Our most pursued outcome is to help people living with mental illness live fulfilled and productive lives.

We strive to erase stigma, raise awareness about mental illness and provide resources to the community through educational programs for people living with a mental illness and/or their families, suicide prevention, mental health first-aid classes, mentoring, crisis assistance, and community events.

NAMI Utah networks with and receives technical support from the NAMI national office, but we operate 100% financially independent. NAMI's 13 local affiliates operate in Box Elder, Cache Valley, Castle Country, Cedar City, Davis County, Kanab, Nephi, Richfield, Salt Lake County, Sanpete, Southwest, Tooele County, Utah County, Wasatch/Summit, and Weber County. These affiliates receive training, materials, support, and technical assistance from the State Office, but are able to deliver NAMI programs and services to their local communities through the efforts of well trained and committed volunteers. *In the last fiscal year, 630 statewide volunteers provided valuable assistance through programs, presentations, and events.*

NAMI Utah is governed by a 15 Board-member who meets monthly in addition to Executive and Finance committee meetings. Many of the board members have been NAMI Utah members and volunteers for several years, have worked professionally in the mental health field, or have personal experience with the effects of mental health issues. NAMI Utah consists of 14 paid staff members at the NAMI Utah State Office in West Valley City.

WHAT WE DO

NAMI Utah is unique among organizations advocating for individuals with mental illness for our commitment to peer education and support programs. *There is no other organization that provides free educational programs for people living with a mental illness and/or their families.*

NAMI Utah is bridging the community need gap via education that individuals and families will not find anywhere else. Equipped with right education, tools, resources and support system, individuals and families become empowered to live independent and self-sufficient lives, advocate for themselves, and to navigate the health care system to access care for treatment and recovery.

EDUCATION

BASICS is a research-based education program for parents and caregivers of children living with mental illnesses. The course consists of six two-and-a-half hour classes.

BRIDGES stands for Building Recovery of Individual Dreams and Goals through Education and Support. It is a 12-week course that allows peers to share the experience and knowledge of mental illness and empower others.

Progression is a course for young teenagers dealing with mental health issues. It was first piloted in 2006 and updated this year. It's taught by trained volunteers who experienced the onset of mental illness as children and can speak with firsthand knowledge.

Family-to-Family is an evidence-based program for families and friends of individuals with mental illness. It places an emphasis on providing insights into helping families and close relatives as individuals struggle to cope with mental illness.

SUICIDE PREVENTION

Prevention by Design is a plan for enhancing community networks in an evidence based approach to the prevention of mental illness, promotion of mental health, and suicide prevention. Through the program, we hope to reduce suicide rates in teens and at-risk adults.

Hope for Tomorrow is a Mental Health Education Program which brings together the combined efforts of mental health professionals, educators, and other experts to help parents, teachers, and students understand mental illness. It focuses on mood, substance, and eating disorders in order to encourage suicide prevention.

MENTORING

NAMI Utah mentors are individuals or family members who have faced mental illness and can assist others in becoming informed, feeling supported, and finding resources. Our mentors are crucial in helping people navigate the mental health care system.

Connection is a free weekly recovery support group for people living with mental illness in which people learn from each other's experiences, share coping strategies, and offer each other encouragement and understanding.

PROVIDER EDUCATION

NAMI Provider Education introduces mental health professionals to the unique perspectives of individuals living with mental illness and their families. Mental health professionals will develop enhanced empathy for the daily challenges due to mental illness and recognize the importance of including patients in all aspects of the treatment process. This is a 15 hour program of in-service training taught by a team consisting of an adult with mental illness, a family member and a mental health professional.

COMMUNITY OUTREACH & MENTAL HEALTH AWARENESS

NAMI Walk - Annual Fall walk to remember the ones we lost to mental illness and to celebrate the lives of people living with mental illness and their families. Last year, 1,000 walkers attended the event.

Annual State Conference – Annual educational event for professionals working in the mental health field and for individuals living with a mental illness. Last year, 350 people attended.

Day on the Hill – Annual event taking place during the Utah Legislature General Session informing our elected officials about the importance of mental health.

Public Forums and Screenings – Several times a year, we hold public events or free film screenings where distinguished guest speakers address Utah's community on matters of mental health.