

National Alliance on Mental Illness: Building Resilient Families

It is NAMI's core principle that empowering and supporting family members is a critical factor in recovery.



What is NAMI?

- The National Alliance on Mental Illness (NAMI) is the nation's largest grass roots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. The NAMI organization operates at the national, state and local level. The local affiliate is **NAMI Snohomish County**.

Education

- NAMI programs help families define the situation and find ways of coping:



A 12-week course for families, partners and friends of individuals with serious mental illness. The course focuses on the emotional responses families have to the trauma of mental illness.



A six-week course developed specifically for parents and other family caregivers of children and adolescents who have either been diagnosed with a serious mental illness/serious emotional disturbance or who are experiencing symptoms but have not yet been diagnosed.

Education



Support



Groups that meet regularly to support and encourage families and friends who have loved ones living with mental illness.



This is a free, peer-led support group for adults living with mental illness. Individuals will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.

Support

Coming soon: an Everett Clubhouse



Clubhouse International

Creating Community: Changing the World of Mental Health

Everett Clubhouse will provide resources and community for those living with mental illness. It is designed to end social and economic isolation.

Building Resiliency



Similar to taking a raft trip down a river.
You encounter slow water and shallows.

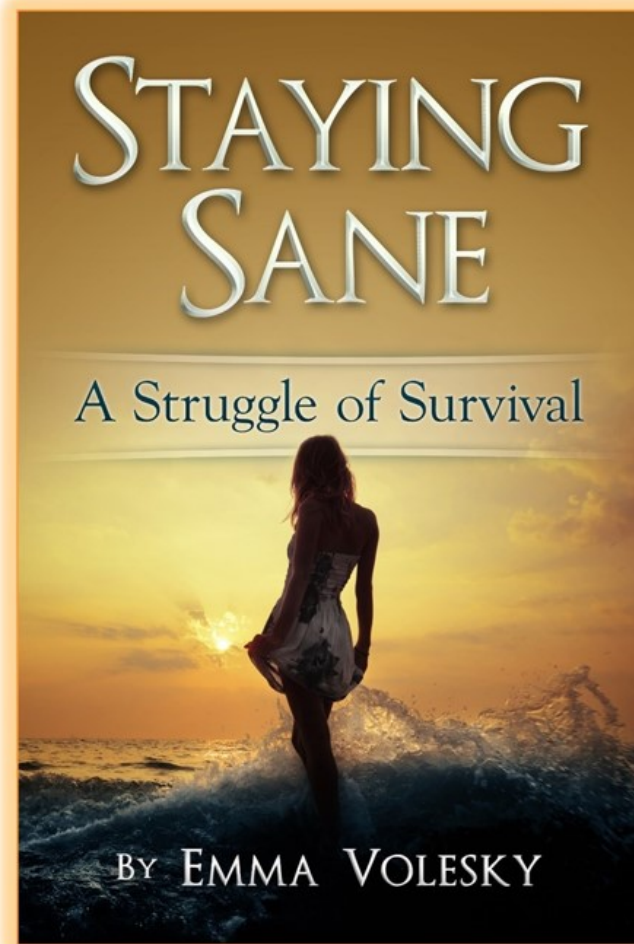


You can navigate through rapids and white water with trusted companions and a strategy. NAMI provides all of this.

- There is not one perfect way to cope with a mental health event in a family. NAMI wants each family to know that they are not alone.



Personal Account – Emma Volesky



Taking Action: First Episode Psychosis

- Resources:
 1. Washington State First Episode Psychosis
 2. Alcoholism and Psychotic Disorders, Diagnostic Challenges, NIH website
 3. Comorbidity: Addiction and Other Mental Illness, First Episode Diagnosis-
drugabuse.com.gov/publications.

Contact NAMI Snohomish



- <http://www.namishnohomishcounty.org/>