

NAMI New Jersey Overview

WELCOME & INTRODUCTIONS

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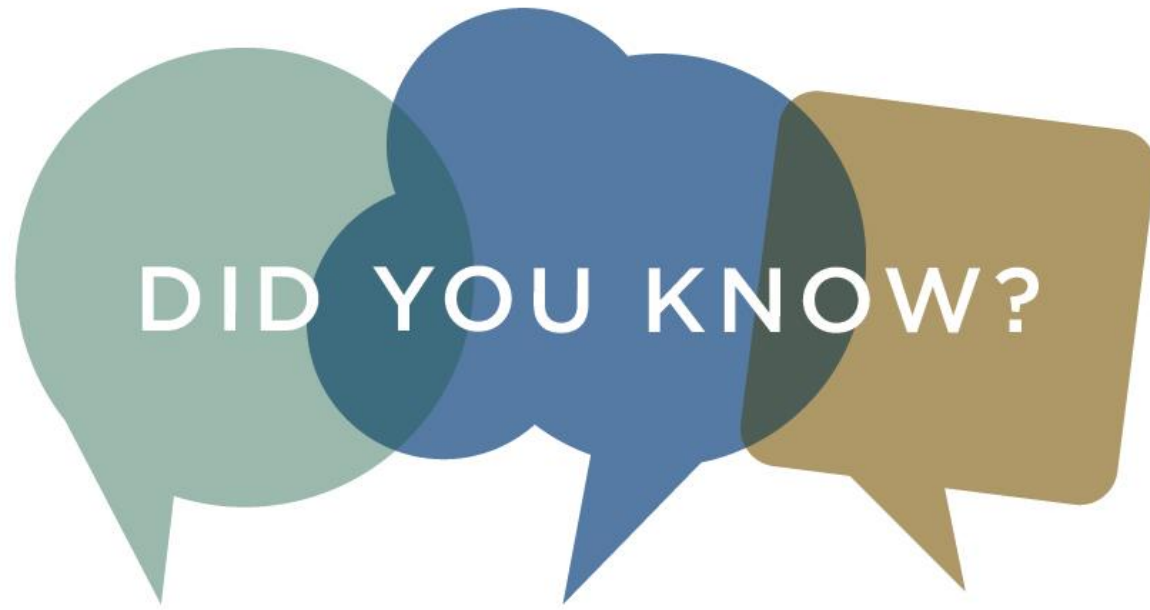
Beena Bhatcar- Development Manager and SAMHAJ Coordinator

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POLLS



NAMI NJ HISTORY

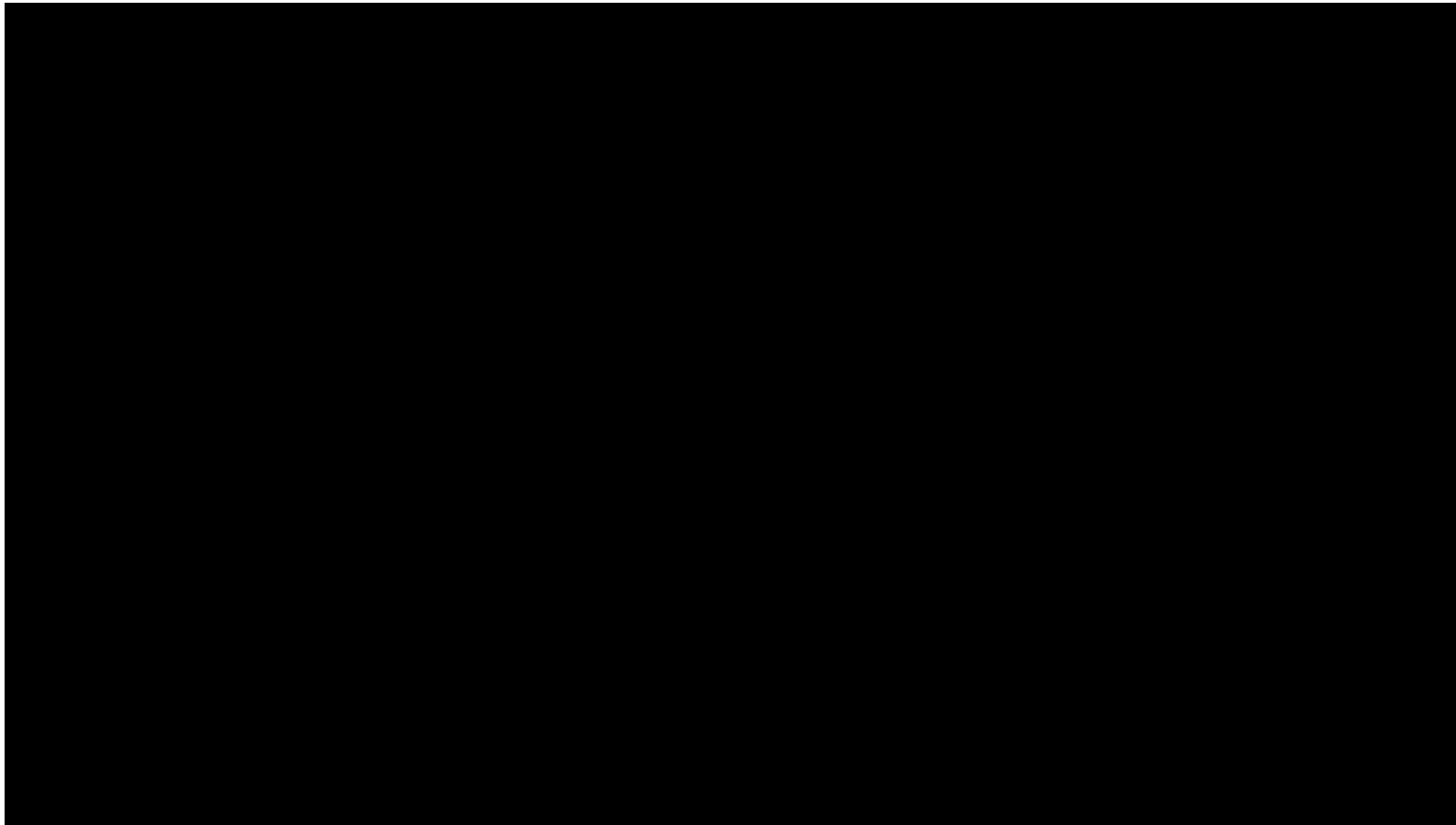
NAMI New Jersey (NAMI NJ) was founded in 1985 by a group of concerned New Jersey family members who had loved ones with mental illness. At a time following the years of “Deinstitutionalization,” when care for persons affected by mental illness was severely fragmented, this group of family volunteers 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



NAMI
National Alliance on Mental Illness

New Jersey

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.

Mental Health Conditions

ADHD

Attention deficit hyperactivity disorder (ADHD) is a developmental disorder where there are significant problems with attention, hyperactivity or acting impulsively.

Anxiety Disorders

Everyone experiences anxiety sometimes, but when it becomes overwhelming and repeatedly impacts a person's life, it may be an anxiety disorder.

Autism

Autism spectrum disorder (ASD) is a developmental disorder that makes it difficult to socialize and communicate with others.

Bipolar Disorder

Bipolar disorder causes dramatic highs and lows in a person's mood, energy and ability to think clearly.

Borderline Personality Disorder

Borderline personality disorder (BPD) is characterized by severe, unstable mood swings, impulsivity and instability, poor self-image and stormy relationships.

Depression

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.

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.

2/5

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

4/5

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

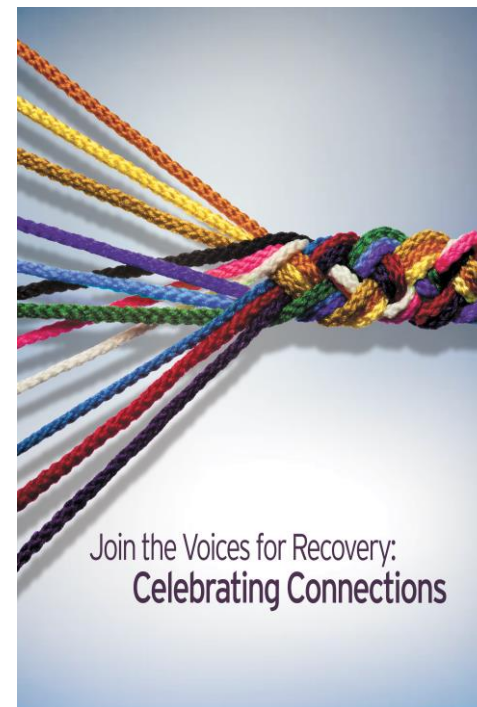
800-273-TALK (8255)

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.



Join the Voices for Recovery:
Celebrating Connections

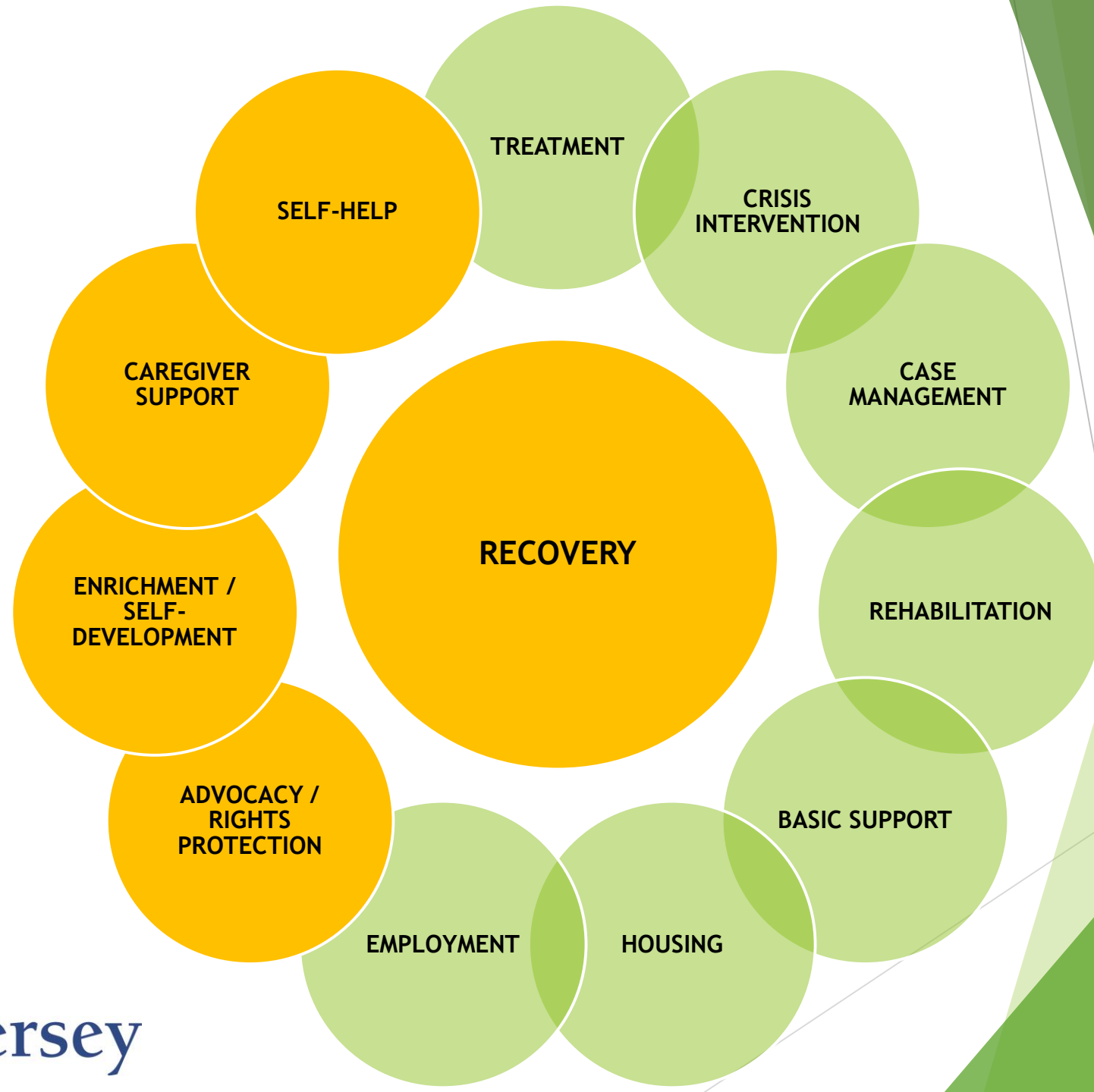
Where Does NAMI Stand in the System of Care?

Recovery Oriented System of Care



Adapted from: Cohen, M.,
Cohen, B., Nemec, P., Farkas,
M. & Forbess, R. (1988) Training
technology: Case management.
Boston, MA: Center for
Psychiatric Rehabilitation.

How NAMI Helps



NAMI NJ PROGRAMS



Family Support and Education



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.

Homegrown Programs

School Education Programs

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 & Education



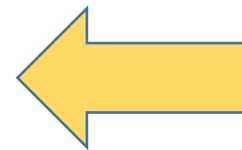
Recovery support group for adults living with mental health issues. Attendees learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.



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.



NAMI SMARTS for ADVOCACY



Homegrown Programs

Multicultural Programs



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.

Homegrown Programs

Special Populations



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

A large, solid green arrow pointing downwards, connecting the first box to the second.

First Impression - IMPORTANT!!!

A large, solid green arrow pointing downwards, connecting the second box to the third.

Table Set-Up & Resources





South Brunswick High School



South Brunswick Community Event



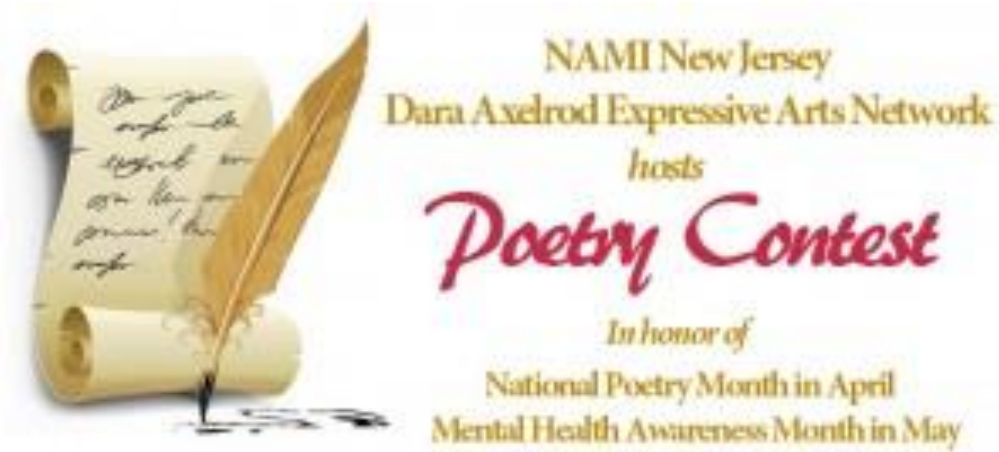
TCNJ - Trenton



East Brunswick High School

Homegrown Programs

Dara Axelrod Expressive Arts Network

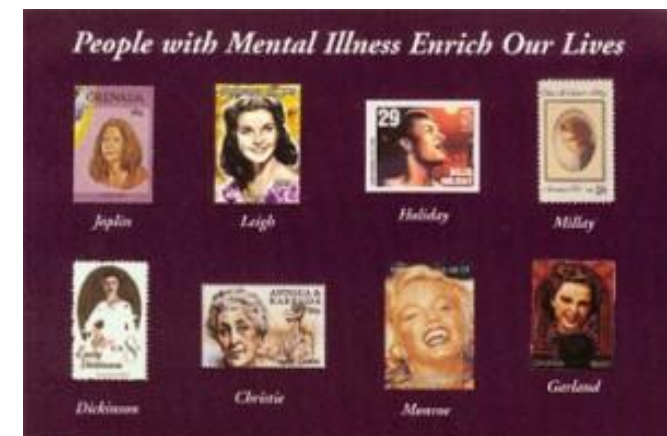


April is the National Poetry Month and May is Mental Health Awareness Month.

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



How to Get Involved

Visit www.naminj.org

**Intern &
Volunteer**

**NAMI
Membership**
Join a Local Affiliate

**Follow Us on
Social Media**

**Sign Up for
eNewsletters**

Website/Social Media

Visit our website:

www.naminj.org

Follow NAMI NJ on social media:



@nami.nj



@NAMINewJersey



@NAMI_NJ



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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.



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New Jersey

UPCOMING EVENTS & RESOURCES



nami
National Alliance on Mental Illness

New Jersey



Join the virtual experience
on **September 26, 2020!**



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

Why Care?

<http://www.naminj.org>



NAMI New Jersey
182 subscribers


Subscribe to our
You Tube Channel

HOME VIDEOS PLAYLISTS CHANNELS DISCUSSION ABOUT

Uploads ▶ PLAY ALL

NAMI NJ Webinar Series


Caregiving Your Older Loved One During the COVID-19 Pandemic


1:20:23

NAMI New Jersey

NAMI NJ Webinar Series


Dealing with the Pandemic & Quarantine through Healthy Coping Skills and Stress Reduction Techniques


1:00:14

NAMI New Jersey @naminj.org

NAMI NJ Webinar Series


Student Mental Health and Positive Parenting During COVID-19


1:10:47

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NAMI NJ Webinar Series


Crisis Planning for Families


1:04:58

NAMI New Jersey

NAMI NJ Spanish Webinar

Pandemia del Coronavirus-19: Dimensión Psicosocial & Bienestar


57:54

NAMI New Jersey

NAMI NJ Webinar Series: Caregiving Your Older Love...

9 views • 4 days ago

NAMI NJ Webinar Series: Meditation and Stress...

24 views • 5 days ago

NAMI NJ Webinar Series: Student Mental Health and...

41 views • 2 weeks ago

NAMI NJ Webinar Series: Crisis Planning for Families

82 views • 4 weeks ago


NAMI NJ Spanish Webinar: Pandemia del Coronavirus-...

279 views • 1 month ago

NAMI NJ Webinar Series ▶ PLAY ALL

NAMI NJ Webinar Series


Health Insurance Portability and Accountability Act (HIPAA)


1:05:55

NAMI New Jersey

NAMI NJ Webinar Series


Wellness Strategies for Managing Crisis


51:40

NAMI New Jersey

NAMI NJ Webinar Series


Grieving the Loss of Normalcy


1:00:04

NAMI New Jersey

NAMI NJ Webinar Series


Emotional Wellness During COVID-19


57:57

NAMI New Jersey

NAMI NJ Webinar Series

Federal and State Benefits Program Changes During the COVID-19 Emergency


1:16:18

NAMI New Jersey

NAMI NJ Webinar Series: HIPAA - Privacy and Family...

NAMI New Jersey
91 views • 2 months ago

NAMI NJ Webinar Series: Wellness Strategies for...

NAMI New Jersey
283 views • 2 months ago

NAMI NJ Webinar Series: Grieving the Loss of...

NAMI New Jersey
371 views • 1 month ago

NAMI NJ Webinar Series: Emotional Wellness During...

NAMI New Jersey
274 views • 1 month ago

NAMI NJ Webinar Series: Federal & State Benefits...

NAMI New Jersey
49 views • 1 month ago

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

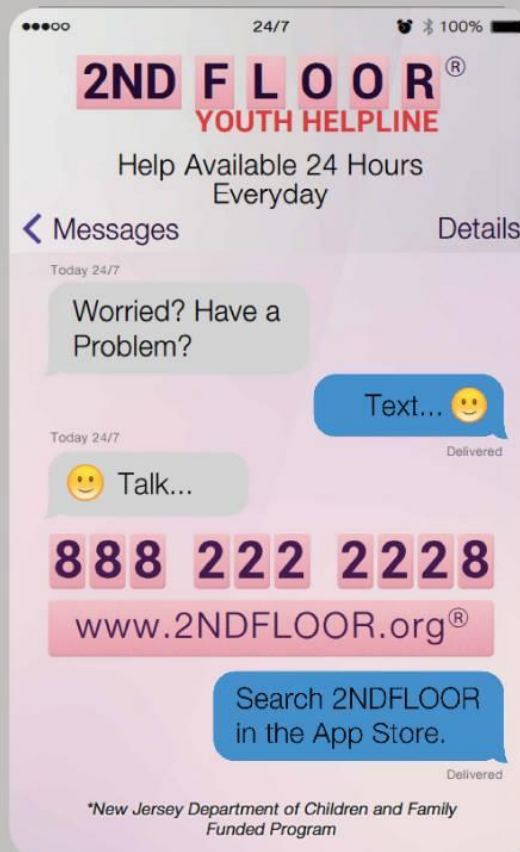
- ▶ [NAMI NJ: Where to Get Help](#)
- ▶ [National Institute of Mental Health](#)
- ▶ National Suicide Prevention Lifeline:
1-800-273-TALK (8255)
- ▶ NJ Hopeline: 1-855-654-6735
- ▶ Youth Helpline
2nd Floor: 1-888-222-2228
- ▶ Family Helpline
NJ Department of Children & Families:
1-800-843-5437
- ▶ Mom2Mom Helpline: 1-877-914-6662
- ▶ Disaster Mental Health Helpline:
1-877-289-HELP (4357)
- ▶ COP-2-COP: 1-866-COP-2COP (1-866-267-2267)

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



We're here to listen

We support and empathize, we help you find the solution, and we always keep our conversations confidential.

Call 908.232.2880

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

Text "heart" to 741-741

(available 24/7)

If you are in crisis, please call:

800-273-TALK (8255)

24/7 - Every call is answered

Q & A

