

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

NAMI Utah Programs Department

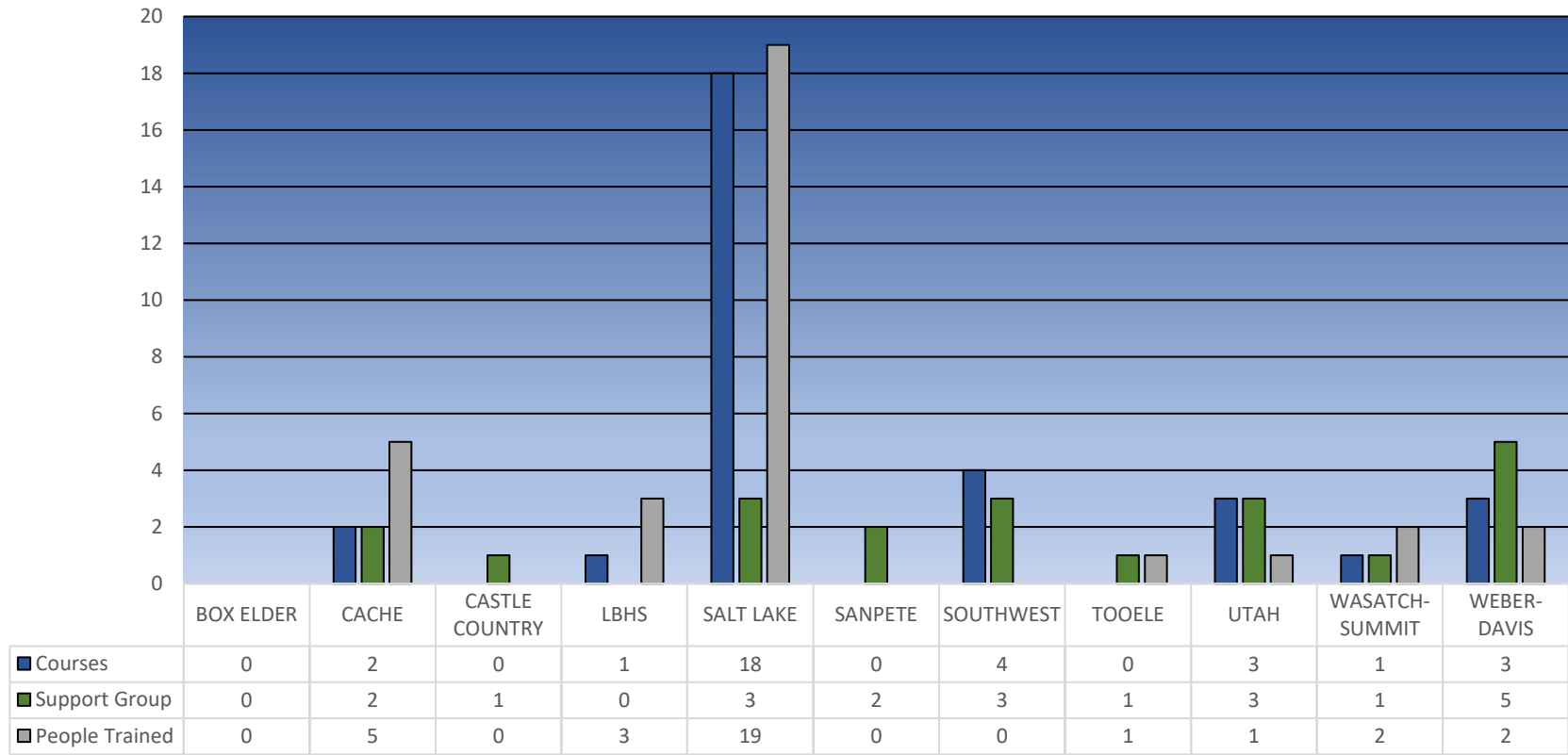
Mid-Year Report (July 1, 2018-December 31, 2018)



Compiled by Christene Finch, NAMI Utah State Programs Coordinator

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

TOTALS BY AFFILIATE JULY 2018-DECEMBER 2018



State Totals: 32 courses taught, 21 support groups, 33 teachers/facilitators trained

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

NUMBER OF COURSES TAUGHT BY AFFILIATE									
AFFILIATE	BRIDGES	BASICS	BASES Y FUNDAMENTOS	FAMILY TO FAMILY	FAMILIA A FAMILIA	PEER TO PEER	PERSONA A PERSONA	PROGRESSION	TOTAL
BOX ELDER	0	0	0	0	0	0	0	0	0
CACHE	0	0	0	1	0	1	0	0	2
CASTLE COUNTRY	0	0	0	0	0	0	0	0	0
LBHS	0	0	0	0	0	1	0	0	1
SALT LAKE	2	3	0	5	0	3	0	5	18
SANPETE	0	0	0	0	0	0	0	0	0
SOUTHWEST	1	0	0	2	0	1	0	0	4
TOOELE	0	0	0	0	0	0	0	0	0
UTAH	0	1	0	2	0	0	0	0	3
WASATCH-SUMMIT	0	0	0	0	1	0	0	0	1
WEBER-DAVIS	0	0	0	1	0	2	0	0	3
TOTAL	3	4	0	11	1	8	0	5	32

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

TOTALS REFLECTING THE CURRENT AND PRIOR MID-YEAR DATA				
AFFILIATE	COURSES		SUPPORT GROUPS	
	Mid-Year 2017	Mid-Year 2018	Mid-Year 2017	Mid-Year 2018
BOX ELDER	N/A	0	N/A	0
CACHE	3	2	1	2
CASTLE COUNTRY	0	0	2	1
LBHS	N/A	1	N/A	0
SALT LAKE	14	18	4	3
SANPETE	0	0	1	2
SOUTHWEST	3	4	3	3
TOOELE	N/A	0	N/A	1
UTAH	2	3	3	3
WASATCH-SUMMIT	N/A	1	N/A	1
WEBER-DAVIS	3	3	5	5
TOTAL	25	32	19	21

An additional 7 courses and 2 support groups provided statewide from July-December of 2018 than in the same months of prior year.

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

TEACHERS AND FACILITATORS TRAINED MID-YEAR		
AFFILIATE	People Trained Mid-Year 2017	People Trained Mid-Year 2018
BOX ELDER	N/A	0
CACHE COUNTY	6	5
CASTLE COUNTRY	0	0
LBHS	N/A	3
SALT LAKE	10	19
SANPETE	0	0
SOUTHWEST	0	0
TOOELE	N/A	1
UTAH COUNTY	4	2
WASATCH-SUMMIT	N/A	2
WEBER-DAVIS	5	3
TOTAL	25	35

10 more teachers/facilitators were trained statewide from July-December of 2018 than in the same months of prior year.

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

NUMBER OF PEOPLE IMPACTED BY NAMI UTAH COURSES								
AFFILIATE	BRIDGES		BASICS		BASES Y FUNDAMENTOS		FAMILY TO FAMILY	
	STARTED	COMPLETED	STARTED	COMPLETED	STARTED	COMPLETED	STARTED	COMPLETED
BOX ELDER	0	0	0	0	0	0	0	0
CACHE	0	0	0	0	0	0	16	12
CASTLE COUNTRY	0	0	0	0	0	0	0	0
LBHS	0	0	0	0	0	0	0	0
SALT LAKE	94	5	37	27	0	0	90	68
SANPETE	0	0	0	0	0	0	0	0
SOUTHWEST	7	3	0	0	0	0	9	8
TOOELE	0	0	0	0	0	0	0	0
UTAH	0	0	8	4	0	0	26	22
WASATCH-SUMMIT	0	0	0	0	0	0	0	0
WEBER-DAVIS	0	0	0	0	0	0	7	4
TOTAL	101	8	45	31	0	0	148	114

Total number of course participants=397

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

NUMBER OF PEOPLE IMPACTED BY NAMI UTAH COURSES								
AFFILIATE	FAMILIA A FAMILIA		PEER TO PEER		PERSONA A PERSONA		PROGRESSION	
	STARTED	COMPLETED	STARTED	COMPLETED	STARTED	COMPLETED	STARTED	COMPLETED
BOX ELDER	0	0	0	0	0	0	0	0
CACHE	0	0	12	10	0	0	0	0
CASTLE COUNTRY	0	0	0	0	0	0	0	0
LBHS	0	0	4	3	0	0	0	0
SALT LAKE	0	0	22	16	0	0	36	19
SANPETE	0	0	0	0	0	0	0	0
SOUTHWEST	0	0	8	6	0	0	0	0
TOOELE	0	0	0	0	0	0	0	0
UTAH	0	0	0	0	0	0	0	0
WASATCH-SUMMIT	8	7	0	0	0	0	0	0
WEBER-DAVIS	0	0	13	4	0	0	0	0
TOTAL	8	7	59	39	0	0	36	19

Total number of course participants=397

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

NUMBER OF SUPPORT GROUP LOCATIONS AND MEETINGS				
AFFILIATE	CONNECTION SUPPORT GROUP		FAMILY SUPPORT GROUP	
	CONNECTION SUPPORT GROUP LOCATIONS	NUMBER OF CONNECTION SUPPORT GROUP MEETINGS	FAMILY SUPPORT GROUP LOCATIONS	NUMBER OF FAMILY SUPPORT GROUP MEETINGS
BOX ELDER	0	0	0	0
CACHE	1	17	1	5
CASTLE COUNTRY	1	2	0	0
LBHS	0	0	0	0
SALT LAKE	2	31	1	13
SANPETE	1	6	1	10
SOUTHWEST	1	3	2	5
TOOELE	1	4	0	10
UTAH	2	11	1	4
WASATCH-SUMMIT	0	0	1	2
WEBER-DAVIS	3	20	2	20
TOTAL	12	94	9	59

19 support group locations, 131 meetings held mid-year 2018.

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

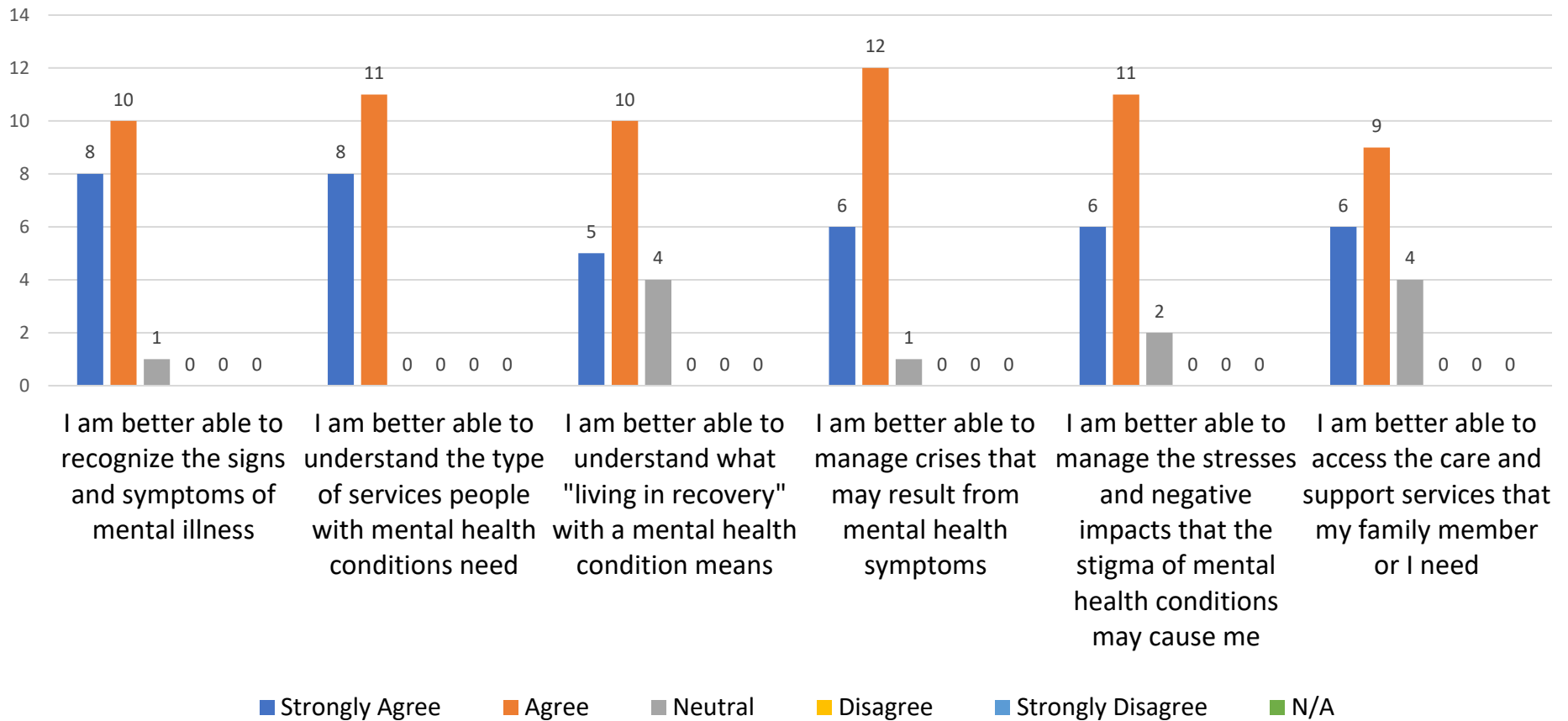
TOTAL VS. UNDUPLICATED NUMBER OF SUPPORT GROUP ATTENDANCES						
AFFILIATE	CONNECTION SUPPORT GROUP TOTAL ATTENDANCES	CONNECTION SUPPORT GROUP UNDUPLICATED PARTICIPANTS	FAMILY SUPPORT GROUP TOTAL ATTENDANCES	FAMILY SUPPORT GROUP UNDUPLICATED PARTICIPANTS	TOTAL ATTENDANCES	TOTAL UNDUPLICATED PARTICIPANTS
BOX ELDER	0	0	0	0	0	0
CACHE	144	20	29	21	173	41
CASTLE COUNTRY	8	5	0	0	8	5
LBHS	0	0	0	0	0	0
SALT LAKE	423	47	76	33	499	80
SANPETE	25	5	60	7	85	12
SOUTHWEST	15	6	30	12	45	18
TOOELE	19	8	0	0	19	8
UTAH	59	25	23	8	82	33
WASATCH/SUMMIT	0	0	10	5	10	5
WEBER/DAVIS	139	31	129	33	268	64
TOTAL	832	147	357	119	1189	266

1189 support group attendances, with 266 unduplicated (unique) attendances.

Course Evaluations: BASICS

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

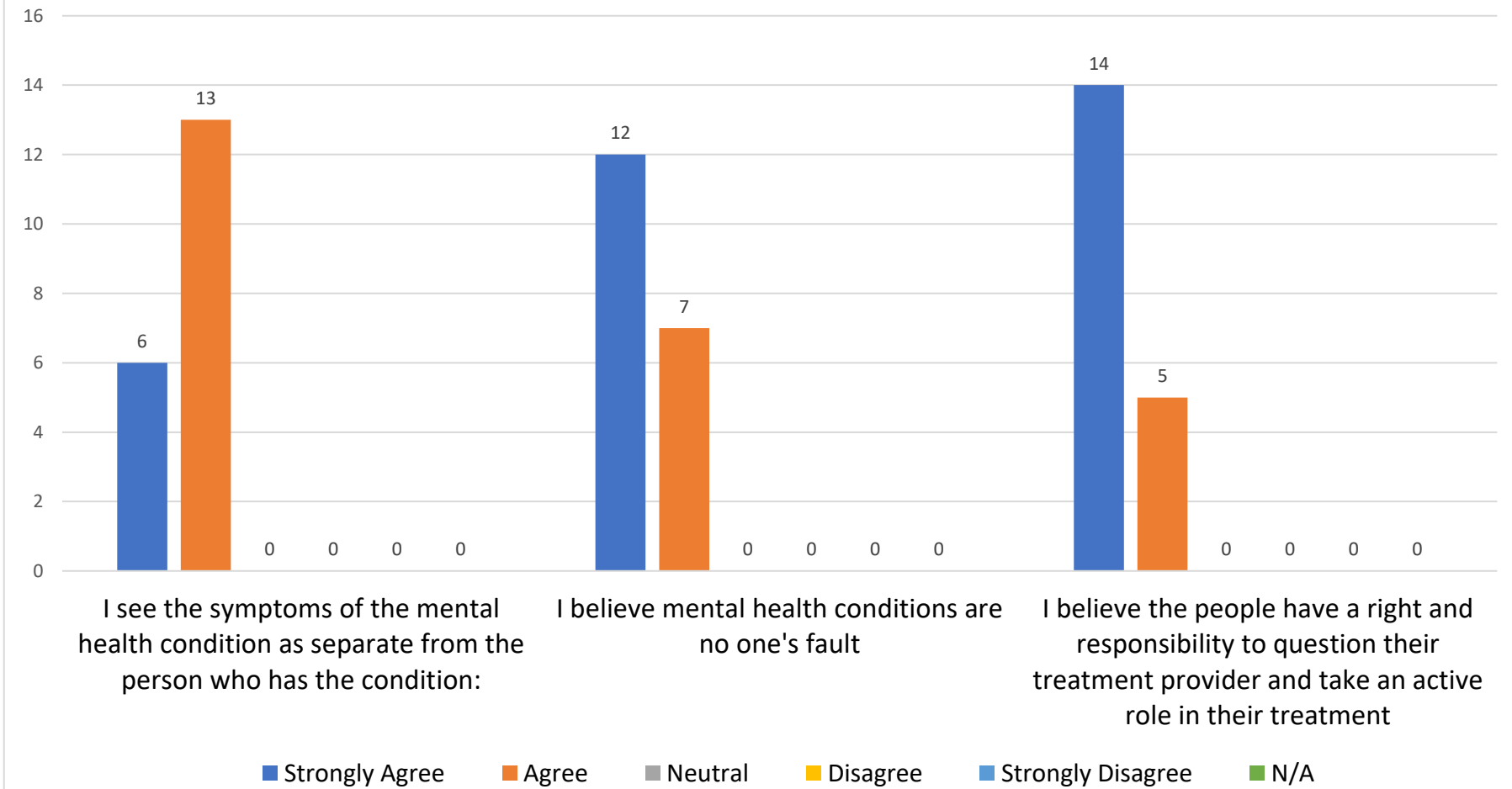
Because of the NAMI Basics Program I took:



Respondents=19

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

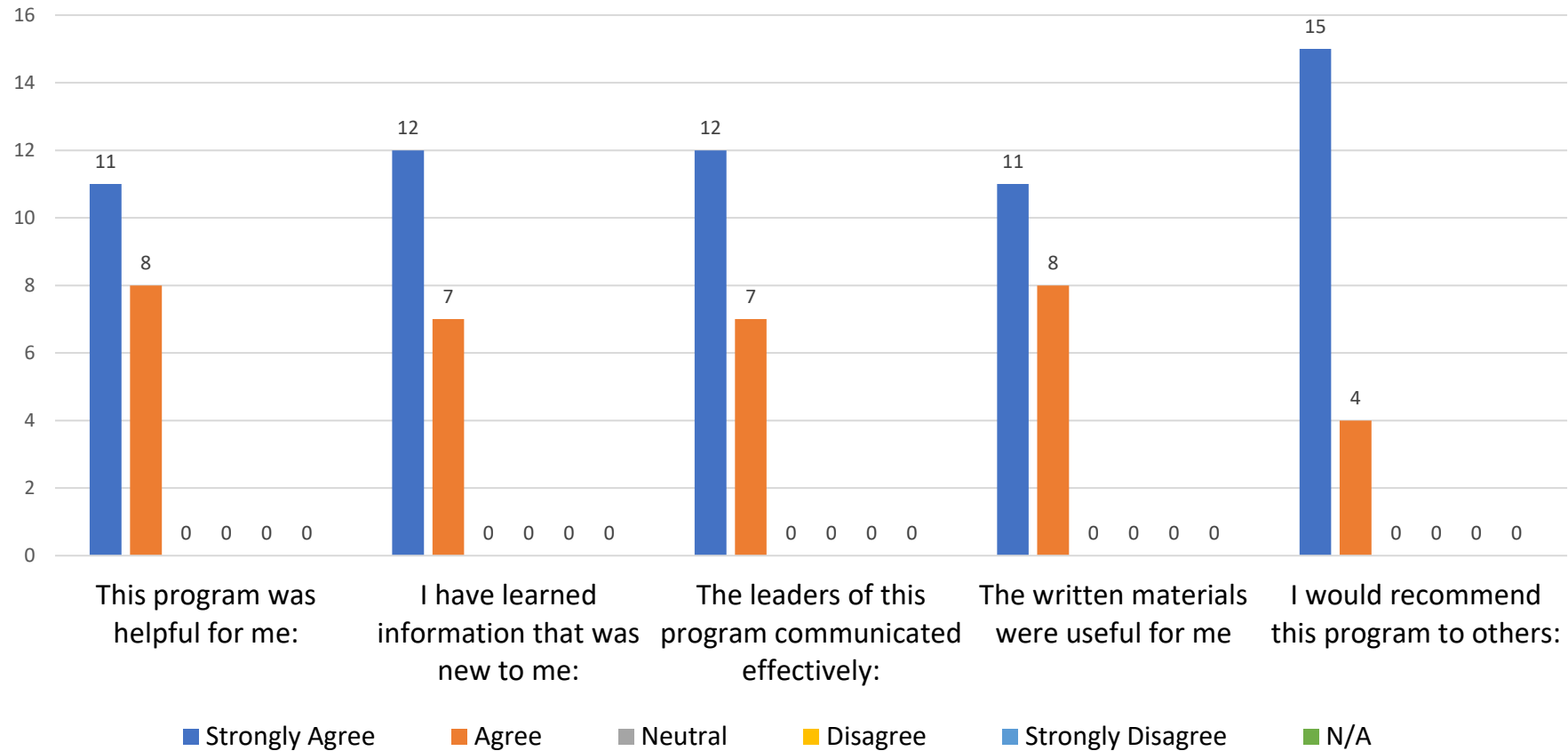
Based on the NAMI Basics Program I Just Completed:



Respondents=19

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

To What Degree do You Agree or Disagree with the Following:



Respondents=19

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

BASICS PARTICIPANT COMMENTS

“(The teachers) were knowledgeable, approachable, respectful, and did a good job mediating the class in order to cover all of the information. I felt like they were a good resource.”

“There were many ah ha moments. One in particular when we were discussing the treatment options. I felt more empowered to help her.”

“(I have) greater awareness and more knowledgeable about resources”.

“The (teachers) were excellent. Having individuals that could talk about their own families struggles with mental illness ease so helpful.”

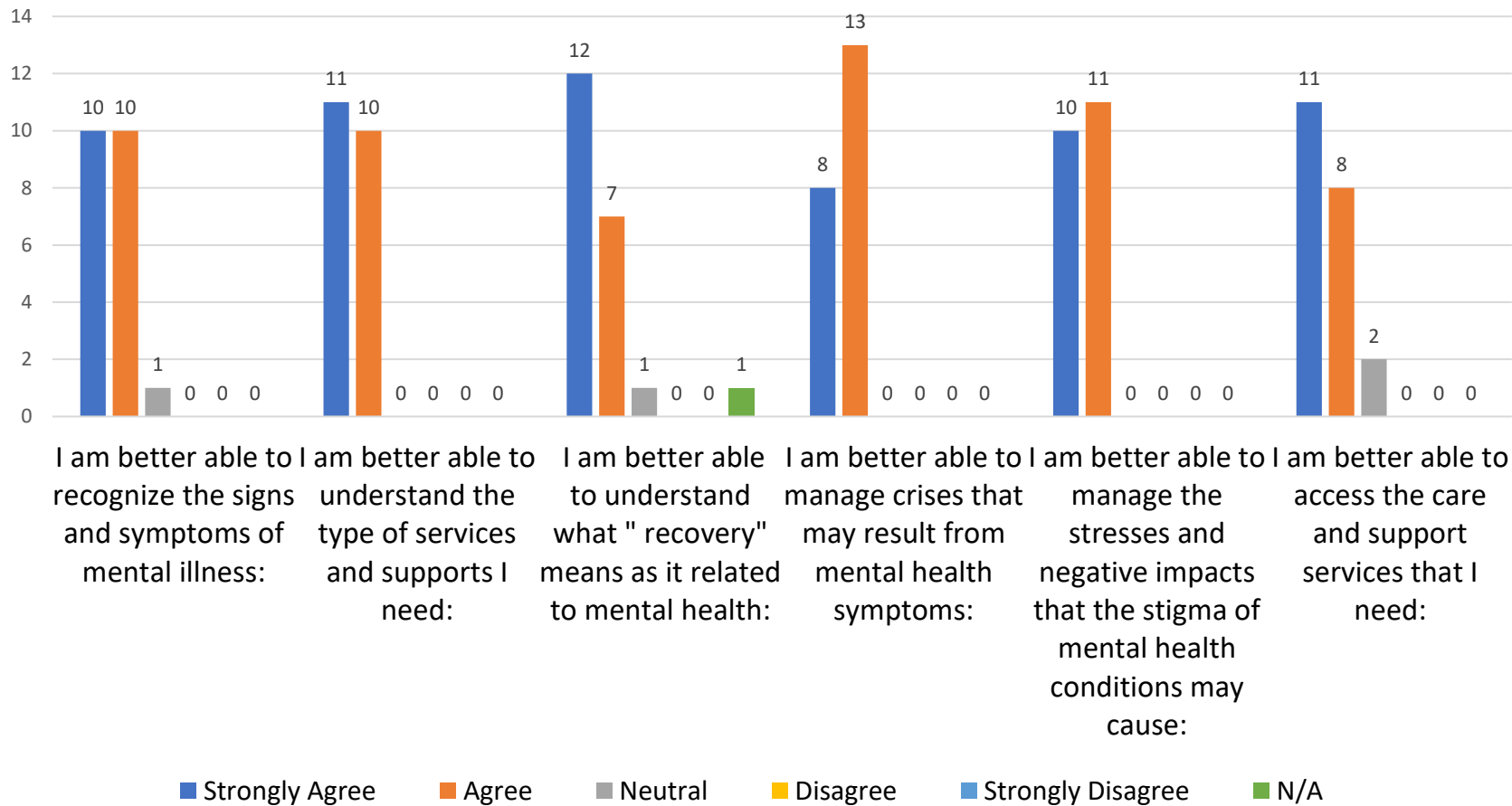
“(I plan to go) forward in my own life! Stop obsessing over the wellness of my son!”

“I have a better understanding of what my daughter may be feeling. I have learned new communication methods to help me talk with my child. I am currently in the process of finding professional help for my daughter.”

Course Evaluations: FAMILY-TO-FAMILY

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

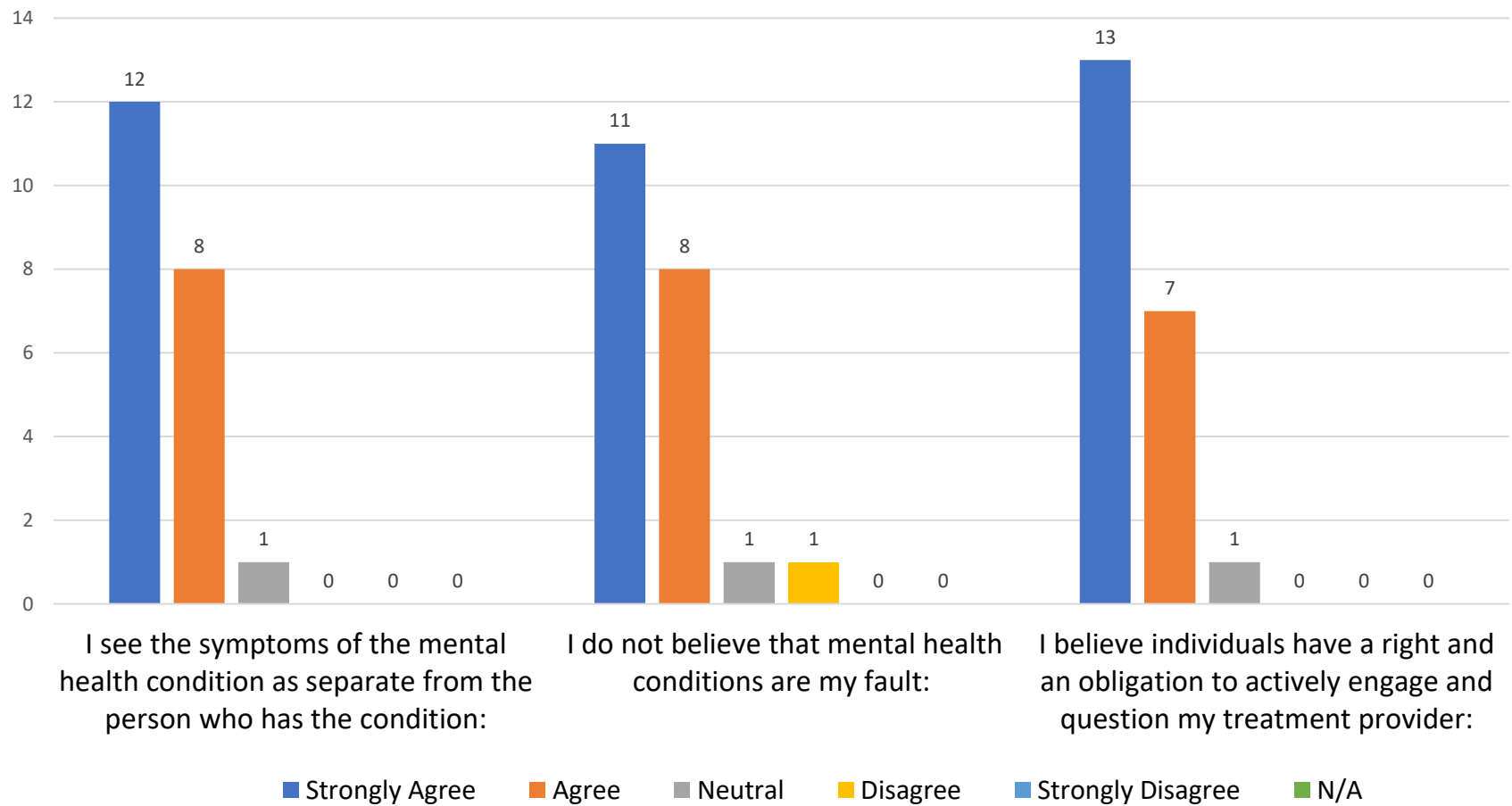
Because of the NAMI Family-to-Family Program I Took:



Respondents=27

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

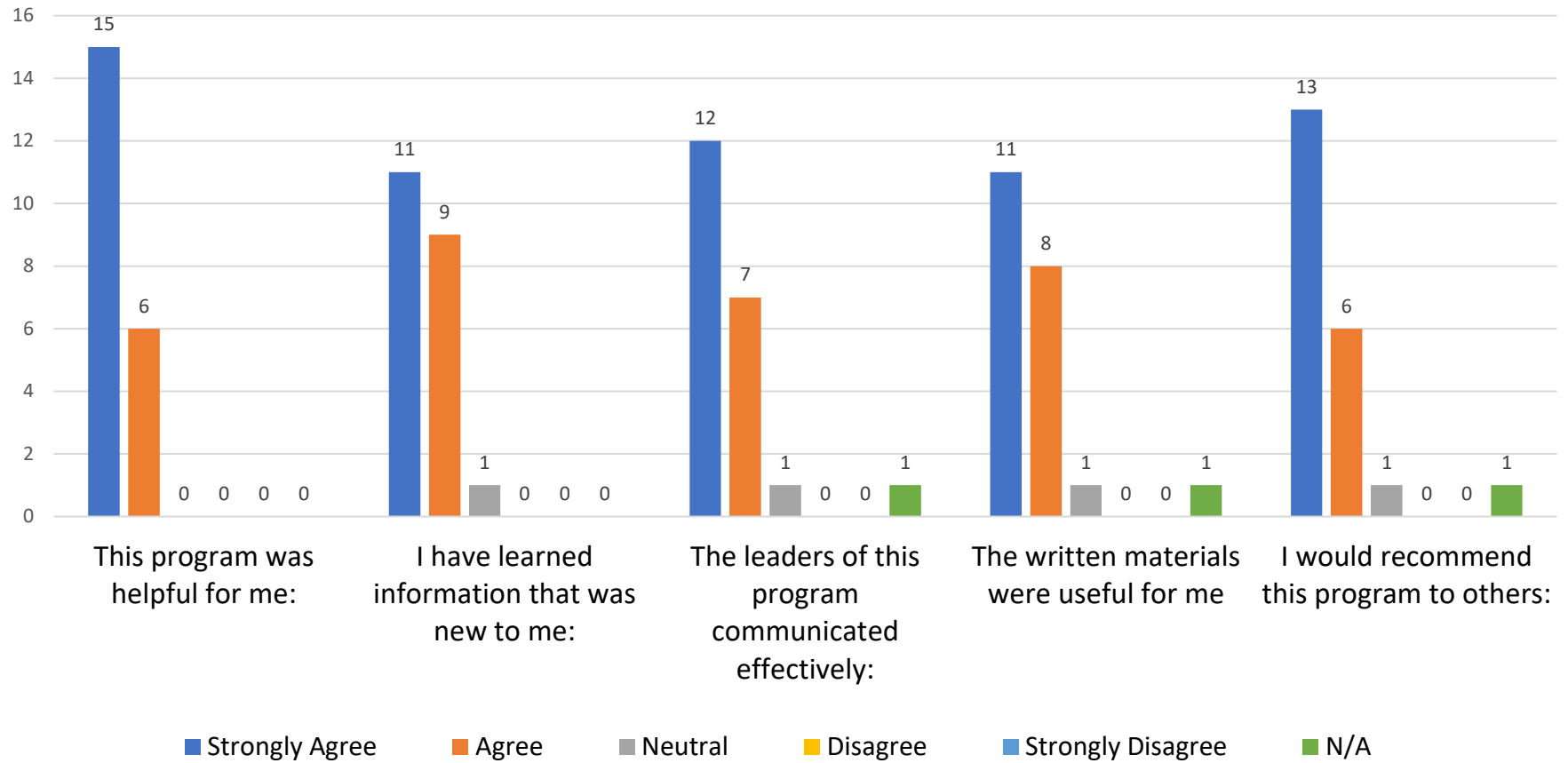
Based on the NAMI Family-to-Family Program I Just Completed:



Respondents=27

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

To What Degree do you Agree or Disagree with the Following:



Respondents=27

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

FAMILY-TO-FAMILY PARTICIPANT COMMENTS

“My understanding and empathy have increased and led me to looking for help for things I did not understand.”

“I feel calmer about my daughter's illness. I speak more openly about it.”

“Tonight, I realized I was happy, thanks to what I've learned in class.”

“I have been more patient with my loved one.”

“The team was amazing and really helped me through this and understand mental illness.”

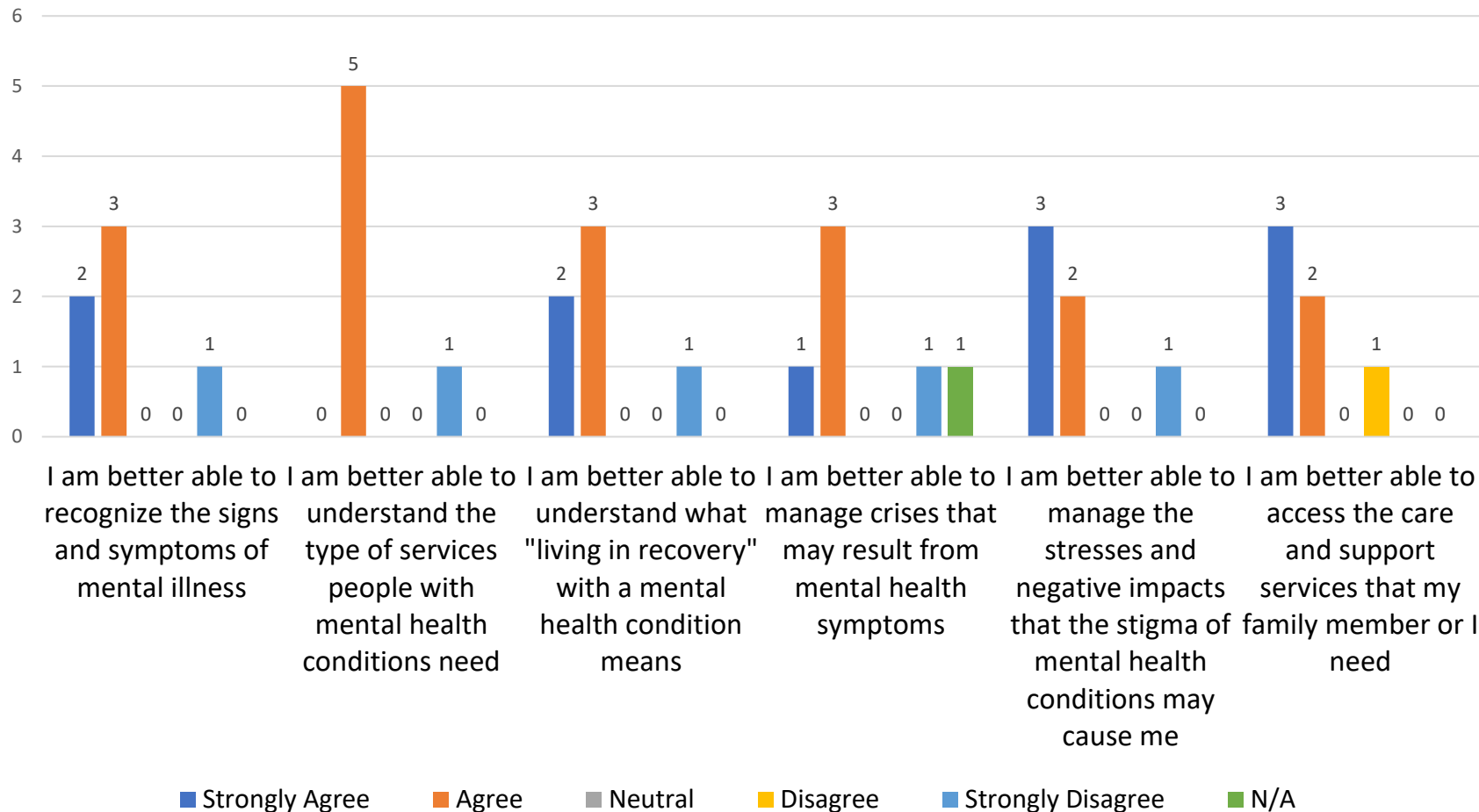
“I have changed the way I speak with my spouse. I'm able to reflectively talk and think through a situation or crisis. I have also started to learn "I" statements when I communicate.”

“My AHA moment was when the guest speaker shared her experiences and she appears to be functioning normally.”

Course Evaluations: FAMILIA-A-FAMILIA

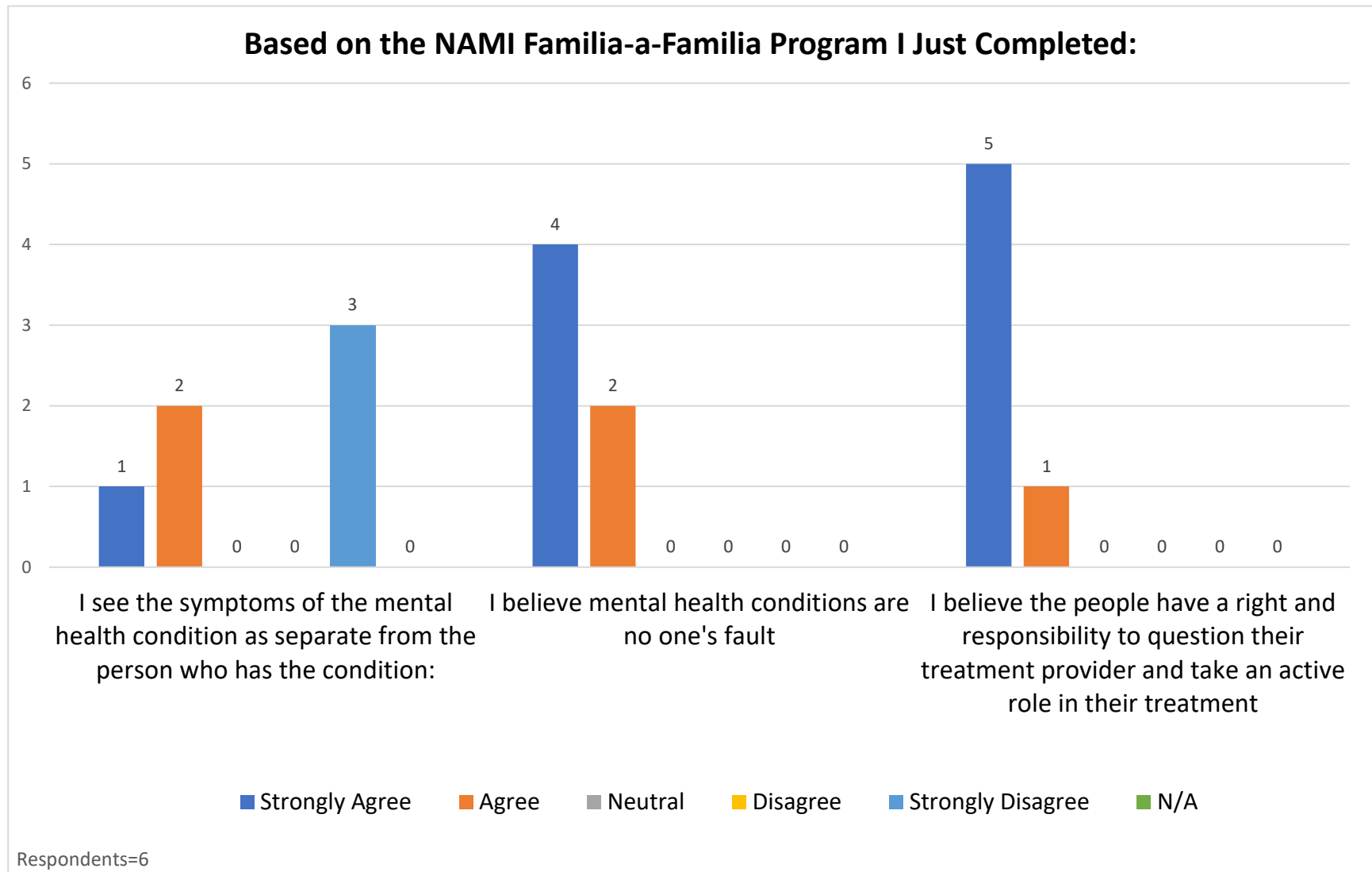
NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

Because of the NAMI Familia-a-Familia Program I took:

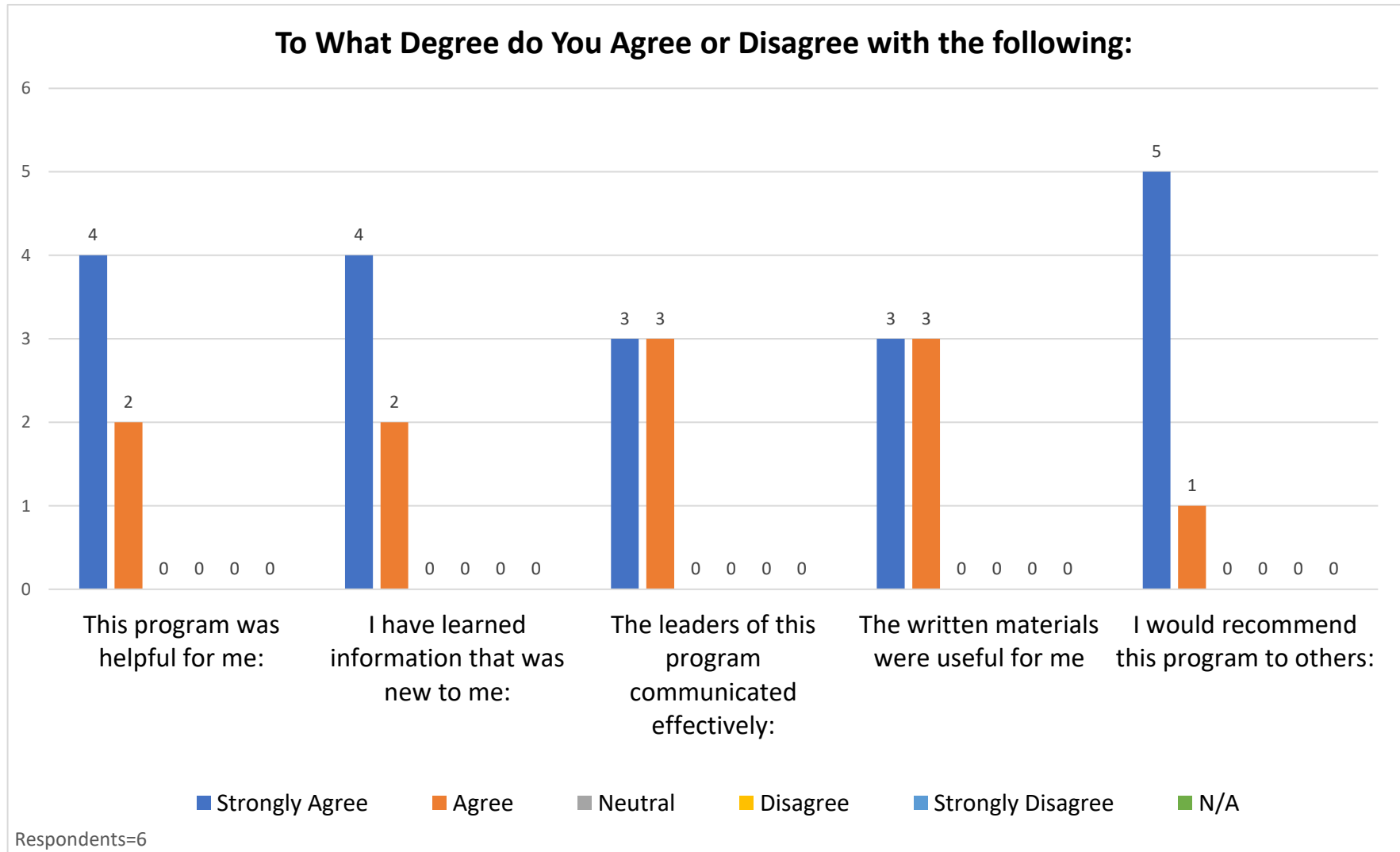


Respondents=6

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT



NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT



NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

FAMILIA-A-FAMILIA PARTICIPANT COMMENTS

“One of the more important things was that we are not guilty of the illness of our family members.”

“I think the information is very good, you need to do it more often.”

“The teachers are very clear.”

“Don’t judge anybody without to know the problem that the person is living with be more compassionate. I am still learning to control my impulses.”

“I like the class because It was very dynamic.”

“All the information was very helpful.”

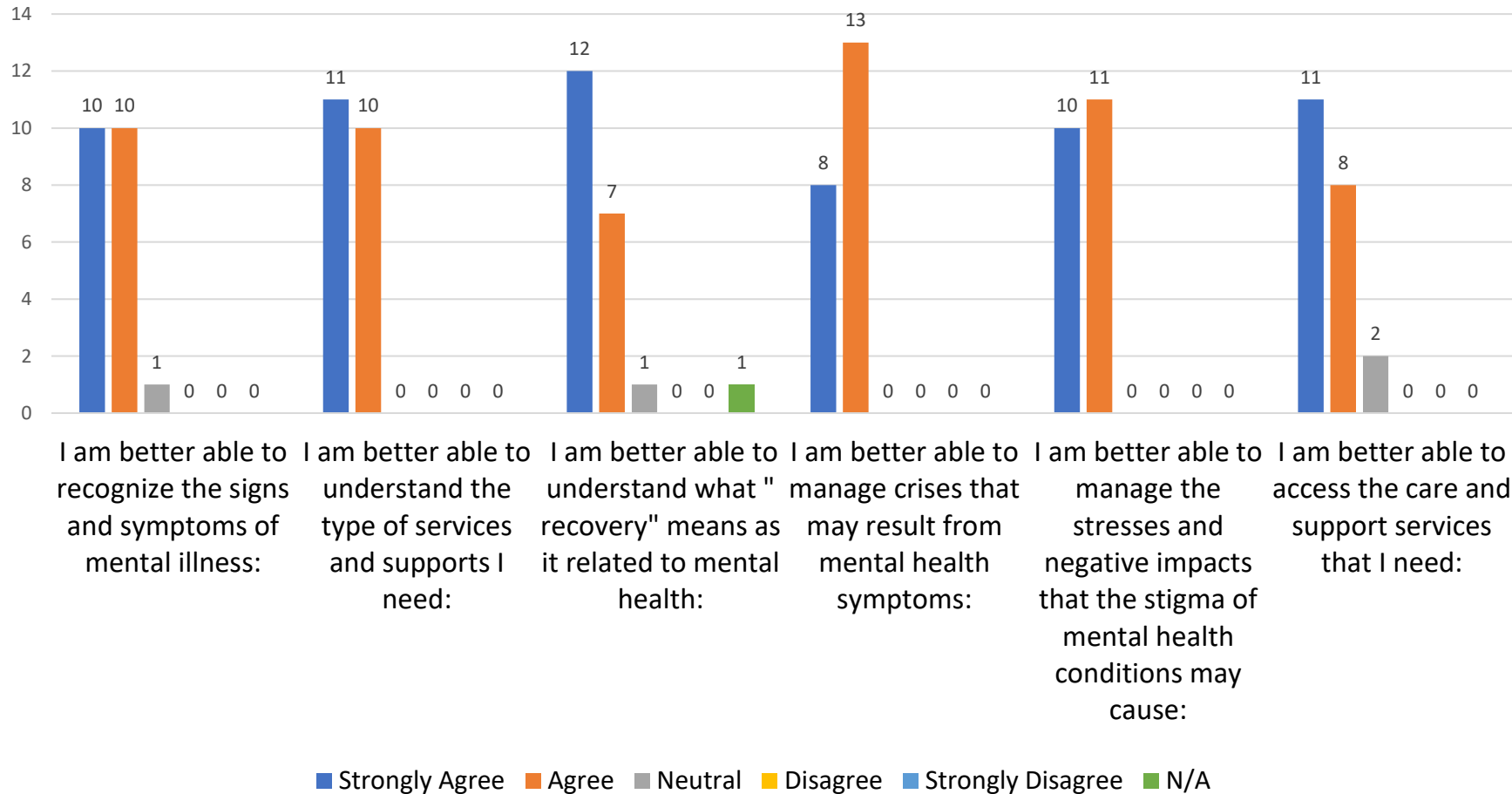
“Give more love to my children and accept their condition.”

“The (teachers) showed interest to teach and they gave the best of themselves.”

Course Evaluations: PEER-TO-PEER

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

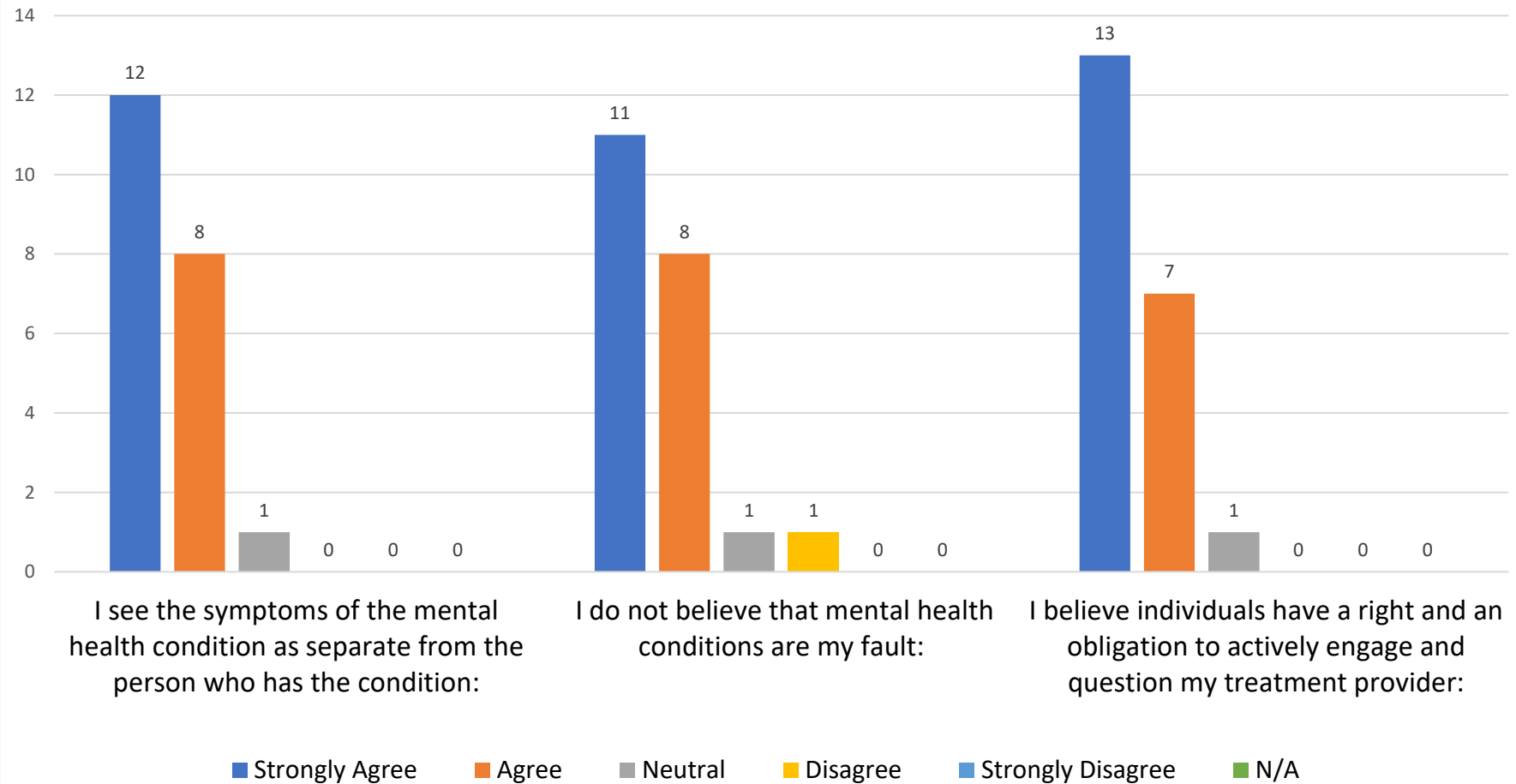
Because of the NAMI Peer-to-Peer Program I Took:



Respondents=21

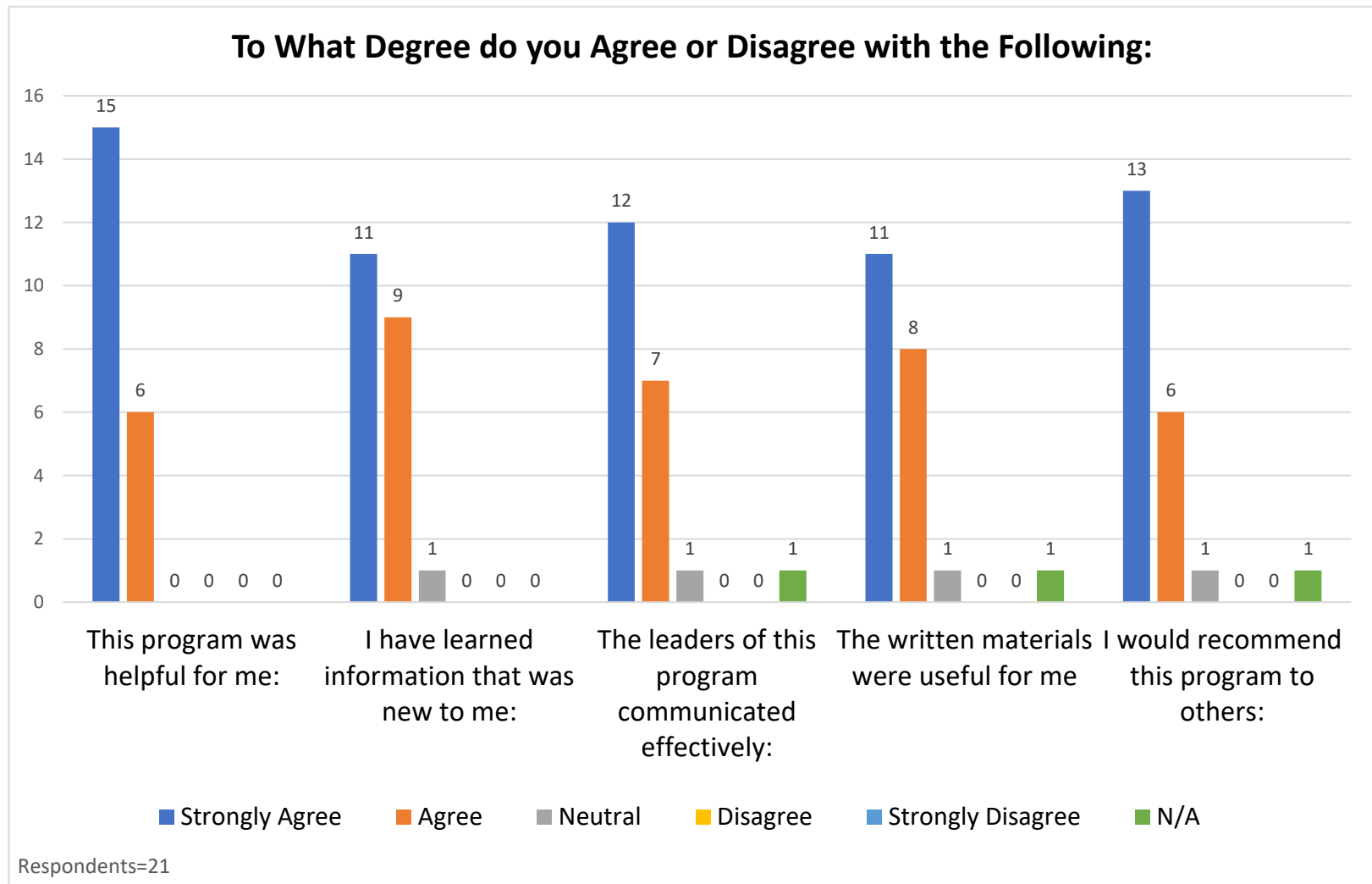
NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

Based on the NAMI Peer-to-Peer Program I Just Completed:



Respondents=21

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT



NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

PEER-TO-PEER PARTICIPANT COMMENTS

“I see recovery as a lifelong process and am more committed to caring for my mental health.”

“Mental illness is not anyone’s fault.”

“My Aha moment took place talking about physical and emotional health. I recognize the link between my actions and health.”

“I statements- I had not realized how much I needed to work on my communication.”

“My sleeping habits have improved. As well as my work situation (I have a job now).”

“I will eat, sleep, and exercise better. I will cultivate healthy habits.”

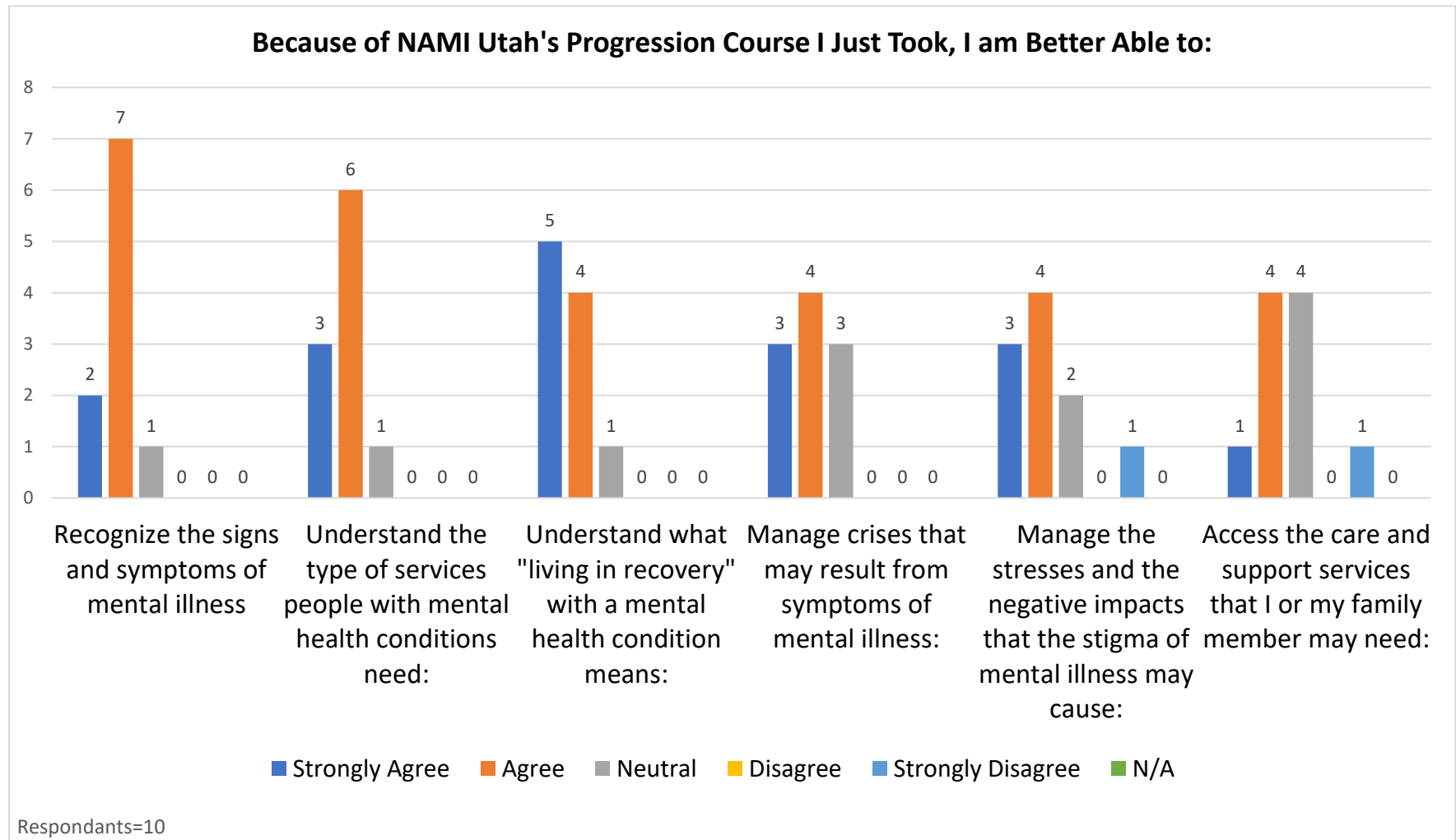
“(The teachers) were kind and helpful, they were great.”

“When I found others that have the same mental illness it was helpful in my recovery.”

“I can use these skills to feel better and change my life!”

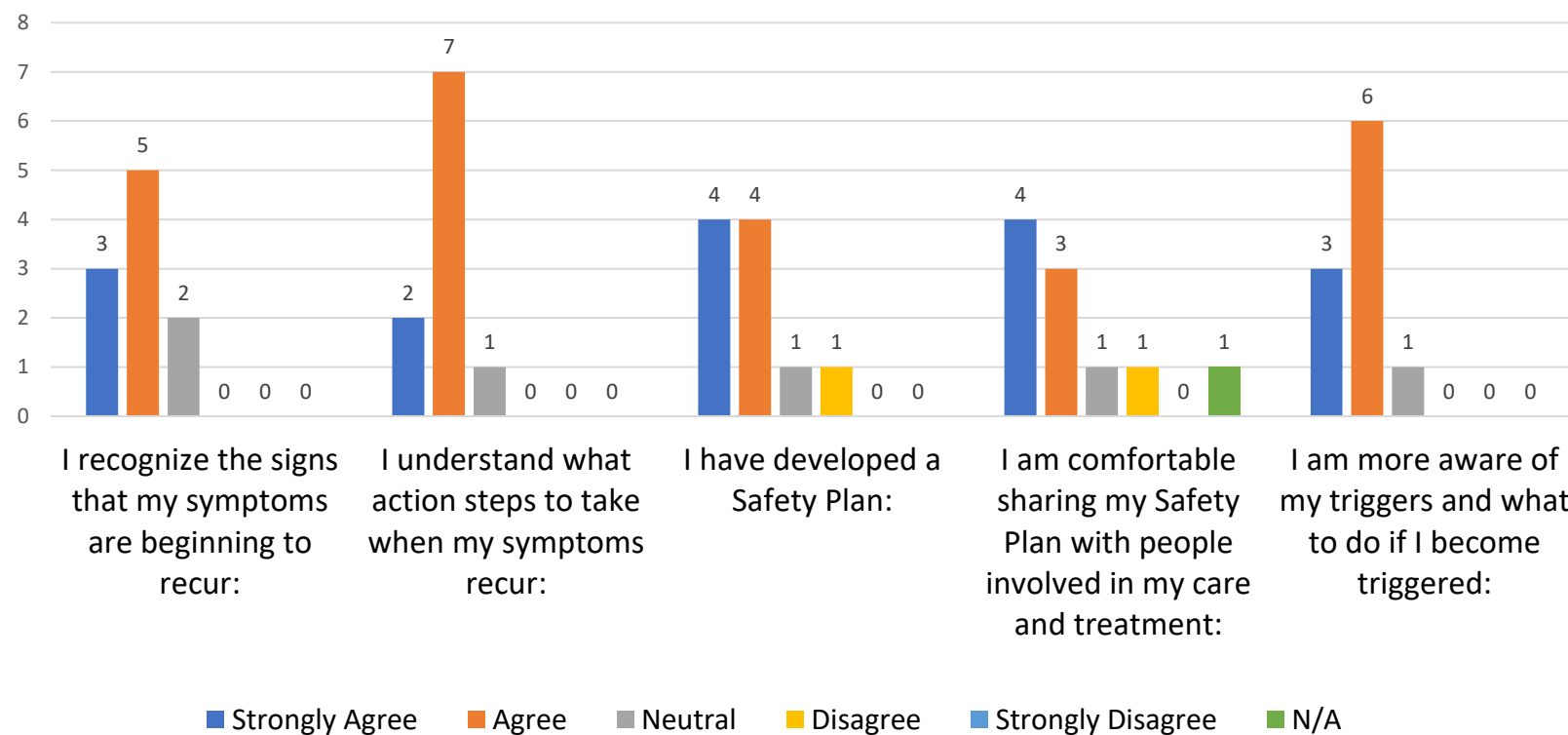
Course Evaluations: PROGRESSION

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT



NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

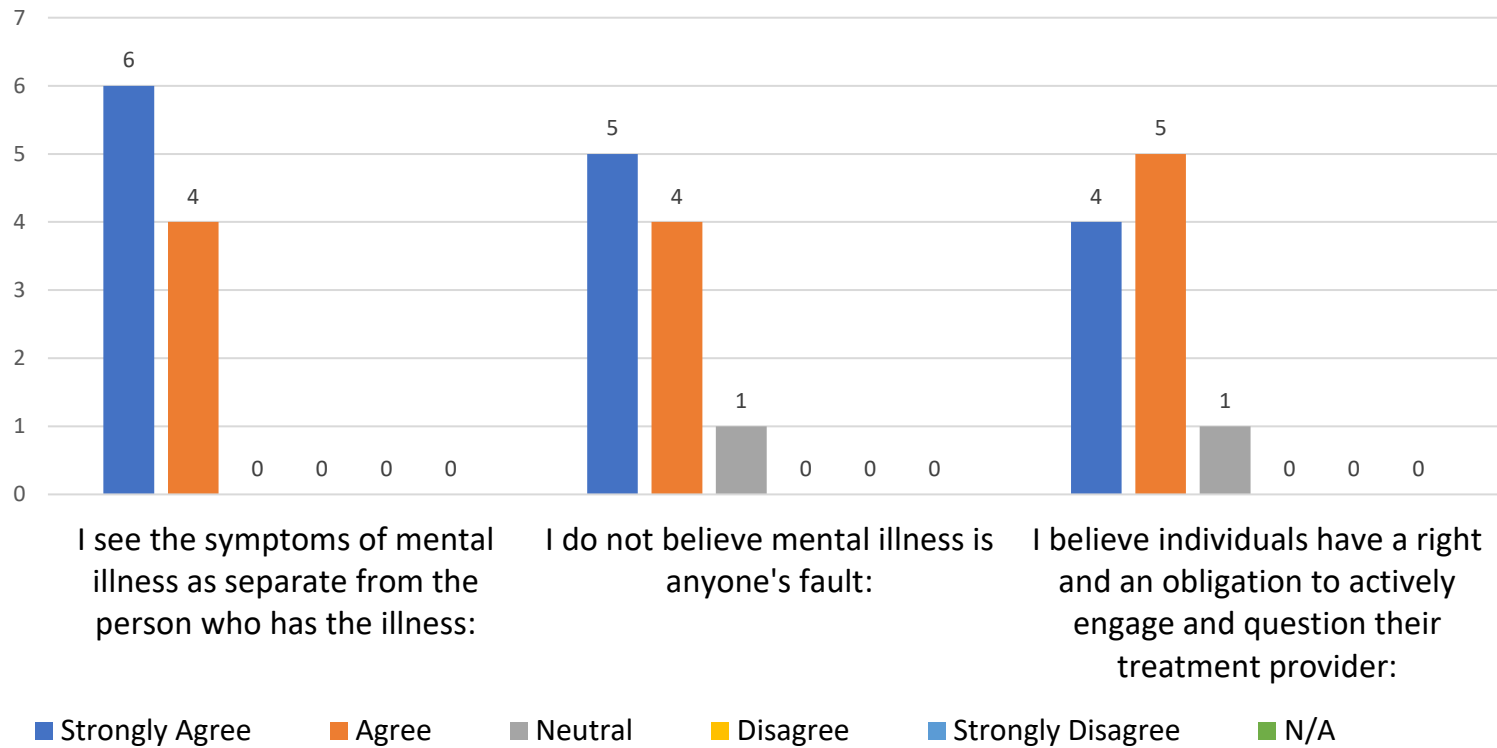
Because of taking NAMI Utah's Progression:



Respondents=10

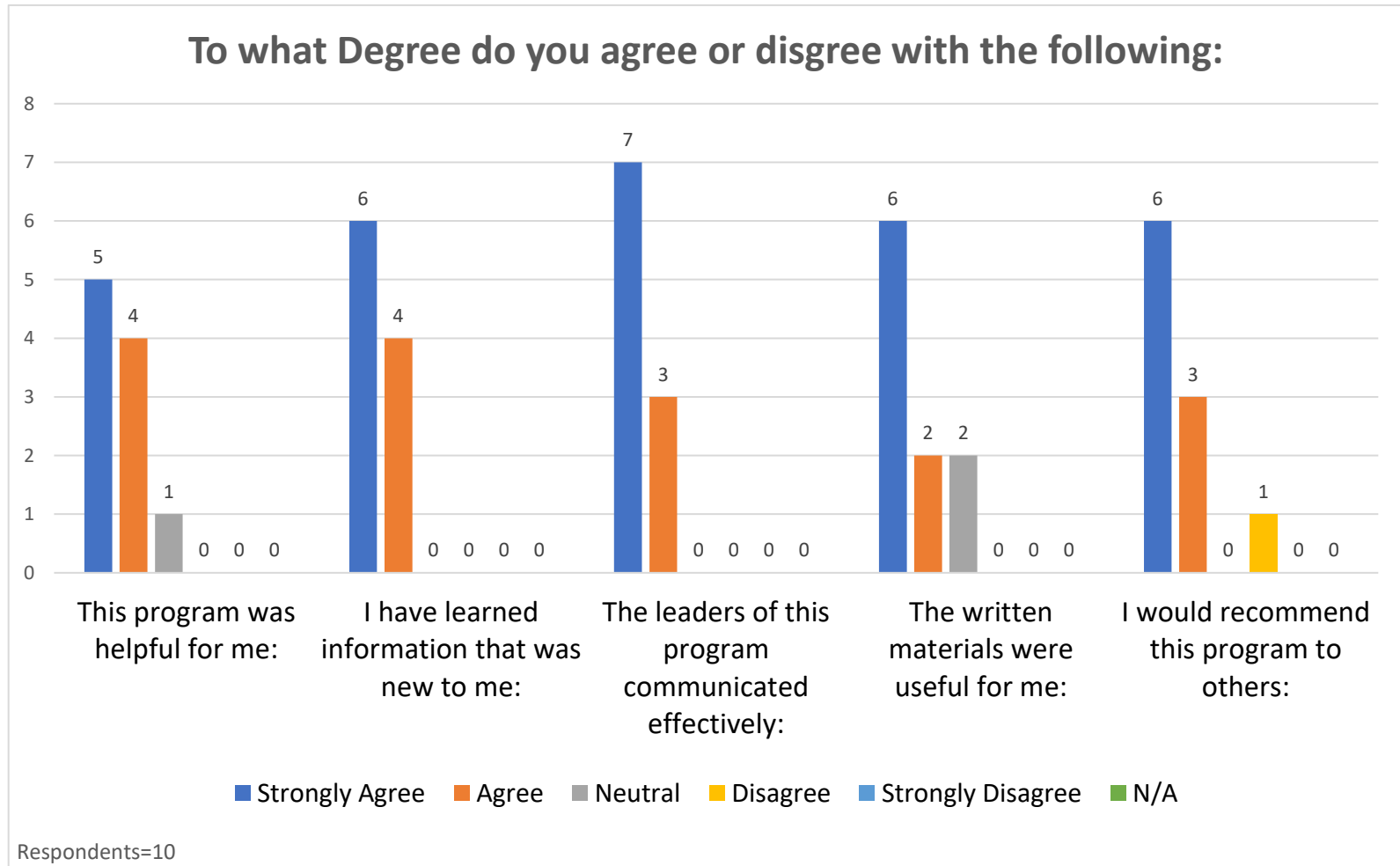
NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

Based on NAMI Utah's Progression:



Respondents=10

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT



NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

PROGRESSION PARTICIPANT COMMENTS

“(I’ve made) changes in my thoughts about my mental illness.”

“My meds worked for a lot more than I thought.”

“I have been more open with people.”

“I will be able to...detect warning signs in me and others.”

“I thought (the teachers) were really nice and could tell they really cared.”

“I learned more about my mental illness.”

“I intend to do more research into mental health.”

“Amazing teachers!”

“Great people”

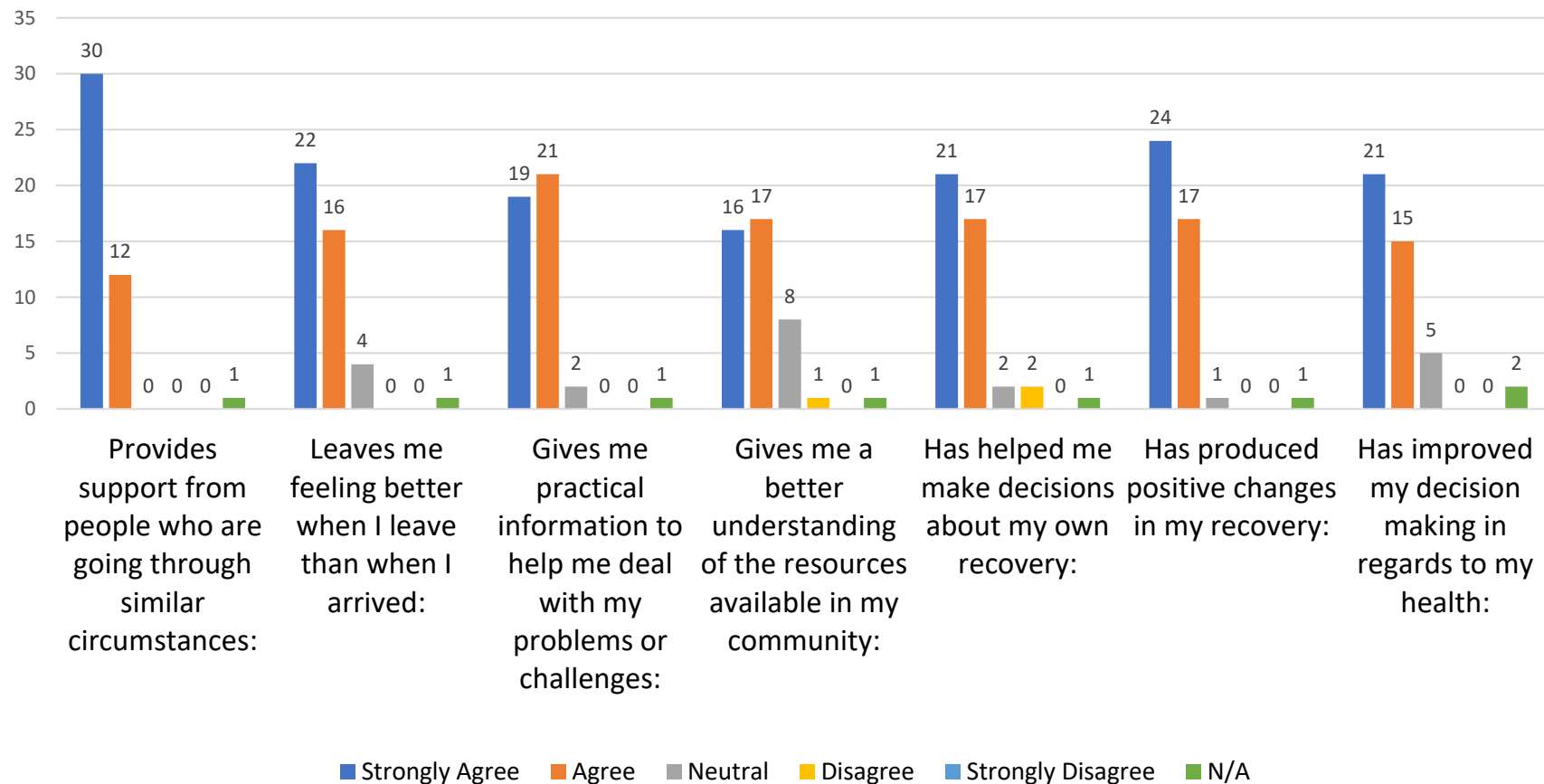
“Awesome.”

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

CONNECTION SUPPORT GROUP EVALUATIONS:

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

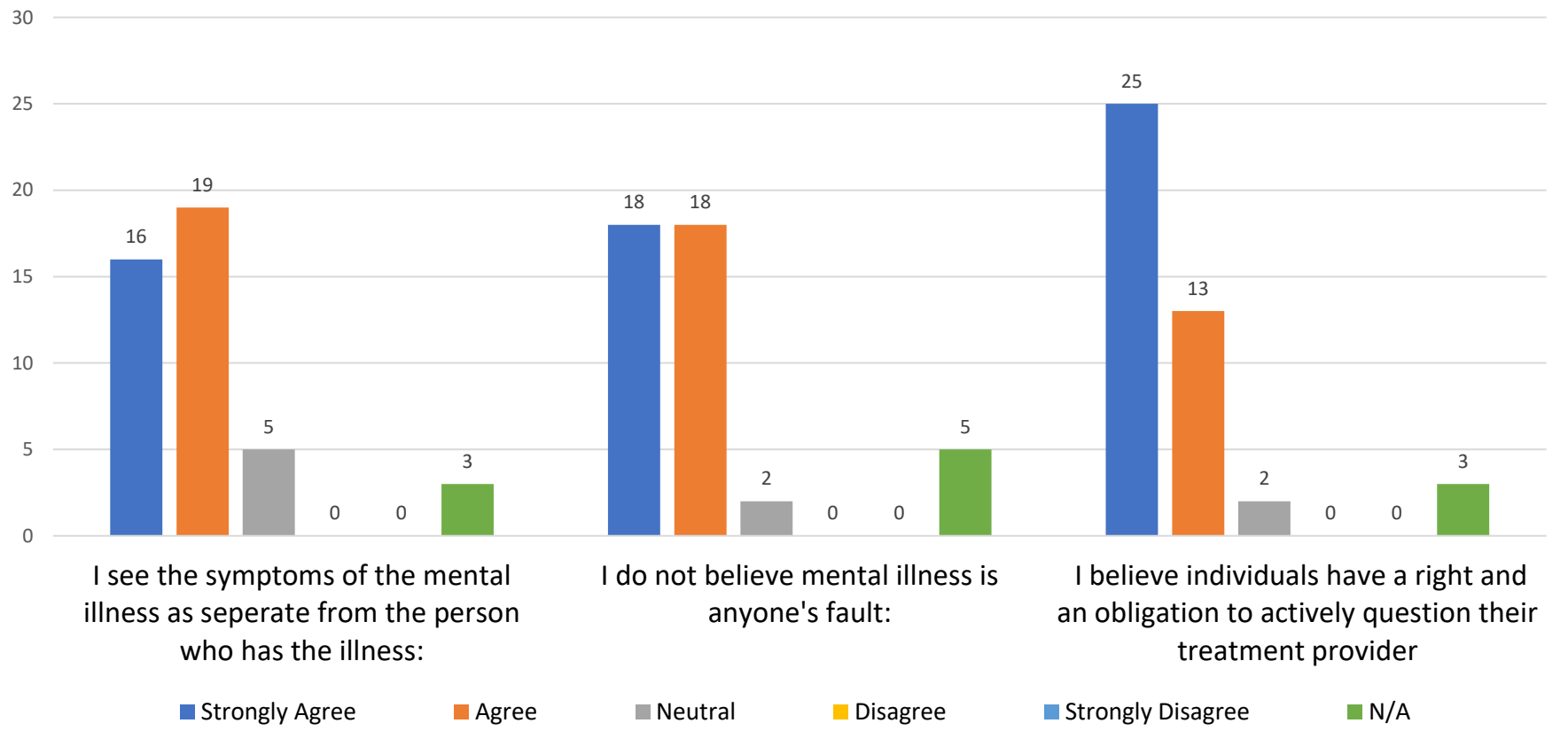
Attending NAMI Support Groups:



Respondents=43

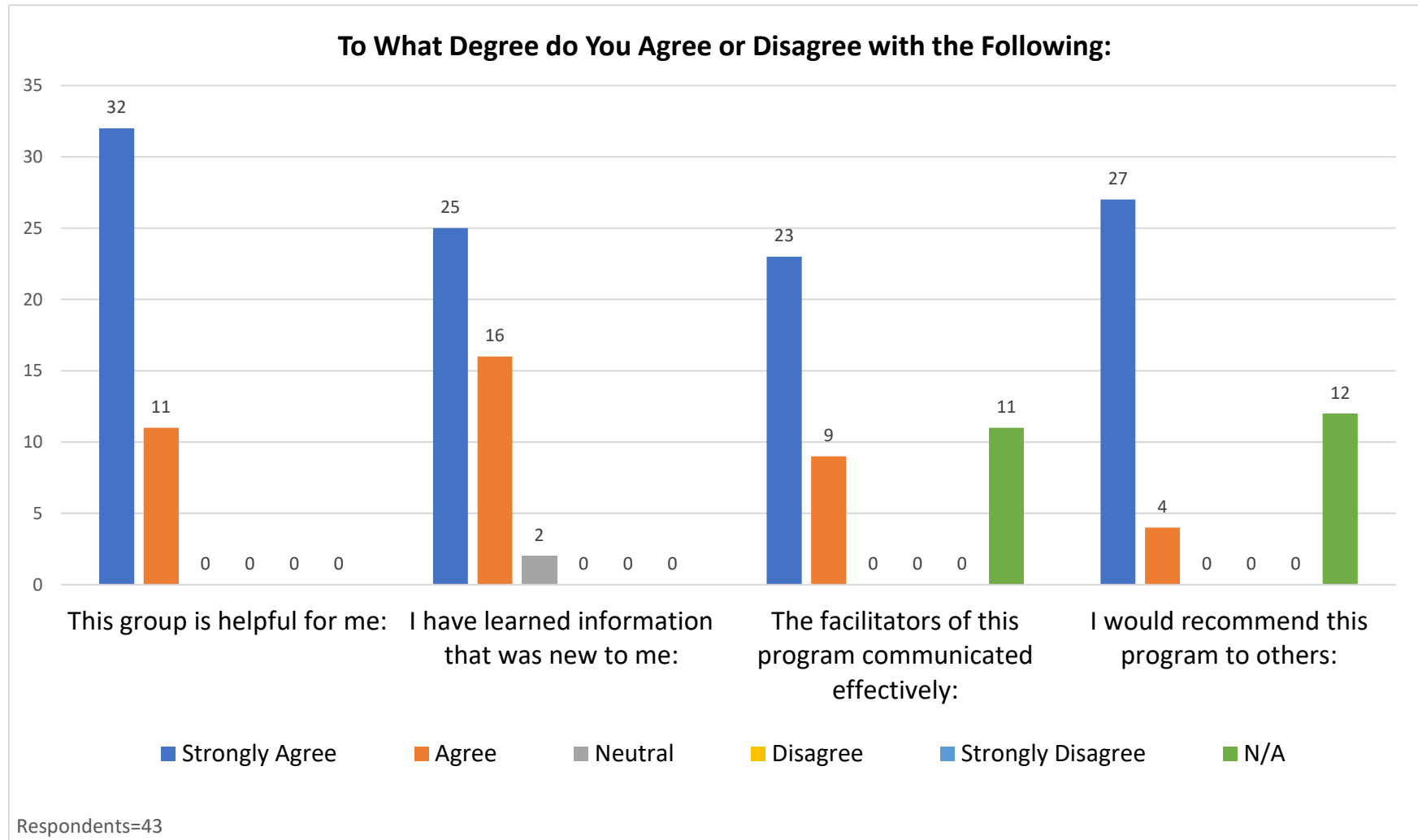
NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

As a result of attending NAMI Support Groups:



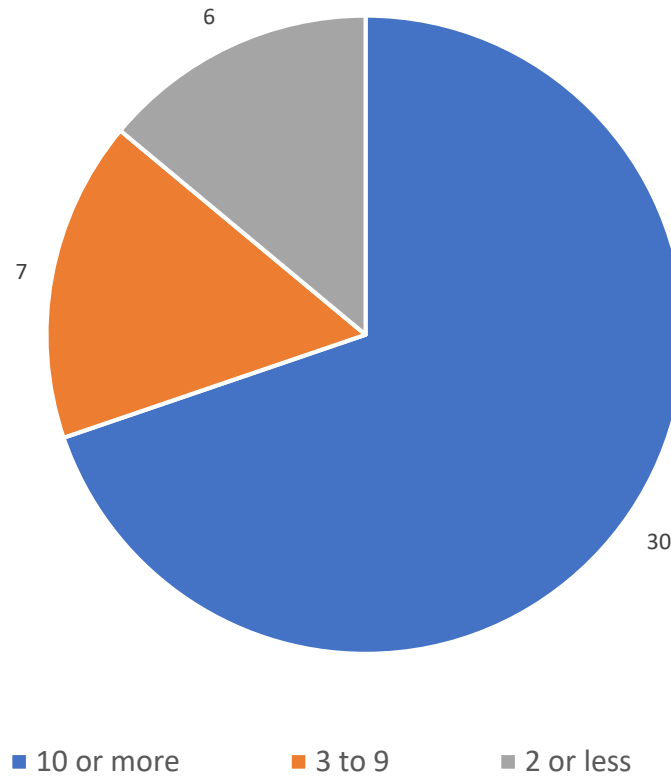
Respondents=43

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT



NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

How many NAMI Connection Support Groups have you attended?



Respondents=43

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

CONNECTION SUPPORT GROUP PARTICIPANT COMMENTS

“Great place for help. When all is lost, NAMI is the only thing that really helps. I love it.”

“Now I understand that mental illness is something that most people struggle with that I imagined. Heard a lot from the group that helps with daily struggles.”

“I love my facilitator. She does an amazing job. The group has helpful insights.”

“This is a great group. Lots of discussion relevant to mental illness.”

“It is diverse with no judgement. Everyone's opinion is okay in this group.”

“I've stopped trying to change my illness. Acceptance helps me deal.”

“It is the only place I feel normal.”

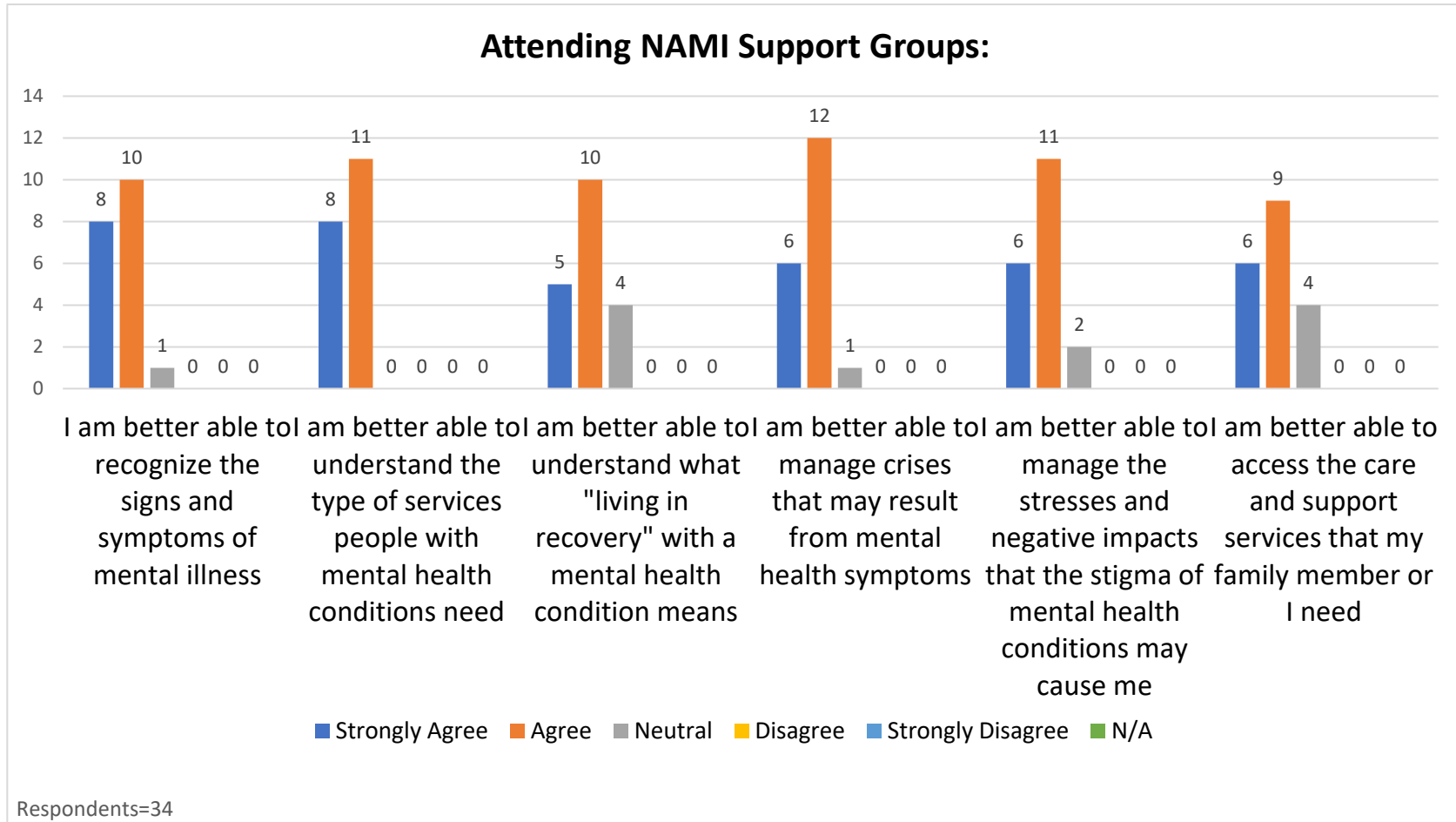
“It was nice to have an environment where one can be open about their symptoms.”

“Very helpful, have learned many new things and made new friends.”

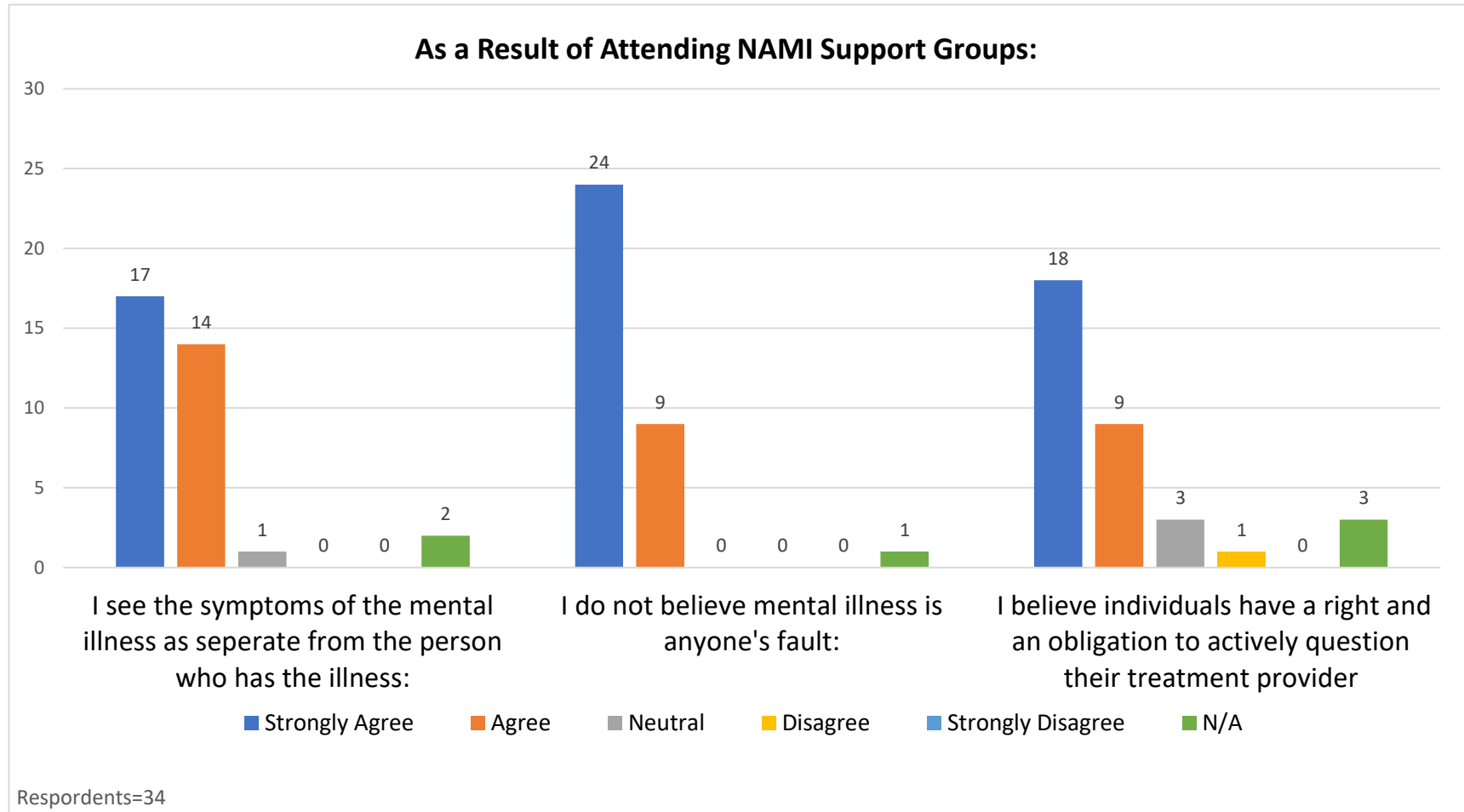
NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

FAMILY SUPPORT GROUP EVALUATIONS:

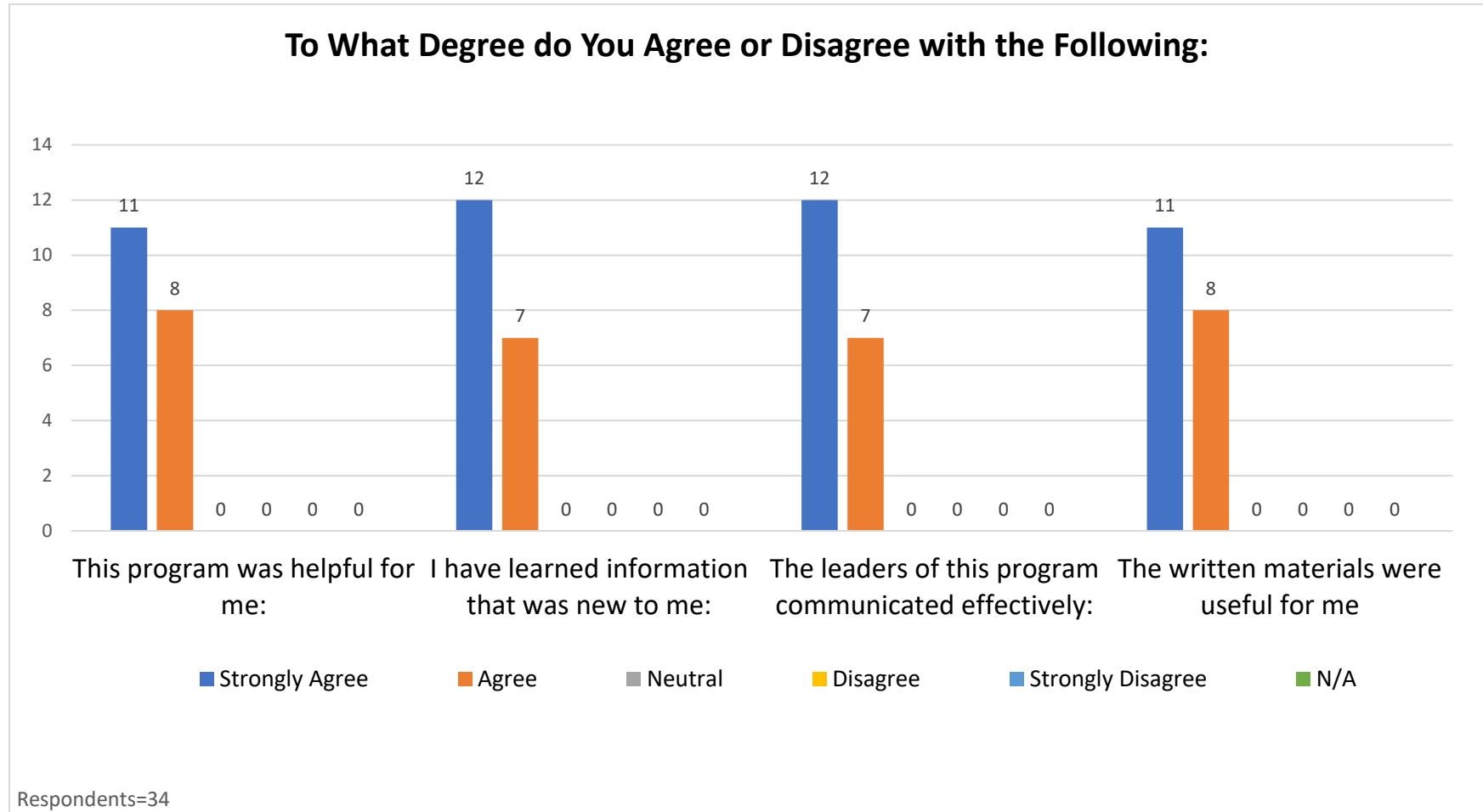
NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT



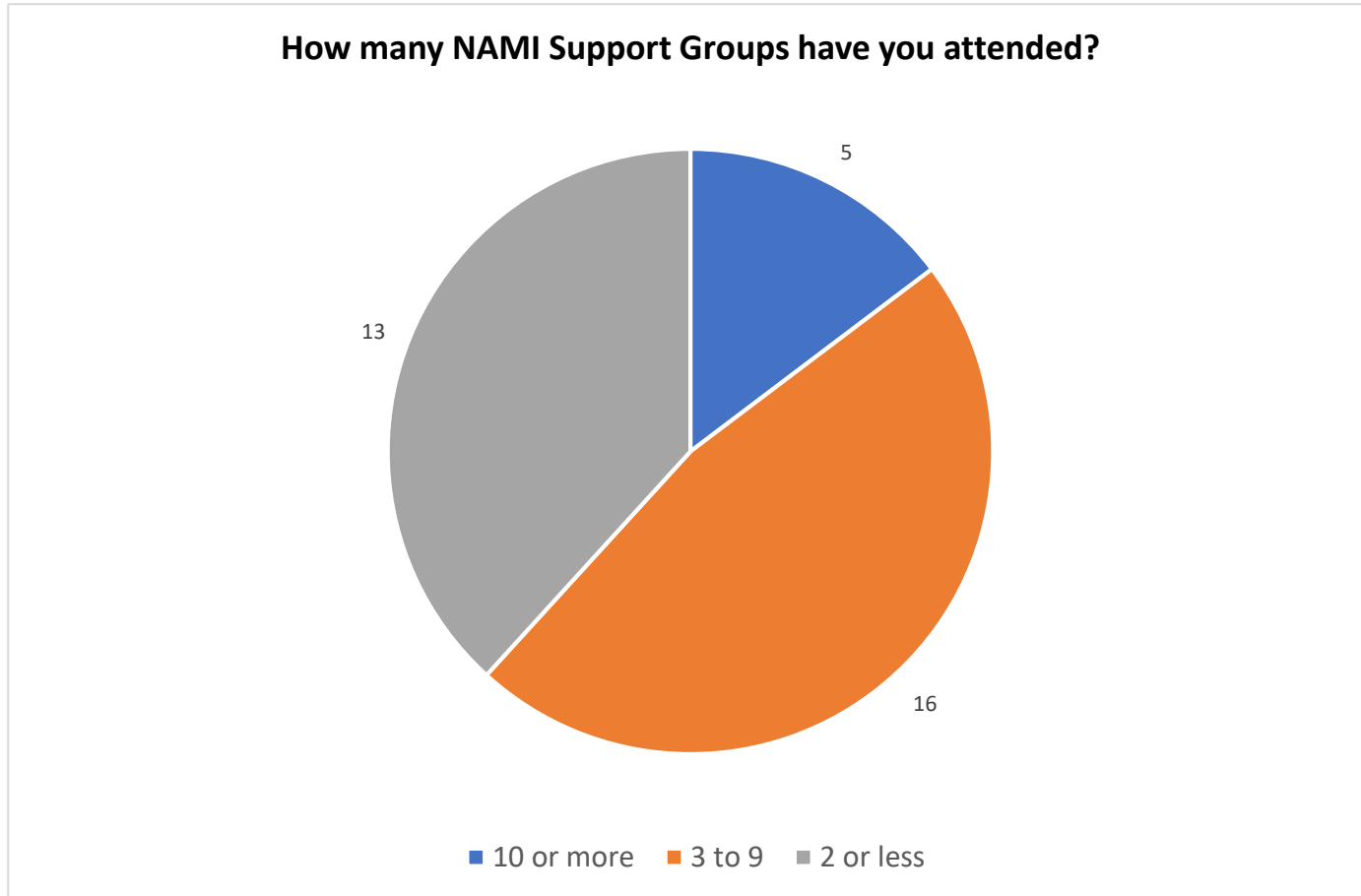
NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT



NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT



NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT



Respondents=34

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

FAMILY SUPPORT GROUP PARTICIPANT COMMENTS

“I am less judgmental and more sympathetic with those who have mental as well as emotional or other diseases and illnesses.”

“This group has become a saving grace for me. It has been great to share our experiences, struggles, advice and care with each other! I look forward to group meetings and miss it when I have a conflicting appointment. I wish more people would come out to be benefited by the group and to benefit others.”

“I wish I knew about this years ago.”

“The facilitators are warm, open and caring, while being professional and well trained, I’d say. I trust them and respect their comments.”

“I am less judgmental and more sympathetic with those who have mental as well as emotional or other diseases and illnesses.”

“I always learn something and go away feeling uplifted.”

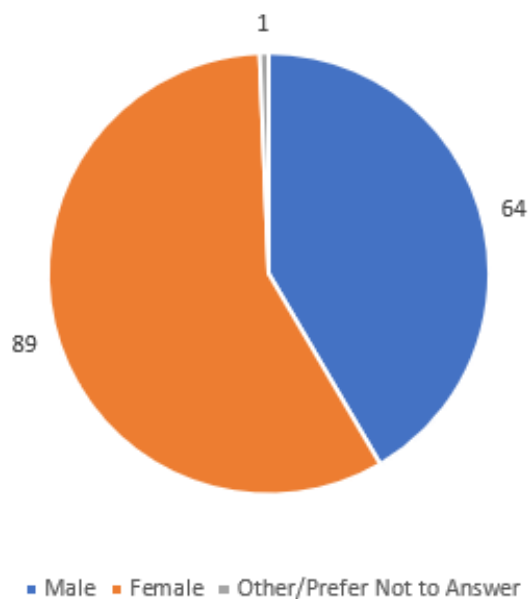
“I learned that my son’s disorder is not who he is. I do not have to push buttons. I have a choice of how I react.”

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

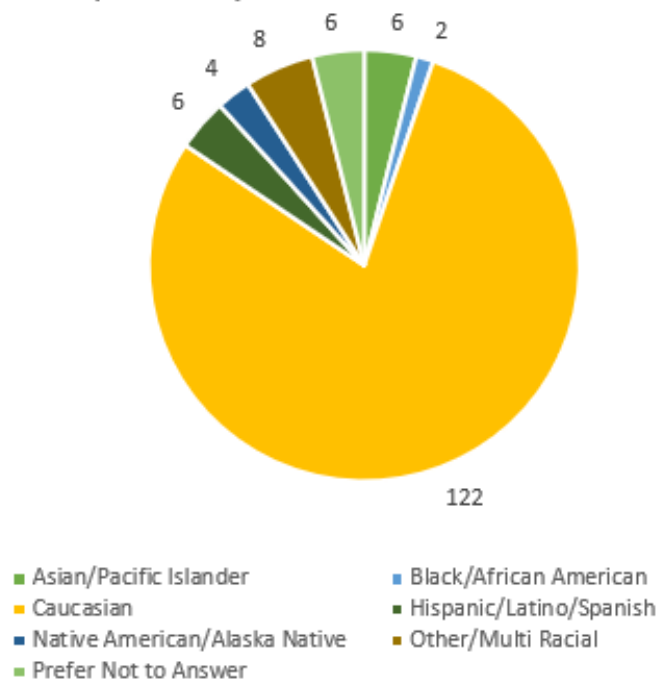
DEMOGRAPHICS

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

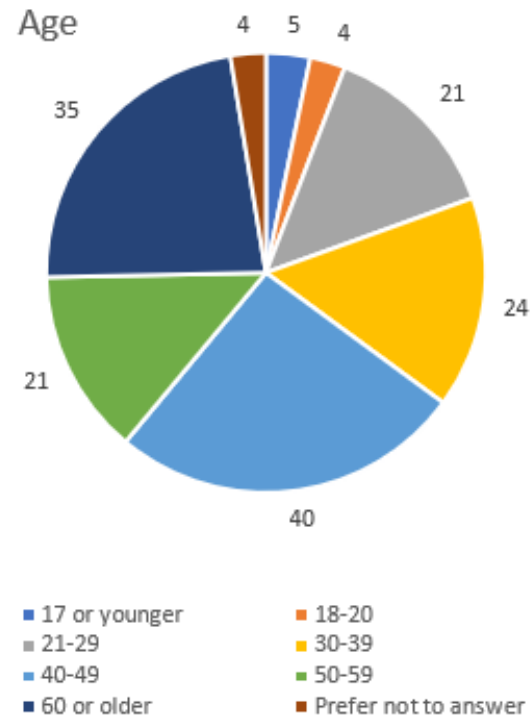
Gender



Race/Ethnicity



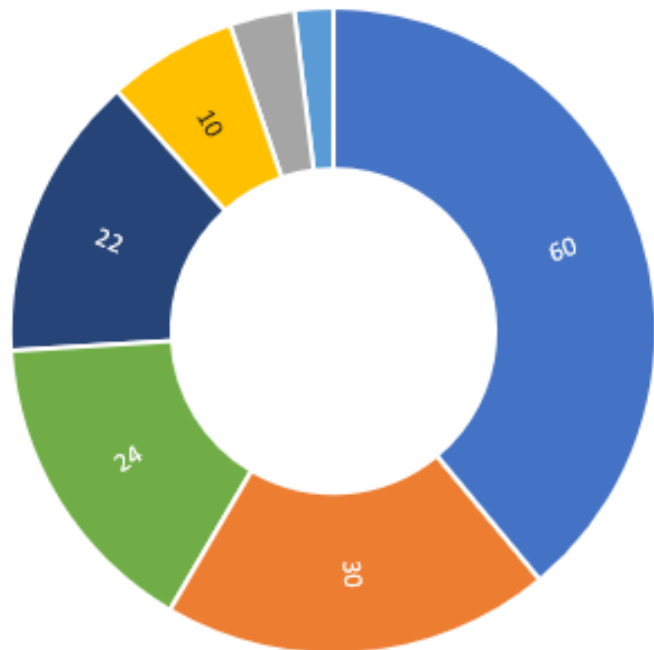
Age



Respondents=154

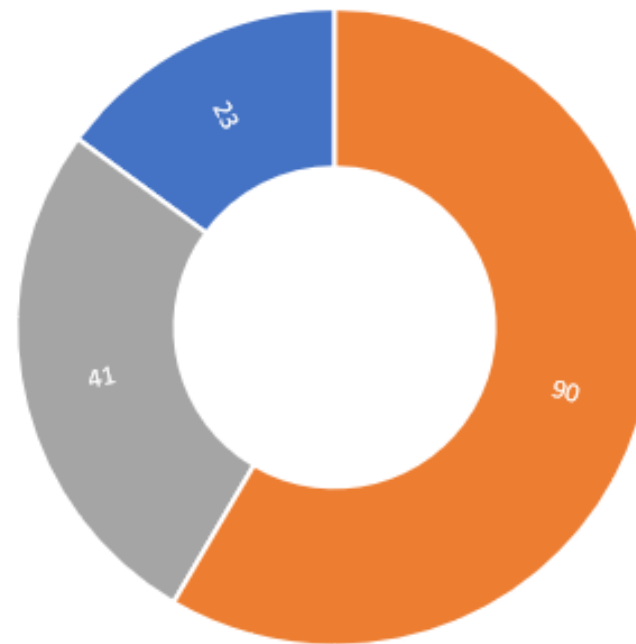
NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

How Did You Hear About NAMI?



- Family Member
- Health Care Provider
- Local Newspaper
- NAMI Affiliate Website
- NAMI Publication
- NAMI.org
- Other

Are You a Member of NAMI?



- Yes
- No, I am not planning to join
- No, I am not planning to join

Respondents=154

NAMI UTAH PROGRAMS DEPARTMENT MID-YEAR REPORT

