

NAMINEBRASKA FAQ'S

Who/What is NAMI Nebraska?

NAMI Nebraska is a champion for recovery, NAMI Nebraska is a statewide, not for profit organization that provides high quality education and support services to effect positive change for those impacted by mental illness. We collaborate with affiliates, organizations, governmental bodies, and advocates to improve services and quality of life for people with mental illnesses and their families.

What types of education and support does NAMI Nebraska offer?

NAMI Nebraska currently offers 4 classes and 2 support groups. They include:

NAMI Basics – a 6 session program for parents, caregivers, and other family members who provide care for youth (22 and younger) who are experiencing mental health symptoms. These classes can be provided in person, or via Zoom.

NAMI Basics is also available through a self paced on line version that can be accessed through NAMI National (www.nami.org).

Family to Family – an 8 session educational program for family, significant others, and friends of people (no age limit) with a mental health condition. This is also offered in person, or via Zoom.

Peer to Peer

Ending the Silence – an engaging presentation that helps young people learn about the warning signs of mental health conditions and what steps to take if you or a loved one is showing symptoms of a mental health condition. This is a one time 60 minute presentation done in person geared towards youth, parents or school personnel.

Family to Family Support Group – a peer led support group for any adult with a loved one who has or is experiencing symptoms of a mental health condition. These can be in person or via zoom and meet anywhere from weekly to monthly depending on the desires of the group.

Connections – a peer led support group for any adult who is or has experienced symptoms of a mental health condition. These meetings can be in person or via zoom and meet anywhere from weekly to monthly depending on the desires of the group.

You can find a schedule and information about current classes and support groups at www.naminebraska.org/calendar

How are the classes and support groups structured?

The classes and support groups are all led by 2 trained facilitators who are family members or people with lived experience. The classes follow a specific curriculum using evidence based information. The support groups are also led by trained family members or people with lived experience.

Facilitators are offered a modest stipend (right now \$25) for each class they lead.

How can I become a trained facilitator?

The following criteria is set by NAMI National in order to become a trained facilitator:

NAMI Basics – must be a parent or other primary caregiver of an individual who has exhibited mental health symptoms prior to the age of 13.

NAMI Family to Family – all leaders are adult family members (parents, siblings, adult children, spouses, partners, etc) of a person with a mental health condition. They must have taken one of the following classes themselves prior to applying for a leader position – NAMI Basics, Nami Family to Family or NAMI Homefront.

NAMI Peer to Peer – leaders are adults in recovery.

NAMI Connections – leaders are adults in recovery.

NAMI Family to Family Support Group – leaders must be adult family members.

Ending the Silence – leaders must meet one of the following descriptions: (1) young adult (18-35) in recovery with a mental health condition; (2) adult who is either a family member or a person with a mental health condition. One leader must be a young adult in recovery

Anyone interested in becoming a trained leader for any of the classes or support groups is encouraged to contact NAMI Nebraska. You will be asked to complete a program leader application and a follow up phone call will then take place.

There are no stipends for the trainings.

Trainings for Family to Family support group, Connection, Family to Family classes, and Peer to Peer classes are approximately 16 hours taking place over a weekend. Since we do not have any Train the Trainer leaders we are joining other state trainings; so they are done via zoom.

Training for Ending the Silence is done online and takes approximately 4 hours and then they do a mock presentation with a trainer which takes about an hour.

Are there any bi-lingual classes or support groups offered?

We do not have any trained leaders for bi-lingual classes so nothing is available in Nebraska. But if there is enough of an interest we can connect with NAMI National or partner with another state chapter to meet the need.

Where can I learn more about NAMI Nebraska and NAMI National?

Check out websites: www.naminebraska.org or www.nami.org