

Provider Workshop



Meeting the Challenges of a
Changing Mental Health System

**Certified 6 Hour Session for Healthcare and
Social Service Professionals**

Welcome



- NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental health conditions
- Founded 1979 in Madison, Wisconsin, now with headquarters in Arlington, Virginia



National Alliance on Mental Illness

nami

Missouri

SUPPORT | EDUCATION | ADVOCACY

Support

- **NAMI Missouri Warmline/Helpline**
 - Toll free peer support and resources
 - Monday – Friday 9 a.m. to 5 p.m.

- **NAMI Missouri Support Groups**



Education – Presentation Programs



A presentation program to promote awareness of mental illness recovery through personal stories.



A stigma-busting presentation program primarily developed for high school age youth.



A 90-minute or 4-hour seminar that informs and supports people who have loved ones with a mental health condition.

Family Education Classes



- A 8-session class for families, partners and friends of individuals living with mental illness.



- NAMI Basics is a 6-session class for parents and caregivers of children experiencing symptoms of mental illness.



- A 6-session class for families, partners and friends of military service members and veterans experiencing mental health challenges.

NAMI Trainings



Provider Education



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ANNUAL CONFERENCE

Saturday, October 23, 2021

Capitol Plaza Hotel and Convention Center

Jefferson City, MO

Advocacy

- Partners in Policy
 - This annual training promotes peer advocacy for mental health priorities.

NAMI SMARTS
for
ADVOCACY



March 22-23, 2021
Jefferson City



Missouri Affiliates

- Boonville
- Columbia
- Jefferson City
- Joplin
- Greater Kansas City
- Lebanon
- St. Louis
- Southeast Missouri
- Southwest Missouri

EXPLORING NEW WAYS TO SUPPORT AND CONNECT

Regardless of your personal circumstances, it's difficult to imagine anyone whose life has not been significantly altered over the previous months. The COVID-19 pandemic has impacted our communities in ways many of us would never have imagined. Social distancing guidelines have led to unexpected disruptions that have impacted mental health for many of us.

Here at NAMI our focus has been on finding ways to replicate our mental health support and education programs online. Many of our support groups are now offered virtually through Zoom. We plan to continue offering an online presence once groups resume in-person meetings in order to allow continued participation for those who do not yet feel comfortable joining in-person meetings.

NAMI Basics, for parents and caregivers of youth with mental health conditions, and NAMI Homefront, for family members of veterans and military service members with mental health



conditions are also available online. And we continue to explore new ways to offer education and presentation programs in an online format, including program leader trainings, which will be offered online for the first time ever beginning this summer. We look forward to staying connected and will continue to provide updates on our website at namimissouri.org and through social media.

NAMI
Missouri
Newsletter

ONLINE SUPPORT SAFETY

For many people, the COVID-19 pandemic and accompanying social distancing recommendations have provided the first opportunity to join an online support forum. This is a new experience for many and can cause additional fear and anxiety. Reports on security flaws in video conferencing services have only increased the concern.

NAMI Missouri is using Zoom Video conferencing and we've taken extra steps to protect your privacy if you join us online. All meetings require a Meeting ID and Password to access.



Passwords are provided to Program Leaders and participants must be approved before they are allowed to enter any virtual meeting room. In addition, recording and storage functionality has been disabled for all NAMI Missouri administered accounts.

If you are looking for support and have questions or concerns about joining an online group, please reach out to your local affiliate or the state office. These are challenging times and no one should have to experience them alone.

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Support NAMI Missouri

- NAMI Membership

Annual Membership Dues

Household - \$60

Individual - \$40

Open Door - \$5 (limited income)

NAMI Advocate, NAMI Missouri Newsletter, Discount Conference and Meeting Rates, Informational Emails

- Other

Amazon Smile

Facebook Fundraisers

Dillon's Store Shoppers Card

Giving Tuesday – December 1, 2020

Contact us

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