

NAMI FL Program Updates May 2021

NAMI's free Education and Support services are provided by dedicated volunteers with lived experience and commitment to our community. We're grateful for the many ways they improve the lives of families impacted by mental illness.

Family to Family- an 8-session educational program for family, significant others and friends of people with mental health conditions. Research shows this program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition. This program is offered minimally two times a year and will continue to be offered online in addition to in-person programs in order to meet the needs of people who have difficulty traveling, children or accessibility needs.

Family Support Groups- Peer-led groups for any adult with a loved one who has experienced symptoms of a mental health condition. Attendees gain insight from the challenges and successes of others facing similar experiences. This year, NAMI FL expanded the twice-monthly Family Support Group offering to include a third monthly group for Partners/Spouses. Four new facilitators have been trained to lead groups since the Fall of 2020.

NAMI Finger Lakes HELP Line- 607-273-2462: Experienced volunteers answer your calls for support and mental health resources with empathy and understanding. NAMI FL received a sponsorship this year from ATT for a new phone and one year free service to support this important work.

NAMI Basics- A 6-session education program for parents and caregivers of young people (ages 22 and younger) experiencing mental health symptoms. NAMI Basics can also be offered locally online in addition to our in person program and NAMI National offers an On-Demand version of this program online.

Ending the Silence- An engaging presentation for students based on real-life experiences that helps attendees learn about the warning signs of mental health conditions and what steps to take if you or a loved one is experiencing symptoms. As schools open up to consistent operations, NAMI FL will continue this program to reach young people in our community.

Family Forum- Monthly programs that include presentations and discussions on topics of interest to the mental health community. (Find them on our NAMI Finger Lakes YouTube channel!) NAMI Finger Lakes took the lead last fall in conversations about Mental Health Crisis Response with local representatives and alternative community response services across the nation, serving to inform our community's process of Reimagining Public Safety. The NAMI FL Board of Directors advocated with local policymakers for alternative crisis response services and CIT training for local law enforcement through this process.

Family & Friends- A 90-minute program that informs people of how best to support their loved ones living with a mental health condition. It's also an opportunity to meet other people in similar situations and gain community support. This is a program that touches on many of the topics shared in Family to Family.

NAMI Homefront- Based on the nationally recognized NAMI Family-to-Family program, NAMI Homefront is designed to address the unique needs of family, caregivers and friends of those who have served or are currently serving our country. NAMI Finger Lakes can provide this program as of Winter 2020 in person or virtually.

Supports to Cayuga Medical Center Behavioral Unit- Staff at CMC provides electronic NAMI FL resources specific to the needs of families with a loved one who is hospitalized.

Workplace Mental Health Resources- NAMI Finger Lakes provides presentations for employers and local businesses to encourage use of NAMI support and education resources and a positive mental health experience in our workforce.

NAMI Smarts For Advocacy- NAMI FL can provide mental health advocacy training in the community as of Spring 2021. Teaching community members how to tell their mental health stories with policymakers, advocating for parity in services and for funding initiatives are the focus of this program.

Administrative Operations by the Executive Director: Coordination of affiliate relationships within NAMI & local mental health and community organizations and services, broader support from NAMI national and state parent organizations, technical training and support, media communications, website and social media administration, newsletter communications, volunteer coordination and training, administrative support for volunteer program leaders, funding development and management, EAP development and administration and community outreach.