

## NAMI MID-HUDSON FACT SHEET

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports, and research and is steadfast in its commitment to raise awareness and build a community of hope for all of those in need. NAMI Mid-Hudson (NAMI-MH), our local affiliate, is a 501 (c)(3) organization serving the people of Dutchess and Ulster Counties in New York since 1981. NAMI-MH strives to be active in our community by collaboratively working with other organizations, local businesses, and schools to educate the public and de-stigmatize mental illness. We are a peer run organization.

### OUR MISSION

1. **ADVOCATE** for and support individuals with mental illness, family members and their loved ones.
2. **ERADICATE** stigma.
3. **SUPPORT** research, causes, and treatment; and access to services regarding mental illness.
4. **EDUCATE** the public about mental illness.

### Educational Classes and Presentations in Dutchess and Ulster Counties:

**FAMILY-TO-FAMILY**, a NAMI Signature Program is a **FREE** twelve-week, evidence based course for families, partners, and friends of individuals with serious mental illness. Many family members describe their experience in this program as **life changing**.

**NAMI Basics**, a NAMI Signature Program is a **FREE** six-week, education program developed specifically for parents and caregivers of children and adolescents who have behavioral issues, undiagnosed emotional issues, ADHD, ODD, OCD, DMDD, or have developed symptoms of mental illness (brain disorder).

**PEER-TO-PEER**, a **no-cost** 10-week, unique, experience-based program for people with any serious mental illness. Taught by a team of trained "mentors" who are living healthy and productive lives with mental illness, participants will learn the tools needed to take control and establish their own wellness and recovery.

**PARENTS AND TEACHERS AS ALLIES (PTAA)** is a one hour in-service program that focuses on helping school professionals and staff identify the early warning signs of early-onset and specific age-related symptoms of mental illness in children and adolescents in schools. This program addresses how best to intervene so that youth with mental health treatment needs are linked with services and how schools can communicate with families about mental health related concerns.

**ENDING THE SILENCE (ETS)** is a fifty-minute presentation program for high school audiences engaging them in a discussion about mental health. Students learn symptoms and indicators of mental illness. Students learn how to help themselves, friends or family members who may be in need of support.

**NAMI HOMEFRONT**, a **FREE**, six-session education program to meet the needs of families of Service Members and Veterans who live with mental health conditions. Focuses on unique needs of military and veteran communities, such as post-deployment and post-discharge transitions. Taught by families of Service Members and Veterans who have experience with military culture.

### MONTHLY FAMILY SUPPORT GROUPS

\* Resources \* Support \* Hope \*

Please Join Us!

POUGHKEEPSIE	KINGSTON	DOVER PLAINS	WAPPINGERS FALLS	SPANISH/English Support Group
3rd Tuesday of Every Month 6:30 pm - 8:30 pm MidHudson Regional Hospital Thorne Conference Room 241 North Road, Poughkeepsie NY 12601	1st and 3d Monday of Every Month 6:00 pm - 7:30 pm Mental Health Association in Ulster 300 Aaron Court (ring bell) Kingston, NY 12401 (Closed on Federal Holidays)	1st Wednesday of Every Month 6:30 pm - 8:30 pm Dover High School Library Conference Room 2368 Rt 22, Dover Plains NY 12522 (Summer Months & School Closings, please call for location or check website)	2nd Monday of Every Month 6:30 pm - 8:30 pm Perkins Restaurant 1576 US 9 Wappingers Falls NY 12590 (Back Room)	For more information, please call and leave a message:  (845) 206-9892

**NAMI CONNECTIONS  
 ADULT RECOVERY SUPPORT GROUP**  
 2<sup>nd</sup> Friday of Every Month  
 6:30 pm – 8:00 pm  
 MidHudson Regional Hospital  
 Thorne Conference Room  
 241 North Road Poughkeepsie NY 12601