



PROVIDING A WINDOW INTO



5407 N. University Street
Peoria, IL 61614
Phone: 309-693-0541
Email: namitricounty@yahoo.com
Website: www.namitri-county.org

The National Alliance on Mental Illness is a self-help, non-profit, advocacy group for those with mental illnesses and their supporters. The alliance was founded in 1979 because of a lack of support for people experiencing brain disorders. NAMI operates 1,100 affiliates nationally. Our local group is one of 41 affiliates in Illinois. NAMI relies on the generous support of donors to keep membership costs as low as possible.

To join NAMI, contact NAMI Tri-County at 309-693-0541. Dues are minimal; special arrangements are available for those who cannot afford to pay.

Primary Consumer: \$3
General Family Membership: \$35

What does NAMI do for the Tri-County Area and How does it Operate?

Community Involvement

- Participates weekly in representative David Leitch's Steering Committee for the Central Illinois Coalition for Mental Health Recovery
- Recruits speakers from the community for monthly education night
- Promotes understanding of early warning signs of childhood depression as NAMI, in conjunction with Joining Forces for Children, brought the Red Flags Depression Awareness Program to tri-county public and parochial schools and launched *About My Feelings*, a program for pre-K through 3rd grade in District 150
- Continues involvement with mental health programs in area schools
- Promotes community understanding and awareness through planned events during Mental Illness Awareness Week (MIAW)

Community Education

- Publishes bimonthly newsletter sent to members, doctors' offices, clinics, churches and other interested individuals
- Invites the public to monthly education meetings
- Welcomes students from area colleges and universities to education and support group meetings to help them gain a better understanding of behavioral health care issues
- Provides speakers to present programs as requested at nursing, psychology, and other classes
- Offers classes for area police to aid them in recognizing and responding to someone with a brain disorder

Legislative Involvement

- Sends e-mail updates to members when there is pending legislation that will affect mental health care and funding on either the national or the state level
- Provides education to members about how to inform state and national representatives regarding issues that impact mental illness
- Sends representatives to community and state meetings to advocate for policy change and to support legislation that will improve funding or care for those with a brain disorder

Human Resources

All individuals involved with NAMI Tri-County are volunteers who donate time to help fulfill NAMI's goals of service within the community.

Funding

All funds are raised by NAMI Tri-County volunteers and are used to purchase supplies and materials needed to achieve NAMI's teaching, education, and support goals.

Fundraising Events

- Hosts a nationally known speaker for the annual dinner on the last day of Mental Illness Awareness Week
- Sponsors the Mental Health Mile held on the last Saturday in June

Programs

- Courses
 - ◆ Family-to-Family
 - * Twelve-week course
 - * Taught by trained family members for family members
 - * Course and all instruction materials are free of charge
 - ◆ Peer-to-Peer
 - * Nine- or ten-week course
 - * Taught by trained consumers for consumers
 - * Course and all instruction materials are free of charge
 - ◆ Basics
 - * Six-week course
 - * Taught by trained members
 - * The course and all instruction materials are free of charge.
 - ◆ Parents and Teachers as Allies
 - * Taught by trained members
 - * Offered to schools and churches

Meetings

- Support Groups
 - ◆ Held once a month
 - ◆ Facilitated by trained facilitators
 - ◆ Open to anyone with a mental illness and his/her supporters
- Educational Meetings
 - ◆ Held once a month
 - ◆ Volunteer speaker who is a professional in the behavioral health field
 - ◆ Free of charge and open to the public

Annual Awards Given

- *Tom Heinen Award* for an advocate who has dedicated his/her life to educating and supporting NAMI families
- *Healthcare Ambassador Award* for a healthcare professional who has served the needs of mentally ill individuals and their families with exceptional insight, care, and understanding
- *Consumer Leadership Award* for a person who is managing his/her own mental illness and giving back to NAMI and to the community
- *Community Ambassador Award* for an individual who has taken action to improve mental health care in our community
- *Volunteer Ambassador Award* for the individual who has taken the initiative to educate himself/herself and who works behind the scenes to provide needed assistance to other NAMI volunteers as well as to the mentally ill and their families in our community

Causes Supported

- National Alliance for Research on Schizophrenia and Depression (NARSAD) through annual donation for research
- Treatment Advocacy Center through annual donation for attorneys to help the state update legislation regarding the treatment of those with mental illness

Annual Events

- Walk/Run
 - ◆ Entry fee is charged
 - ◆ Held at a park or school
- Mental Illness Awareness Week
 - ◆ Two evening meetings
 - * One evening includes a speaker
 - * One evening involves a panel of local professionals moderated by a member
 - * No fee is charged for either evening
 - ◆ Dinner
 - * 150 to 250 people in attendance
 - * Fee is charged
 - * Held at a local restaurant or hotel