NAMI New Jersey Overview
WELCOME & INTRODUCTIONS

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POLLS

DID YOU KNOW?
NAMI NJ HISTORY

NAMI New Jersey (NAMI NJ) was founded in 1985 by a group of concerned New Jersey family members who had loved ones with mental illness. At a time following the years of “Deinstitutionalization,” when care for persons affected by mental illness was severely fragmented, this group of family volunteers came together for mutual support, education and empowerment. They advocated for improved treatment and living conditions, not only for their own ill family member, but for all people affected by mental illness. From these modest formative years has steadily grown our present organization, composed of dedicated volunteers in our 19 local County Affiliates.
NAMI NJ MISSION

NAMI NJ is a statewide non-profit organization dedicated to improving the lives of individuals and families affected by mental illness. Through education, support, advocacy and public awareness programs NAMI NJ fosters understanding about mental illness, confronts stigma often associated with mental disorders, advocates for public policies that benefit those affected by mental illness, and promotes research into the causes, treatment and recovery of mental health disorders.
Lived Experiences of Mental Illness
What is Mental Illness?

- Mental illness is a medical condition that can impact a person’s thinking or mood and may affect his or her ability to relate to others and function on a daily basis.
- Each person will have different experiences, even people with the same diagnosis.
- Recovery, including meaningful roles in social life, school and work, is possible, especially when you start treatment early and play a strong role in your own recovery process.
- A mental health condition isn’t the result of one event. Research suggests multiple overlapping causes. Genetics, environment and lifestyle influence whether someone develops a mental health condition. A stressful job or home life makes some people more susceptible, as do traumatic life events like being the victim of a crime. Biochemical processes and circuits and basic brain structure may play a role, too.

https://www.nami.org/Learn-More/Mental-Health-Conditions
## Mental Health Conditions

<table>
<thead>
<tr>
<th>Mental Health Condition</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>ADHD</strong></td>
<td>Attention deficit hyperactivity disorder (ADHD) is a developmental disorder where there are significant problems with attention, hyperactivity or acting impulsively.</td>
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<tr>
<td><strong>Anxiety Disorders</strong></td>
<td>Everyone experiences anxiety sometimes, but when it becomes overwhelming and repeatedly impacts a person’s life, it may be an anxiety disorder.</td>
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<td><strong>Autism</strong></td>
<td>Autism spectrum disorder (ASD) is a developmental disorder that makes it difficult to socialize and communicate with others.</td>
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<tr>
<td><strong>Bipolar Disorder</strong></td>
<td>Bipolar disorder causes dramatic highs and lows in a person’s mood, energy and ability to think clearly.</td>
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<tr>
<td><strong>Borderline Personality Disorder</strong></td>
<td>Borderline personality disorder (BPD) is characterized by severe, unstable mood swings, impulsivity and instability, poor self-image and stormy relationships.</td>
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<tr>
<td><strong>Depression</strong></td>
<td>Depression is more than just feeling sad or going through a rough patch; it’s a serious mental health condition that requires understanding and treatment.</td>
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Mental Health Conditions

**Obsessive-Compulsive Disorder**
Obsessive-compulsive disorder causes repetitive, unwanted, intrusive thoughts (obsessions) and irrational, excessive urges to do certain actions (compulsions).

**Posttraumatic Stress Disorder**
PTSD is the result of traumatic events, such as military combat, assault, an accident or a natural disaster.

**Schizoaffective Disorder**
Schizoaffective disorder is characterized primarily by symptoms of schizophrenia, such as hallucinations or delusions, and symptoms of a mood disorder, such as depressive or manic episodes.

**Schizophrenia**
Schizophrenia causes people to lose touch with reality, often in the form of hallucinations, delusions and extremely disordered thinking and behavior.

**Early Psychosis and Psychosis**
Psychosis is characterized as disruptions to a person’s thoughts and perceptions that make it difficult for them to recognize what is real and what isn’t.

**Dissociative Disorders**
Dissociative disorders are spectrum of disorders that affect a person’s memory and self-perception.

**Eating Disorders**
When you become so preoccupied with food and weight issues that you find it hard to focus on other aspects of your life, it may be a sign of an eating disorder.
WARNING SIGNS of a Mental Health CRISIS

- Inability to perform daily tasks like bathing, brushing teeth, brushing hair, changing clothes
- Rapid mood swings, increased energy level, inability to stay still, pacing; suddenly depressed, withdrawn; suddenly happy or calm after period of depression
- Increased agitation verbal threats, violent, out-of-control behavior, destroys property
- Abusive behavior to self and others, including substance use or self-harm (cutting)
- Isolation from school, work, family, friends
- Loses touch with reality (psychosis), unable to recognize family or friends, confused, strange ideas, thinks they’re someone they’re not, doesn’t understand what people are saying, hears voices, sees things that aren’t there
- Paranoia, suspicion and mistrust of people or their actions without evidence or justification
SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

About Warning Signs

Comments or thoughts about suicide – also known as suicidal ideation – can begin small like “I wish I wasn’t here” or “nothing matters.” But over time, they can become more explicit and dangerous.

Knowing the risk factors and warning signs can assist you in finding help for yourself, a loved one or a friend.

See nami.org/suicideprevention for more information.

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Is There Immediate Danger?

Suicidal behaviors are a psychiatric emergency. If you or a loved one starts to take any of these steps, seek immediate help from a health care provider or call 911:

- Collecting and saving pills or buying a weapon
- Giving away possessions
- Tying up loose ends, like organizing personal papers or paying off debts
- Saying goodbye to friends and family

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If you’re in crisis, call the National Suicide Prevention Lifeline at

800-273-TALK (8255)

or use the Crisis Text Line

Text "NAMI" to 741741

nami.org/suicidepreventionmonth
SEPTEMBER IS
NATIONAL RECOVERY MONTH

*Each September, Recovery Month* works to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible.
Where Does NAMI Stand in the System of Care?
Recovery Oriented System of Care

How NAMI Helps

- Recovery
- Treatment
- Crisis Intervention
- Case Management
- Rehabilitation
- Basic Support
- Enrichment / Self-Development
- Advocacy / Rights Protection
- Employment
- Housing
- Caregiver Support
- Self-Help
NAMI NJ PROGRAMS
Free, 6-week course for parents and other caregivers of children and adolescents living with mental illnesses.

Free, 8-week course for family caregivers of individuals with severe mental illnesses.

Peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. Gain insight from the challenges and successes of others facing similar circumstances.
Educating the Educators (ETE)

This program is presented by a medical professional, an educator, and a parent. During an ETE session, presenters provide an overview of practical tools to help motivate children and youth with social and emotional disorders, including ADD, ADHD, Bipolar Disorder, Major Depression, Schizophrenia, Schizoaffective Disorder and Anxiety Disorders, including Obsessive-Compulsive Disorder, as well as Autism. Topics include symptoms, treatment, collaboration, resources, referrals, stigma, empathy and accommodations.

Every Mind Matters (EMM) Toolkit

An interactive health supplement designed for students in Grades 5-12 and Grades 9-12 to enhance their knowledge about physical and mental health and strengthen their coping strategies in dealing with stressful feelings and situations. It contains information and resources on mental health, mental illness, the brain, stress relief, anti-stigma and anti-bullying.
Recovery support group for adults living with mental health issues. Attendees learn from each others’ experiences, share coping strategies, and offer each other encouragement and understanding.

Individuals give presentations about their illness and recovery. The program is a powerful tool for community education and reducing stigma by putting a human face on an often misunderstood area of human suffering.

Free, hour-long live presentation focusing on inner and outer wellness for people living with a mental illness. Hearts & Minds seeks to raise awareness and provide information on: medical self-advocacy, smoking cessation, addictions, healthy eating, exercise, and diabetes.
Advocacy

Areas of Focus

- Family Support Act
- Mental Health Parity
- Psychiatric Advanced Directive
- Community Mental Health Act
- Involuntary Outpatient Commitment
- DMHAS Administrative Bulletin for Families
- HIPPA

NAMI New Jersey

NAMI SMARTS for Advocacy
African American Community Together NOW
Serves New Jersey’s African American families affected by mental illness, the faith community and mental health professionals to provide culturally competent support, education and advocacy.

Chinese American Mental Health Outreach Program
Serves immigrant families of Chinese origin who are affected by mental illnesses, including Chinese immigrants from mainland China, Hong Kong, Taiwan and other countries and regions.

NAMI NJ en Español
An awareness & education program developed by NAMI New Jersey to serve the Hispanic/Latino community in New Jersey.

South Asian Mental Health Awareness in Jersey
Serves South Asians of Asian Indian and Pakistani origin, as well as those from Bangladesh, Sri Lanka, Nepal, Bhutan, and the Maldives.

*NAMI NJ Received the 2014 American Psychiatric Foundation Award for Advancing Minority Mental Health.*
Crisis Intervention Training NJ
Local affiliates work with the police department within their county. Family members and peers will talk about their perspective during CIT training.

Veterans Issues Advisory Group
This Group was formed to help NAMI NJ identify ways that NAMI can best support our veterans and military and their families. We are asking the questions: How can we help veterans tap into existing resources? How can we reach family members? What is there for spouses and children?

LGBTQ Community
NAMI New Jersey is looking for ways to best support the LGBTQ+ community and their families.
OUTREACH SERVICES
The Value of Outreaching

Mental Illness Stereotypes

First Impression - IMPORTANT!!!

Table Set-Up & Resources
April is the National Poetry Month and May is Mental Health Awareness Month. NAMI New Jersey inaugurated the Annual NAMI NJ Dara Axelrod Expressive Arts Mental Health Poetry Contest in 2014 with enthusiastic response from our community.

NAMI NJ has produced two postcards and a poster to raise awareness about mental illness and fight stigma. The famous people who are featured therein had experienced a major mental disorder in their lifetime and yet had contributed tremendously to society.
Expressive Arts Café

The newest project launched in June 2020 under the Expressive Arts Network.
Website/Social Media

Visit our website:
www.naminj.org

Follow NAMI NJ on social media:

@nami.nj
@NAMINewJersey
@NAMI_NJ
Referrals

Common referrals include:

- Intensive Family Support Services (IFSS)
- NAMI local affiliates
- Treatment agencies
- Early Intervention Support Services (EISS) and Screening Centers
- Advocacy & legal services

**We do not endorse any particular services, treatments, or diagnosis, whether specifically or generally, and professional advice should be sought in relation to all health and treatment decisions. We provide information and listings only which we hope are helpful.**
UPCOMING EVENTS & RESOURCES
NAMIWalks New Jersey will be a virtual experience and joined by thousands across the state. Together we can make September 26th a day to remember – *Mental Health for All.*

- You help build community, awareness and raise funds!
- NAMI NJ provides free programs of support, education and advocacy for all those affected by mental illness.

www.namiwalks.org/newjersey
walk@naminj.org
732-940-0991
NAMI NJ Webinar Series
Resources

NAMI Resources

- Online Support Groups
- NAMI NJ Monthly Calendar of Events
- Other NAMI NJ Programs
- The Crisis Text Line: text NAMI to 741741
- Navigating a Mental Health Crisis
- NAMI National

Additional Resources

- NAMI NJ: Where to Get Help
- National Institute of Mental Health
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- NJ Hopeline: 1-855-654-6735
- Youth Helpline
  2nd Floor: 1-888-222-2228
- Family Helpline
  NJ Department of Children & Families: 1-800-843-5437
- Mom2Mom Helpline: 1-877-914-6662
- Disaster Mental Health Helpline:
  1-877-289-HELP (4357)
You are not alone!

A PEER SUPPORT TEEN TEXT LINE
- Open 12pm – 10pm
- Designed for 14 – 20 year olds
- Staffed by youth under 23 years of age

2ND FLOOR
YOUth HELPLINE
Help Available 24 Hours Everyday

Messages
Today 24/7
Worried? Have a Problem?

Talk...
Today 24/7

Call 908.232.2880
(7 days a week, 7am - 11pm based on volunteer availability)

We're here to listen
We support and empathize, we help you find the solution, and we always keep our conversations confidential.

Search 2NDFLOOR in the App Store.

If you are in crisis, please call:
800-273-TALK (8255)
24/7 - Every call is answered

Caring Contact
A listening community

Text “heart” to 741-741
(available 24/7)
Q & A