

► **MISSION**

NAMI Southeast Wisconsin inspires the hope of recovery and deepens the understanding of mental health conditions for individuals, families, and communities.

♥ **VALUES**

HOPE: We believe in the possibility of recovery, wellness, and the potential in all of us.

INCLUSION: We embrace diverse backgrounds, cultures, and perspectives.

EMPOWERMENT: We promote confidence, self-efficacy, and service to our mission.

COMPASSION: We practice respect, kindness, and empathy.

FAIRNESS: We fight for equity and justice.

► **ABOUT US**

NAMI Southeast Wisconsin shares the hope of recovery for individuals and families affected by mental health conditions by offering information, peer-led support, education programming, and advocacy services at no cost to participants. It is our goal at NAMI Southeast Wisconsin to improve the understanding of mental health conditions by erasing the stigma, shame, fear, and discrimination which surrounds individuals and families coping with mental health concerns.

NAMI Southeast Wisconsin is a 501(c)(3) non-profit organization.



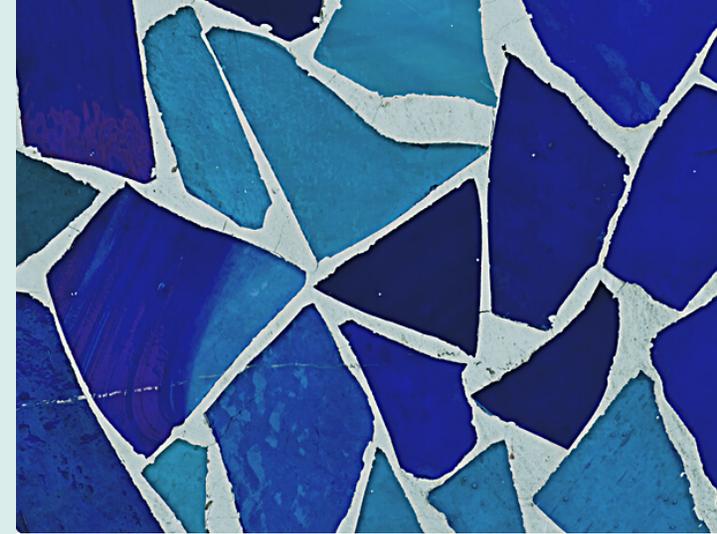
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**MENTAL HEALTH SUPPORT,
EDUCATION, AND OUTREACH**
Milwaukee, Waukesha, & Jefferson Counties



**Southeast
Wisconsin**

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SUPPORT FOR FAMILIES

One-on-One Family Support provides an opportunity to speak with a family member who has been there and can offer support, education, and guidance on how to best support your loved one.

Family Support Groups are an opportunity for loved ones of those with a mental health condition to connect with others who understand and share learned wisdom.

Chapter 51 Court Support & Advocacy provides emotional support, education, and resources for family members who have a loved one going through an involuntary commitment process due to a serious and persistent mental illness.

The Lighthouse Project assists parents or caregivers of students with mental health concerns within Milwaukee or Waukesha County schools. The program coordinator provides assistance with advocacy, navigating support systems, creating crisis plans, and creating a family environment that encourages wellness, learning, and growth.

SUPPORT FOR INDIVIDUALS

Peer Support Groups are an opportunity for individuals with mental health conditions to connect with others who understand and share learned wisdom.

Survivors Helping Survivors is a support group for those who have lost a loved one to suicide

One-on-One Peer Support connects you with a Certified Peer Specialist who utilizes their personal lived experience to provide support and demonstrate that recovery is possible.

The Journey is a support group for women who have been diagnosed with PTSD or CPTSD.



EDUCATION

NAMI Peer-to-Peer is for individuals seeking a better understanding of their mental health condition and recovery options. This 8-week class meets once per week and is taught by trained facilitators living in recovery with their own mental health conditions.

NAMI Family & Friends shows how to best support a loved one with a mental health condition and covers diagnosis, crisis preparation, self-care, and resources. Presented in 90 minutes or 4-hour seminar style by trained facilitators who also have loved ones with mental health conditions.

Question, Persuade, Refer (QPR) educates community members about myths of suicide and teaches three steps about how to get a person at risk of suicide the help they need in a short 1-1.5 hour format.

In Our Own Voice reduce stigma and offer inspiration through the personal stories of trained speakers who share their experiences with mental health conditions. This 40-60 minute presentation is followed by open dialogue regarding mental health conditions and recovery.

FOR PARENTS/CAREGIVERS

NAMI BASICS is a 6-week class for parents/caregivers of a child or adolescent living with mental health, behavioral, or emotional challenges.

Compassion Resilience Toolkit an 8-week class for parents and caregivers explores ways to act with compassion, get clear about expectations, create the family culture we desire, and take care of our mind, spirit, heart, and strength at the same time.

YOUTH EDUCATION

Youth Mental Health First Aid covers mental health literacy, adolescent development, anti-stigma messaging, and a five-step process to prevent crisis and suicide risk in young adults. This is a 6-hour community presentation ideal for those who have regular contact with adolescents.

NAMI Ending the Silence is a school outreach program that teaches students about mental health concerns to help end the stigma of mental illness. Presenters with lived experience in recovery help students learn the warning signs of mental health conditions and how to help themselves or a friend in crisis.

HOMELESSNESS OUTREACH

Projects for Assistance in Transition from Homelessness (PATH) assists individuals living with a mental illness who are homeless or at imminent risk of becoming homeless in Waukesha County. PATH offers support to secure housing, connection to treatment and other resources that will assist with stabilizing housing and prevent future homelessness.

SSI/SSDI Outreach, Access and Recovery (SOAR) increases access to SSD/SSDI eligible adults in Waukesha County who are homeless or at risk of homelessness, and also have a mental health condition including substance use.

CRISIS TRAINING

Crisis Intervention Team (CIT) Training Helps law enforcement, and first responders better respond to people experiencing a mental health crisis. Guest speakers provide an overview of mental health conditions, trauma, brain development, substance use concerns, developmental disabilities, suicide prevention, and crisis de-escalation. This is a five-day, 40-hour program.

Community Intervention Partners (CIP) is a two-day, 16-hour program for correctional officers and other emergency personnel. CIP offerings can be adapted to 4 to 16-hour formats for educators, mental health professionals, direct care workers, parents/caregivers, and others. Youth CIP provides similar training for adults who regularly work with adolescents, youth and young adults.

FOR CUSTOM PRESENTATIONS/TRAINING:

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