

Youth Programs Directory



Directory of programs and resources developed and implemented by NAMI State Organizations and NAMI Affiliates targeting youth, young adults and their families.

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This directory of programs and activities provides NAMI State Organizations and NAMI Affiliates information about programs available around the country that focus on children, youth and young adults. This listing includes those developed by all levels of NAMI as well as programs and activities developed by outside organizations.

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NAMI NATIONAL PROGRAMS

NAMI BASICS

Target Population: Parents and family caregivers of people 21 or younger who are experiencing mental health symptoms

Description: NAMI Basics is for parents and family caregivers of children and adolescents living with mental health conditions. NAMI Basics is taught by trained teachers who are the parent or other family caregivers of people who developed the symptoms of mental health condition as youth.

Duration: 6 classes, each lasting 2 ½ hours

Website: www.nami.org/basics

NAMI Organization: NAMI

Email: namieducation@nami.org

Added: 11/1/2012

Phone: 703-524-7600

Updated: 6/28/16

NAMI ENDING THE SILENCE

Target Population: Middle and high school students

Description: NAMI Ending the Silence is an educational presentation for middle and high school students, usually delivered in a health, science or psychology class. The program consists of an interactive power point presentation full of facts on signs and symptoms of mental health conditions and ways to get help and to help others. Resource cards given to students and postcards sent home to parents provide the follow up support needed within the community. The most powerful part of NAMI Ending the Silence is when the young adult shares their personal story.

Duration: 2-hour presentation

Website: www.nami.org/ets

NAMI Organization: NAMI

Email: namieducation@nami.org

Added: 11/1/2012

Phone: 703-524-7600

Updated: 6/28/2016

NAMI ON CAMPUS

Target Population: College students

Description: NAMI on Campus clubs are student-led campus clubs that raise mental health awareness among college students, faculty and staff. These clubs provide support, education and advocacy and provide students with access to the staff, resources, opportunities, benefits and support of being part of the larger NAMI cause—which often continues beyond their college years.

Duration: Varies

Website: www.nami.org/namioncampus

NAMI Organization: NAMI

Email: namieducation@nami.org

Phone: 703-524-7600

Added: 1/25/2013

Updated: 6/28/2016

NAMI PARENTS & TEACHERS AS ALLIES

Target Population: School professionals and families within the school community

Description: NAMI Parents & Teachers as Allies is an in-service training program for school professionals to better understand the early warning signs of mental health conditions in children and adolescents and how best to intervene so that youth with mental health treatment needs are linked with services. The lived experience of mental illness is shared with the audience as well as how schools can best communicate with families about mental health-related concerns.

Duration: 2-hour presentation

Website: www.nami.org/pta

NAMI Organization: NAMI

Email: namieducation@nami.org

Phone: 703-524-7600

Added: 1/25/2013

Updated: 6/28/2016

SAY IT OUT LOUD

Target Population: Youth and young adults

Description: Say it Out Loud gives adults the tools they need to hold conversations about mental health with teens. The toolkit includes: a short film featuring three teen's experiences, a discussion guide, a narrated presentation for the facilitator and fact sheets and information about connecting with your local NAMI.

Duration: 1 hour presentation

Website: <https://www.nami.org/sayitoutloud>

NAMI Organization: NAMI

Email: namieducation@nami.org

Phone: 703-524-7600

Added: 6/28/2016

OTHER PROGRAMS FOR CHILDREN, YOUTH & YOUNG ADULTS LIVING WITH MENTAL HEALTH CONDITIONS

IN-SCHOOL EDUCATION PROGRAMS

BREAKING THE SILENCE

Target Population: Upper elementary, middle school and high school students

Description: Breaking the Silence is an educational program that consists of lesson plans that school professionals use to educate students about mental illness.

Website: <http://www.btslessonplans.org/>

Duration: 10 classes

NAMI Organization: NAMI Nassau/Queens, New York

Contact Person: Janet Susin

Email: jasusin@optonline.net

Phone: 516-627-0887

Added: 1/4/2013

Updated: 7/20/2015

EDUCATING THE NEXT GENERATION

Target Population: Middle school and high school students

Description: This program brings the truth about mental health, mental illness and local resources to middle and high school students using trained volunteers to teach an interactive class. Students complete pre and post tests to measure change in their understanding of stigma, bias and stereotypes associated with mental illness.

Website: www.nami-eastside.org/education

Duration: 45-60 minutes

NAMI Organization: NAMI Eastside, Washington

Contact Person: Melissa Graham

Email: melissa@nami-eastside.org

Phone: 425-885-6264

Added: 5/4/2016

ENDING THE SILENCE 101 (ETS 101)

Target Population: Middle school students (7-8 grades)

Description: Designed specifically for middle school students, ETS 101 complements NAMI Ending the Silence (for high school students) with a similar message. It covers what mental health conditions and stigma are, how to recognize common warning signs, how to reach out for help and how to help a friend. Throughout the power point presentation are several short videos with personal stories from middle school students. Similar to NAMI Ending the Silence, a presenter shares their recovery story after the informational portion. Time for Q&A/comments and short evaluation end the presentation.

Duration: 40-50 minutes

Website: www.namidupage.org/programs-and-services/youth-community-outreach

NAMI Organization: NAMI DuPage, Illinois

Contact Person: Rachel Tsen

Email: r.tsen@namidupage.org

Phone: 630-752-0066

Added: 5/4/2016

HOPE FOR TOMORROW

Target Population: Junior and senior high school students, teachers and parents

Description: Hope for Tomorrow is a mental health education program that brings together the combined efforts and insights of mental health professionals, educators and other experts to help families, teachers, students and communities understand mental illness. Goals are to raise awareness, erase stigma and foster hope among students and their families. Components include four workshops on suicide prevention and nine smaller lunchtime forum presentations.

Duration: Varies

Website: <http://www.namiut.org/find-local-support/free-education/hope-for-tomorrow>

NAMI Organization: NAMI Utah

Contact Person: Julie Schwartz

Email: HFT@namiut.org

Phone: 801-323-9900

Added: 11/1/2012

Updated: 07/20/15

INSIDE MENTAL ILLNESS

Target Population: Students, parents, teachers and the community

Description: Inside Mental Illness is a free educational program that explores myths and misconceptions about mental illness and offers an introduction to mood and thought disorders and engages students in an active discussion of the impact of stigma.

Duration: 1 class period

Website: <http://www.namirhodeisland.org/home/Education.html>

NAMI Organization: NAMI Rhode Island

Contact Person: Penny Ferrara

Email: penny@namirhodeisland.org

Phone: 401-331-3060

Added: 1/9/2013

Updated: 8/03/2015

RECOGNIZING EARLY WARNING SIGNS OF MENTAL ILLNESS

Target Population: Teachers and professionals

Description: A workshop for teachers and professionals on recognizing early warning signs of mental illness in children and adolescents. Continuing Education Credits are offered.

Duration: 2 hours

Website: <http://www.namihelps.org/>

NAMI Organization: NAMI Minnesota

Contact Person: Cynthia Fashaw

Email: cfashaw@namimn.org

Phone: 651-645-2948

Added: 11/1/2012

Updated: 7/14/2015

GENERAL EDUCATION PROGRAMS

CHILDREN'S CHALLENGING BEHAVIORS WORKSHOPS

Target Population: Parents and family caregivers

Description: Information provided on childhood mental health conditions along with support and strategies for home and school.

Duration: not available

Website: <http://www.namihelps.org>

NAMI Organization: NAMI Minnesota

Contact Person: Cynthia Fashaw

Email: cfashaw@namimn.org

Added: 11/1/2012

Phone: 651-645-2948

Updated: 7/14/2015

EVERY MIND MATTERS

Target Population: Students in grades 5-12

Description: The Every Mind Matters program resource is an interactive health supplement designed for students to enhance their knowledge about physical and mental health and strengthen their coping strategies in dealing with stressful feelings and situations. The resources are for health teachers, guidance counselors, school psychologists, school social workers and school nurses.

Duration: 3 - 50 minute lessons

Website: http://www.naminj.org/programs/emm/Every_Mind_Matters.htm

NAMI Organization: NAMI New Jersey

Contact Person: Lorrie Bauman

Email: Lorrieb7777@aol.com

Added: 1/2/2013

Phone: 908-685-0206

Updated: 07/26/2015

KIDSHOPS

Target Population: 7-18 years of age with a parent or sibling with a mental illness

Description: Kidshops provides a fun experience where kids join in activities, share concerns, get support and learn that they are not alone. The classes are free and lunch is included.

Registration is required, and parents must answer a few questions to ensure the program is appropriate for their child.

Duration: not available

Website: <http://www.namihelps.org/>

NAMI Organization: NAMI Minnesota

Contact Person: Kara Bennet

Email: kbennet@naminm.org

Added: 11/1/2012

Phone: 651-645-2948

Updated: 7/20/15

PROGRESSION

Target Population: 13-18 years of age

Description: Progression is for adolescents with mental health conditions and usually used as a companion class to NAMI Basics. Taught by young adults 18 and over who have experience as an adolescent with mental illness, youth learn about different illnesses, coping skills, advocacy, etc.

Duration: 6 weeks

Website: <http://www.namiut.org/find-local-support/free-education/progression>

NAMI Organization: NAMI Utah (also available in Minnesota)

Contact Person: Robin Holcomb

Email: robin@namiut.org

Phone: 801-869-2884

Added: 11/1/2012

Updated: 7/8/2015

SUPPORT GROUPS

COPE (COMMUNITY OF PEER EMPOWERMENT)

Target Population: 14-21 years of age

Description: Support group for teens

Duration: 12-week sessions, held three times per year

Website: www.namidanecounty.org

NAMI Organization: NAMI Dane County, Wisconsin

Contact Person: Ava Martinez

Email: amartinez@namidanecounty.org

Phone: 608-249-7188

Added: 4/15/2016

EDUCATING THE NEXT GENERATION

Target Population: Middle school and high school students

Description: This program shares information about mental health, mental illness and local resources to middle and high school students using trained volunteers to teach an interactive class. Students complete pre and post tests to measure change in their understanding of stigma, bias and stereotypes associated with mental illness.

Duration: 45 – 60 minutes

Website: <http://www.nami-greaterseattle.org/generation.html>

NAMI Organization: NAMI Greater Seattle, Washington

Contact Person: Lyndsay Campbell

Email: office@nami-greaterseattle.org

Phone: 206-783-9264

Added: 1/9/2013

Updated: 7/14/2015

FACEBOOK SUPPORT GROUP FOR PARENTS

Target Population: Parents and caregivers of children with mental health conditions.

Description: An online closed support group for parents and caregivers. Make connections with others who understand the challenges you face and the opportunities ahead. Learn new coping skills and share success and strategies.

Duration: ongoing

Website: www.naminh.org/we-support/familiesfriends-children/parent-support-groups

NAMI Organization: NAMI New Hampshire

Contact Person: Laurie Foster

Email: lfoster@naminh.org

Phone: 603-225-5359

Added: 5/4/2016

PEER SUPPORT PROGRAM

Target Population: 18 and older

Description: Peer Support is a structured relationship with a trained individual who is in recovery. This trained recovery specialist assists others with mental health issues, identify and achieve life goals as part of their recovery process.

Duration: Ongoing

Website: www.namikansas.org

NAMI Organization: NAMI Kansas

Contact Person: Patricia (Pat) Vega

Email: pvega@valeotopoka.org

Phone: 785-357-0580

Added: 1/9/2013

Updated: 02/26/2016

TEEN SUPPORT GROUP

Target Population: 14-18 years of age

Description: Support group for teens, facilitated by professionals

Duration: 60 – 90 minutes on Tuesday, Wednesday, and Thursday

Website: www.namifoxvalley.org

NAMI Organization: NAMI Fox Valley, Wisconsin

Contact Person: Maren Peterson

Email: info@namifoxvalley.org

Phone: 920-954-1550

Added: 1/9/2013

Updated: 6/13/2017

V.E.N.T.

Target Population: 18-26 years of age

Description: Support group for young adults. Together we can work through life's hardships, give suggestions, and most importantly support each other in an environment that is judgment free.

Duration: 1 ½ hours, once a week

Website: <http://www.namitoledo.org/?pg=support>

NAMI Organization: NAMI Greater Toledo, Ohio

Contact Person: Linda Barnes

Email: lbarnes@namitoledo.org

Added: 1/9/2013

Phone: 419-243-1119

Updated: 7/14/2013

YOUNG ADULT SUPPORT GROUP

Target Population: young adults 18-30 years of age

Description: The group is led by NAMI members who have personal experience with mental health.

Duration: 1 ½ hours, every other week

Website: <http://www.nami-eastside.org/>

NAMI Organization: NAMI Eastside, Washington

Contact Person: Melissa Graham

Email: melissa@nami-eastside.org

Added: 1/9/2013

Phone: 425-885-6264

Updated: 5/4/2016

YOUNG ADULT SUPPORT GROUP

Target Population: young adults 18-30 years of age

Description: Peer recovery support group for individuals with mental health condition, regardless of diagnosis. Drawing on the experiences of their peers, participants gain insight, learn self-advocacy skills, and connect with others as they learn to care for their mental health

Duration: 1 ½ hours, every other week

Website: <http://naminycmetro.org/Support/GroupsforIndividualswithMentalIllness18plus/tabid/69/Default.aspx>

NAMI Organization: NAMI New York City Metro, New York

Contact Person: Diana Viglucci

Email: youth@naminyc.org

Added: 4/11/2016

Phone: 212-684-3264

CREATIVE KIDS ART SUPPORT GROUP

Target Population: 6-17 years of age with a mental health diagnosis. Caregivers and siblings are welcome to participate

Description: Creative kids use art-making as a way for children/ adolescents and caregivers to express feelings, solve problems, and build healthy, supportive relationships. These classes are free, art materials are provided, and children/adolescents are able to take art work home with them. Registration is required.

Duration: 3 series art groups – 1hour 15min

Website: <http://www.namitoledo.org/creative-expressions/>

NAMI Organization: NAMI of Greater Toledo, Ohio

Contact Person: Kristen Zientek, MSW, LSW – Program Coordinator

Email: kzientek@namitoledo.org

Phone: 419-243-1119 ext. 203

Added: 6/13/2017

Updated:

MY LIFE

Target Population: 13 to 23 years of age

Description: "MY LIFE gives youth an opportunity use their experience, talents and voice to make positive changes in their lives while helping others to do the same." Regular meetings are the foundation of the MY LIFE model, providing opportunities for youth to come together to create a community of support, plan activities and initiatives, practice social skills, learn from presenters and provide peer mentoring. Since its first meeting in 2008, more than 200 regular MY LIFE meetings have been held with at least 1,500 different youth participating. My Life Youth meetings will be held at the same time and place as NAMI CAN/My Life Too meetings (*might not be available in all states)

Duration: 90 minutes

Website: <https://www.facebook.com/MYLIFEyouth>

NAMI Organization: Magellan program run in partnership with NAMI Bucks County, PA

Contact Person: Melissa Gates

Email: MLGates@magellanhealth.com

Phone: 215-504-3966

Added: 5/24/2018

Updated:

SOCIAL GROUPS

BECOMING FRIENDS

Target Population: 19-30 years of age

Description: Becoming Friends is a social group for young adults living with mental illness, who seek support, friendship and opportunities to have a good time. The group is peer-led by young adults with lived experience. Some of the typical activities include bowling and pizza, dinner trips, seasonal outings, movies and parties. Most events are free for members, however some events require a small fee.

Duration: Varies

Website: www.namimercer.org

NAMI Organization: NAMI Mercer County, New Jersey

Contact Person: Danita Saunders-Davis

Email: home@namimercer.org

Phone: 609-799-8994

Added: 11/1/2012

Updated: 7/7/2015

CHILD & ADOLESCENT NETWORK

Target Population: Youth, family members, family organizations, providers and other interested individuals

Description: The National Alliance on Mental Illness New Hampshire Child and Adolescent Network's purpose is to focus on the services and supports needed by children, adolescents with serious emotional disturbances and their families. It will also support parents/caregivers of youth with serious emotional disturbances to have a strong voice and role in the decisions and policy making for the New Hampshire mental health system of care.

Duration: 2 hours, once every other month, from September to June

Website: <http://www.naminh.org/advocacy/child-adolescent-network>

NAMI Organization: NAMI New Hampshire

Contact Person: Mark Meister

Email: mmeister@naminh.org

Phone: 603-225-5359

Added: 1/29/2013

Updated: 7/9/2015

JUST KIDS

Target Population: 5-18 years of age

Description: Just Kids is a social group, led by NAMI Mercer volunteers and parents for children and young adolescents who experience behavioral, emotional or mental disorders. Just Kids offers monthly recreational activities and opportunities for social interaction. Some of the typical activities include bowling and pizza, yoga, special programs, seasonal outings and a community service project. Most activities are free, however some require a small fee.

Duration: Once a month

Website: www.namimercer.org

NAMI Organization: NAMI Mercer County, New Jersey

Contact Person: Danita Saunders-Davis

Email: home@namimercer.org

Phone: 609-799-8994

Added: 11/1/2012

Updated: 7/7/2015

LIFE UNDER CONSTRUCTION

Target Population: Teens and young adults with mental health conditions

Description: This interactive social networking page provides teens and young adults with mental illness a place to share ideas, concerns and questions about planning for the future.

Duration: Ongoing

Website: www.naminh.org/support/teens-young-adults

NAMI Organization: NAMI New Hampshire

Contact Person: Annette Carbonneau

Email: acarbonneau@naminh.org

Phone: 603-225-5359

Added: 5/4/2016

SUICIDE PREVENTION PROGRAMS

CONNECT YOUTH SUICIDE PREVENTION AND POSTVENTION PROGRAMS

Target Population: Schools, and youth and young adults along with all sectors of the community

Description: National best practice programs for youth, families, schools and others who work with youth:

- Connect Youth leadership program trains youth to train their peers together with an adult trainer.
- Connect School suicide prevention and postvention training
- Connect Suicide Prevention and Postvention planning for schools and communities
- Survivor Voices program. Survivor Voices: Sharing the Story of Suicide Loss program trains survivors of suicide loss how to safely share their story privately and publicly.
- Healing Words: workshops to help youth and adults heal and move forward after a suicide

Connect offers comprehensive training curriculum and protocols including: prevention and intervention for all sectors of the community, promoting healing and reducing risk after a suicide, and expertise in proactive planning to reduce risk in schools and communities and promote mental health wellness. All programs are designated National Best Practice Program approved by the Suicide Prevention Resource Center and the American Foundation of Suicide Prevention.

Duration: Ongoing; offered nationally and internationally

Website: www.theconnectprogram.org

NAMI Organization: NAMI New Hampshire

Contact Person: Elaine De Mello

Email: edemello@namihn.org

Phone: 603 -225-5359

Added: 5/4/2016

CONNECTION

Target Population: Adults working with youth; youth peer leadership program

Description: Peer leadership program trains youth to train their peers together with an adult trainer. Designated National Best Practice Program approved by the Suicide Prevention Resource Center and the American Foundation of Suicide Prevention. Comprehensive training curriculum and protocols including: prevention and intervention for all sectors of the community, promoting healing and reducing risk after a suicide, and the Survivor Voices program. Survivor Voices: Sharing the Story of Suicide Loss program trains survivors of suicide loss how to safely share their story privately and publicly.

Duration: Information not available

Website: www.theconnectprogram.org

NAMI Organization: NAMI New Hampshire

Contact Person: Elaine de Mello

Email: edemello@naminh.org

Phone: 603-255-5359

Added: 11/1/2012

Updated: 7/9/2015

LIGHTHOUSE PSYCHOLOGY CLUB

Target Population: High school students

Description: NAMI Affiliate partners with local high school teachers to co-sponsor Psychology Club for the school. The program facilitates suicide prevention in partnership with I Need a Lighthouse. NAMI assists with recruiting speakers and discussion topics for monthly meetings. Great volunteer recruitment source for Walk, programs, etc. Builds awareness and creates a safe place to share and be open. Many members have a diagnosis or have a family member/close friend with a diagnosis.

Duration: Ongoing

Website: namivirginiabeach.org

NAMI Organization: NAMI Virginia Beach

Contact Person: Kay Ashby

Email: contact@virginiabeach.org

Phone: 757-828-NAMI

Added: 11/1/2012

Updated: 7/8/2015

SOURCES OF STRENGTH

Target Population: Middle and High school students

Description: Sources of Strength is an evidence-based, teen-suicide prevention program that uses the power of students and their social networks to promote protective factors that build mental health resilience. The program trains a diverse group of students (Peer Leaders) and school staff (Adult Advisors) to be agents of change and connectors to help. SOS teams meet twice a month to develop messaging campaigns and activities around 8 “strengths”: Family support, Positive Friends, Mentors, Healthy Activities, Generosity, Spirituality, Medical Access, and Mental Health. Peer Leaders are also trained to recognize warning signs of mental illness or suicidality in fellow peers and connect them with a trusted Adult Advisor so they can get the help they need and deserve. The program is based on social network theory, that positive behaviors can spread through social networks, and that students have sway amongst their peers and can create positive impact. Sources of Strength ultimately increases student-student and positive perceptions of adult help, while decreasing codes of secrecy and silence, unhealthy norms, and negative behaviors (bullying, substance abuse, suicidality).

Duration: School year

Website: www.sourcesofstrength.org

NAMI Organization: NAMI Montgomery County, MD

Contact Person: Julianne Grothe

Email: julianne@namimc.org

Added: 6/13/17

Phone: 301-949-5852

Updated:

AWARENESS EVENTS AND PRESENTATIONS

EXPLORING THE ARTS WITH NAMI

Target Population: Preschool children

Description: Blends arts education, positive mental health behaviors and a creativity. This combination has a beneficial impact on the lives of children in the Erie community.

Duration: The event takes place each spring in Erie County Pennsylvania

Website: <http://www.namierie.org/programs/exploring-art/>

NAMI Organization: NAMI Erie County, Pennsylvania

Contact Person: Denise Kolivoski

Email: denise@namierie.org

Added: 4/11/2016

Phone: 703-968-4007

FAIRFAX HIGH SCHOOL'S SUPERDANCE FOR NAMI-NOVA

Target Population: High school students

Description: A dance organized and held by local high school students to raise funds and awareness for NAMI Northern Virginia.

Duration: One-time event

Website: https://twitter.com/FHS_SUPERDANCE

NAMI Organization: NAMI Northern Virginia

Contact Person: Kristen Marks

Email: kmarks@naminova.org

Added: 11/1/2012

Phone: 703-968-4007

Updated: 12/27/2015

OTHER PROGRAMS FOR FAMILIES OF YOUNG ADULTS LIVING WITH MENTAL HEALTH CONDITIONS

SUPPORT GROUPS

NAMI CHILDREN AND ADOLESCENT NETWORK (CAN)

Target Population: For parents with children 5-16 years of age

Description: NAMI-CAN is a support group for parents of young children with early onset mental illness, led by trained facilitators having a child with mental illness. NAMI Southwest CT is currently running two CAN programs, one in Wilton and the other in Samford.

Duration: Once a month

Website: <http://www.namisouthwestct.com/>

NAMI Organization: NAMI Southwest CT

Contact Person: Lorraine Zegibe

Email: lorraine_z@yahoo.com

Added: 11/1/2012

Phone: 203-858-1477

Updated: 7/9/2015

PARENT EMAIL WARMLINE

Target Population: Parents of children, adolescents and young adults

Description: Feeling isolated & overwhelmed by your child's behavior or mental illness? Not sure where to start or who to talk to? No time to attend support groups or classes? Even Phone calls a challenge? NAMI's Parent Warmline allows callers to connect with a parent peer specialist. Each support team member is a parent of a child or young adult with a mental illness or challenging behavior that can help find resources, answers to questions and a support network. Messages get a response within 24 hours.

Duration: Ongoing

Website: <http://www.namihelps.org/>

NAMI Organization: NAMI Minnesota

Contact Person: Cari Juarez

Email: parent.resources@namimn.org

Added: 1/16/2013

Phone: 651-645-2948

Updated: 7/9/2015

PARENT SUPPORT GROUP

Target Population: Parents and caregivers of children and adolescents who have serious emotional disorders

Description: These support group helps parents to understand the challenges they face and the opportunities ahead, learn new coping skills, and share successes and strategies.

Duration: 2 hours, once a month

Website: <http://www.naminh.org/support/families-friends-children/parent-support-groups>

NAMI Organization: NAMI New Hampshire

Contact Person: Laurie Foster

Email: lfoster@naminh.org

Added: 1/16/2013

Phone: 603-225-5359

Updated: 7/9/2015

PARENT SUPPORT GROUP

Target Population: Parents and caregivers of adolescents and young adults

Description: Support group for parents and caregivers of target population

Duration: 1.5 hours, three times a month

Website: <http://www.namiwestchester.org> (*prefer parents & caregivers call)

NAMI Organization: NAMI Westchester, New York

Contact Person: Sharon McCarthy

Email: info@namiwestchester.org

Added: 6/13/2017

Phone: 914-592-5458

Updated:

GENERAL EDUCATION PROGRAMS

HELPING STUDENTS SUCCEED

Target Population: Parents of school-age children

Description: This workshop provides information to parents of school-age children about special education services, the evaluation process, Individualized Education Programs (IEP), 504 plans, accommodations and modifications.

Duration: 2 hours

Website: <http://www.namihelps.org/classes/other-classes.html>

NAMI Organization: NAMI Minnesota

Contact Person: Andrea Lee

Email: alee@namimn.org

Phone: 651-645-2948

Added: 1/9/2013

Updated: 08/03/2015

PARENT ADVOCACY CONNECTION (PAC)

Target Population: Parent/Guardian of children aged 0-18 years (some older) with multi-system needs.

Description: The mission of the PAC is to educate, encourage, equip and empower families to partner with professionals in promoting access to needed services that are family-centered, community-based, comprehensive and culturally competent. PAC was created in 2004 to serve families with children diagnosed with mental illness and at risk for out of home placement. Trained parent peer supporters attend meetings, (treatment, school, court, etc.) to assist families as they navigate the multiple systems addressing the needs of their children. The program is funded by the Ohio Department of Mental Health, Job and Family services, Alcohol & Drug Addiction Services, Developmental Disabilities and Education. PAC parent peer supporters work with families in crisis to acquire services not otherwise paid for by Medicaid, Medicare or private insurance.

Duration: Ongoing

Website: www.namiohio.org

NAMI Organization: NAMI Ohio

Contact Person: Katie Dillon

Email: Katie@namiohio.org

Phone: 614 --224-2700 or 614 --224-5400

Added: 11/1/2012

Updated: 3/4/2016

ALLIES FOR STUDENT MENTAL HEALTH

Target Population: K-12 teachers, parents and school staff

Description: A two-hour professional development program designed to help the target population work as allies to identify and understand mental health conditions that can have significant impact on students' academic success and overall well-being. Presentation is given by a clinician, a young adult, a teacher and a parent.

Duration: 2 hours

Website: <http://namimass.org/programs/allies-for-student-mental-health>

NAMI Organization: NAMI Massachusetts

Contact Person: Nancy Parker

Email: nparker@namimass.org

Phone: 617-221-6383

Added: 6/13/2017

Updated:

PARENTS MEETING THE CHALLENGE

Target Population: Parents and caregivers of children and adolescents who have serious emotional disorders

Description: This education program provides parents/caregivers tools, strategies and information in the following areas:

- Facing mental illness in the family
- Brain biology & developmental stages
- Common childhood emotional disorders
- Managing family stressors and identifying service needs
- Crisis planning
- Negotiating the child serving systems
- Advocacy
- Communication
- Self-care
- Special education

Duration: 8-week course, meets once a week

Website: www.naminh.org/we-educate/family-education/parents-meeting-challenge

NAMI Organization: NAMI New Hampshire

Contact Person: Heidi Cantin

Email: hcantin@naminh.org

Phone: 603-225-5359

Added: 11/1/2012

Updated: 7/9/2015

TRANSITIONS RESEARCH AND TRAINING CENTER (RTC)

Target Population: 14-30 years of age

Description: Transitions Research and Training Center (RTC) is a national effort funded by the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR) and Substance Abuse and Mental Health Services Administration (SAMHSA) conduct research and dissemination activities in an effort to help transition age youth and young adults with serious mental health conditions succeed in school and work. This project develops an integrated research program examining this developmental stage for transition age youth and young adults with serious mental health conditions. The Center develops and translates knowledge from state-of-the-art rigorous research on education and work experience, is informed by consumer and family input, and carried out in real world settings.

Duration: Varies

Website: <http://labs.umassmed.edu/transitionsRTC/>

NAMI Organization: NAMI Connecticut

Contact Person: Lisa M. Smith

Email: Lisa.Smith2@umassmed.edu

Added: 1/16/2013

Phone: 508) 856-1072

Updated: 2/29/2016

YOUTH PROGRAMS DIRECTORY SUBMISSION FORM

EXAMPLE

Name of the program: NAMI Basics

Target Population: Parents and caregivers individuals who experienced mental health symptoms at a young age

Description: NAMI Basics is for parents and caregivers of children and adolescents living with mental health conditions. NAMI Basics is taught by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental health condition as youth.

Duration: 6 classes, each lasting 2 ½ hours

Website: <https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Basics>

NAMI Organization: NAMI

Contact Person: Jennifer Rothman

Email: jrothman@nami.org

Added: 11/1/2012

Phone: (984)-235-4610

Updated: 6/13/2017

Information to be added to the Youth Programs Directory

Name of program: _____

Target Population: _____

Description: _____

Duration: _____

Website: _____

NAMI Organization: _____

Contact Person: _____

Email: _____

Phone: _____

Email completed form to Jennifer Rothman jrothman@nami.org to be included in the annual update of the directory.