

Grassroots Mental Health Support Through NAMI

National Alliance on Mental Illness

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Washington State Certified Peer Counselor



Kittitas County
Washington

Mindful Moment

Five Finger Breathing

Simple guided breathing exercise



Agenda

1. Introduction
2. Mental Health Statistics, Signs & Symptoms
3. Reframing Language (small group exercise)
4. NAMI's Mission and Programs
5. What is Mental Health Recovery?
6. Self-care Action Plans (personal reflection)
7. Resources for You and SNAP-Ed Participants





Mental Health Programs Coordinator

- **Support the 1/10th of 1% Mental Health and Chemical Dependency Tax Advisory Board**
- **Work with community partners on educational campaigns and events to reduce discrimination against those with mental illnesses**
- **Help to implement a youth suicide prevention curriculum**
- **Facilitate in-house initiatives to support the resilience of Public Health Department employees**



Talking about mental illness is a huge step forward, and I hope as a society we get to a point where we can all speak openly about these disorders without fear of judgment. Mental illness is like any other chronic disease like heart disease or diabetes. It's not something that will go away, but it is something that we can work with and manage.

Leslie Jackson Chihuly, wife of Dale Chihuly
(Dale is open about living with bipolar disorder)



Mental

HEALTH IS

HEALTH



Mental Health & Mental Illness

Mental Health

Everyone has it.

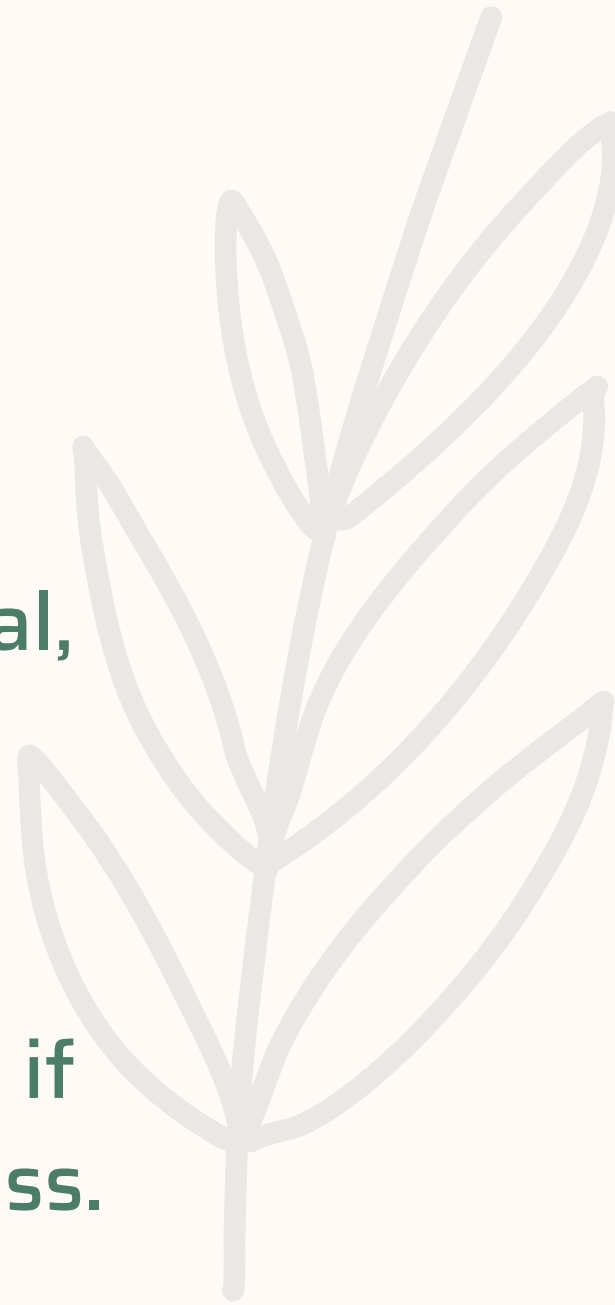
Reflects our emotional, psychological, and social well-being, and how we bounce back from life's challenges.

Can be impacted by life events even if a person doesn't have a mental illness.

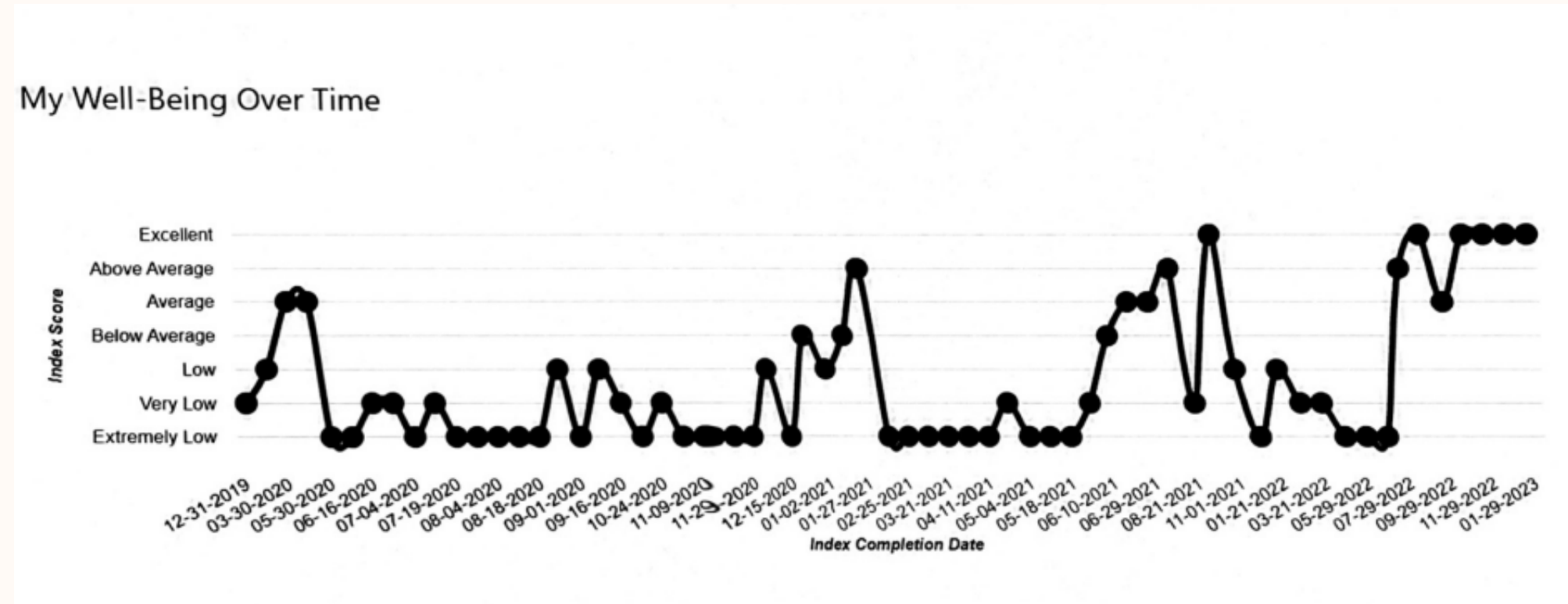
Mental Illness

“A condition that affects a person’s thinking, feeling, mood, or behavior” (CDC).

Many people who have a diagnosed mental illness can experience periods of physical and mental well-being.



Well-being Index for Physicians

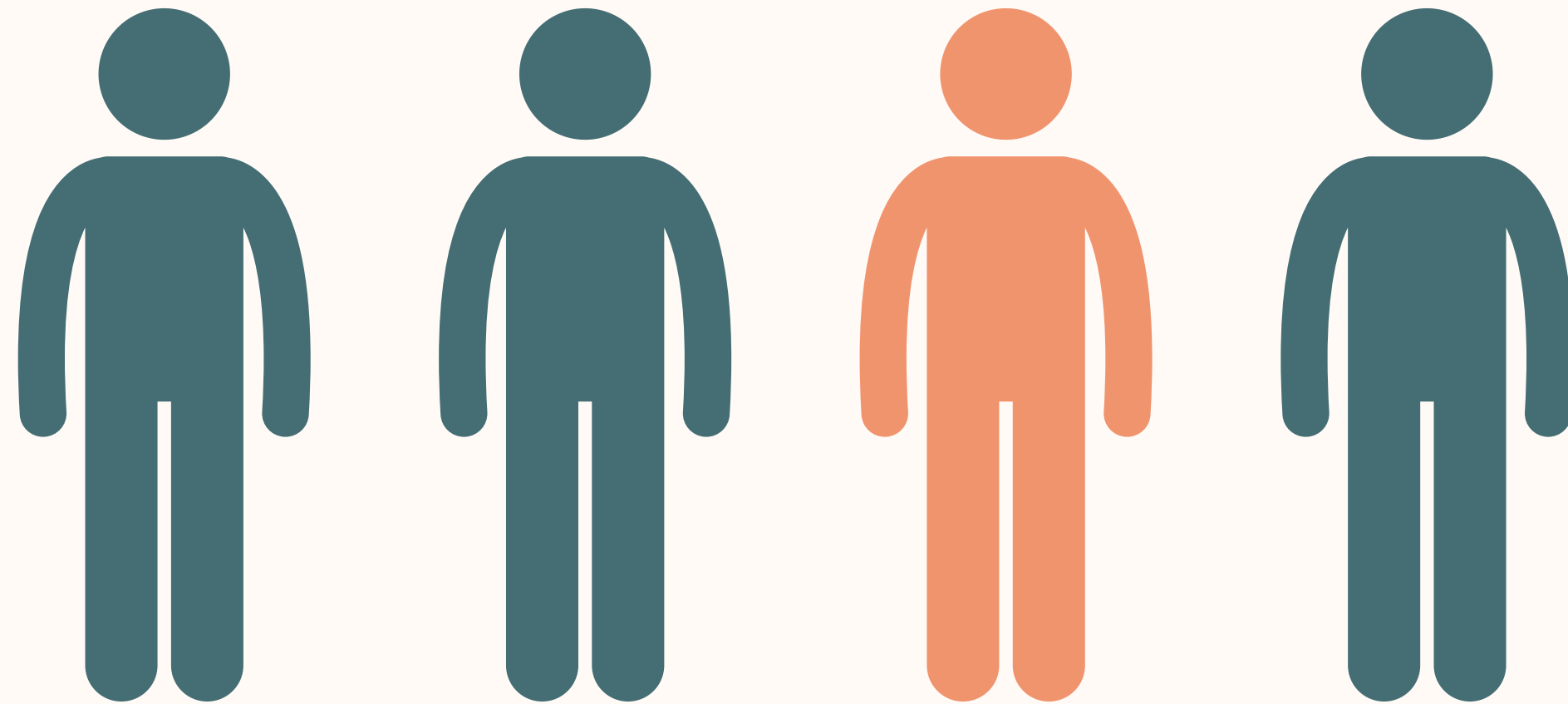


Psychological Phases of Disaster (SAMHSA)



Prevalence of Mental Health Conditions

1 in 4 Americans has experienced a mental health condition



Source: National Institute of Mental Health Disorders



Stigma Against Mental Illness

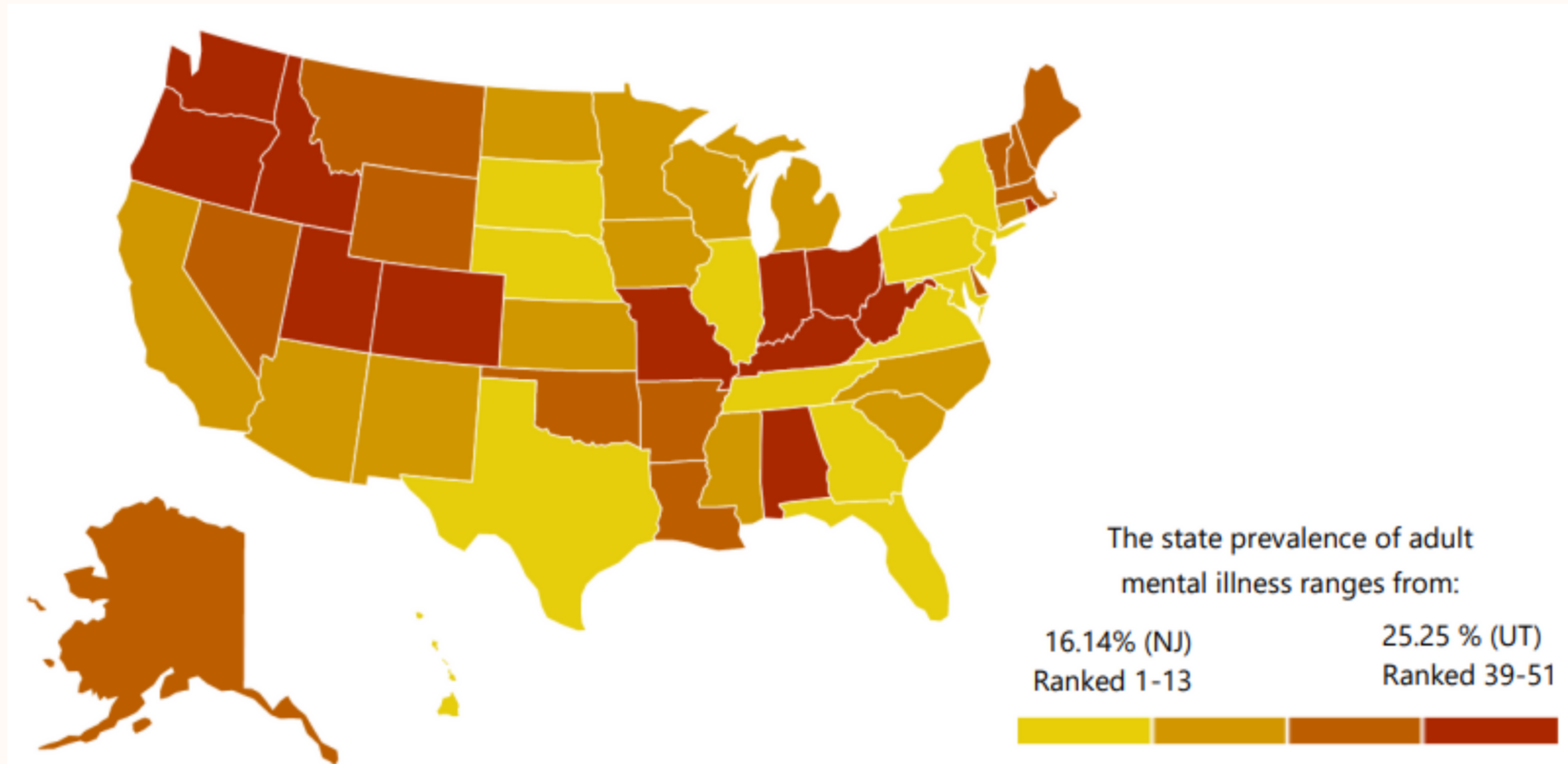
Some harmful effects of stigma can include (Mayo Clinic):

- Reluctance to seek help or treatment
- Lack of understanding by family, friends, or co-workers
- Fewer opportunities for work, school, or social activities
- Bullying, physical violence or harassment
- Health insurance that doesn't adequately cover your treatment
- The belief that you'll never succeed (internalized stigma)

Stomp the Stigma Mental Health Awareness

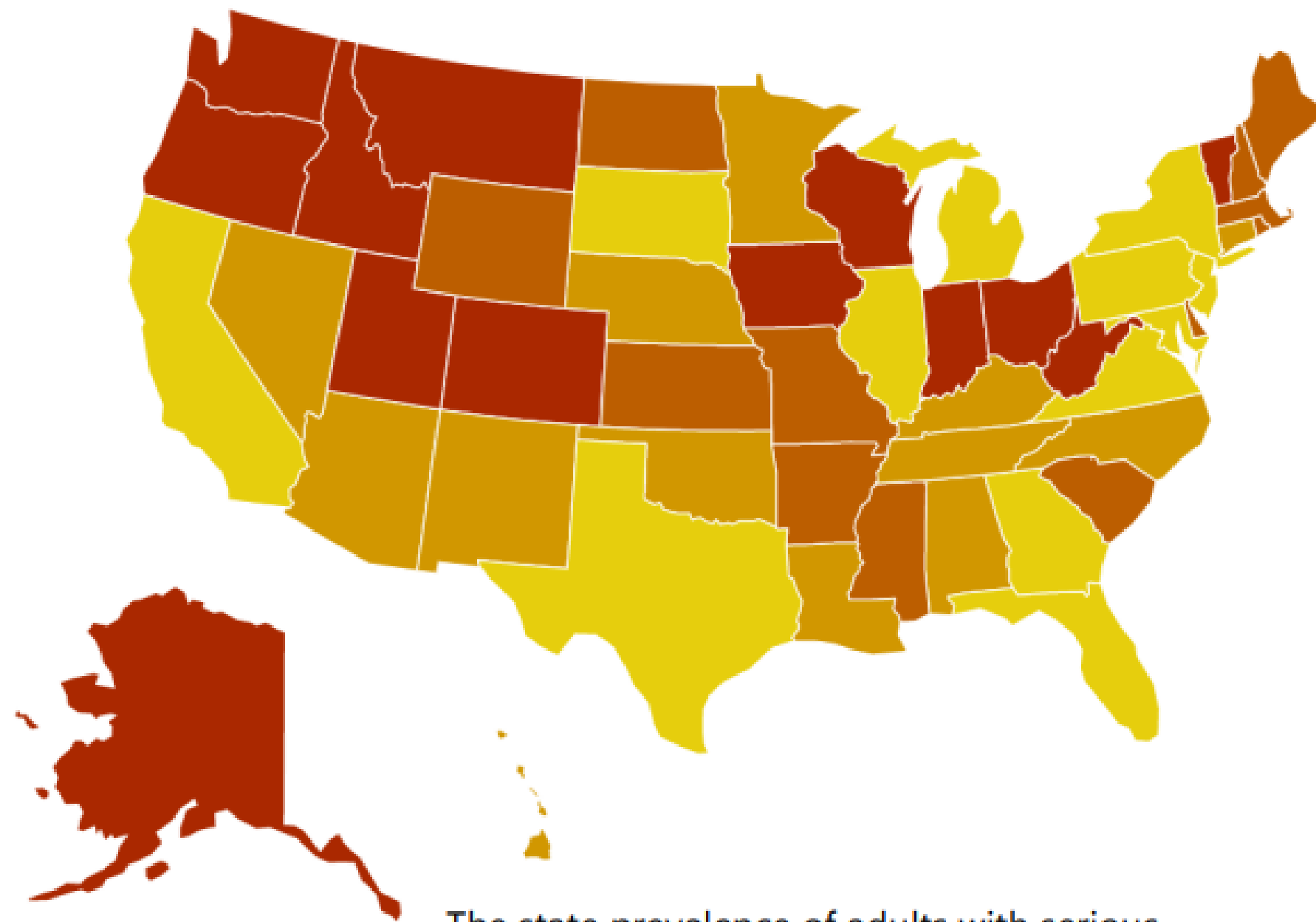
Mental Health Snapshot

Washington has the sixth-highest prevalence of adult mental illness.



Source: [Mental Health America](#), data from 2017-18, self-reported as having been diagnosed

Mental Health Snapshot



The state prevalence of adults with serious thoughts of suicide ranges from:

3.47% (NJ)
Ranked 1-13

6.47% (UT)
Ranked 39-51



Washington has the seventh-highest percentage of adults who report serious thoughts of suicide.

Source: [Mental Health America](#), data from 2017-18, self-reported.

Signs & Symptoms of Mental Illness

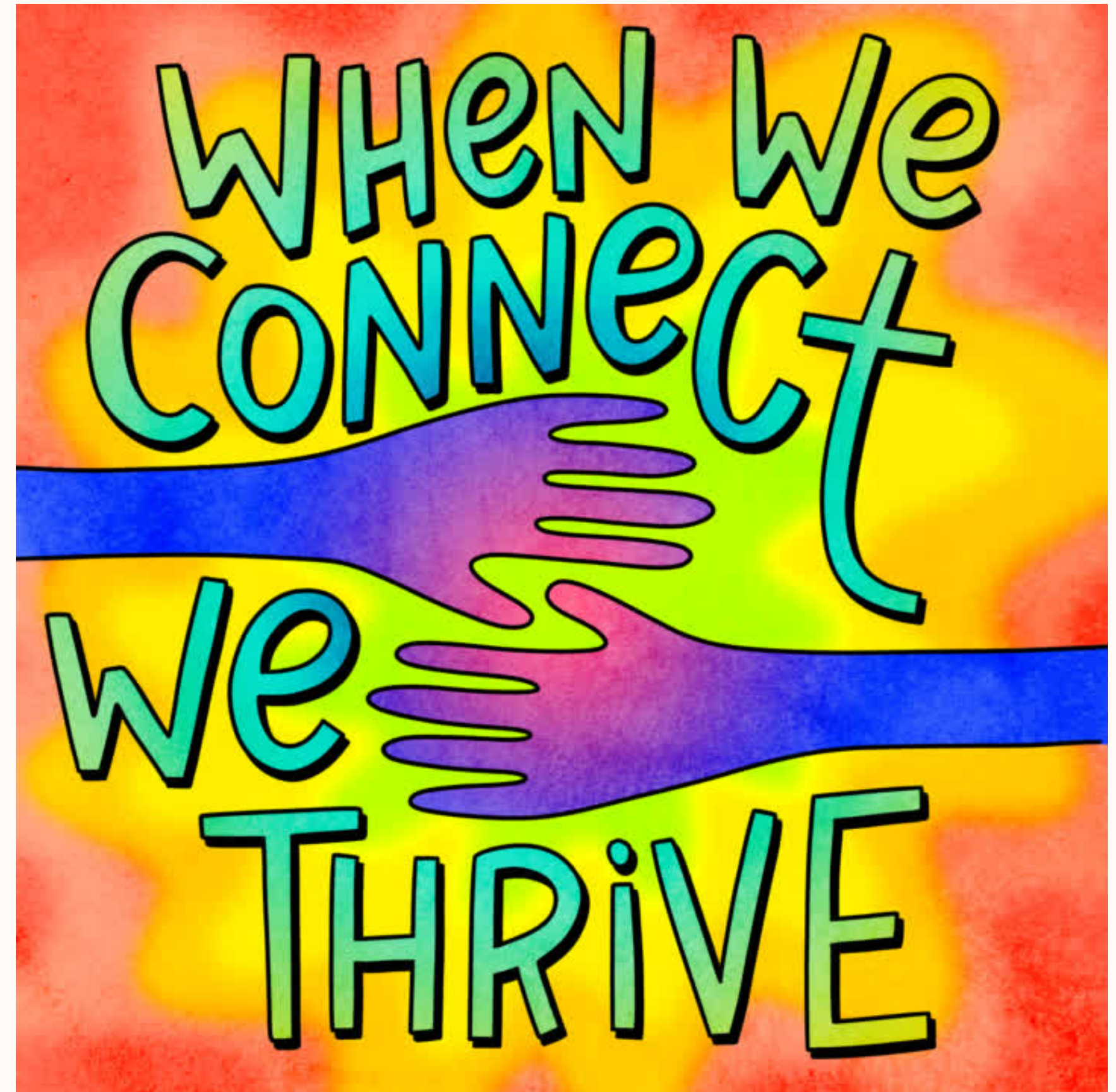


10 Common Warning Signs Of A Mental Health Condition
NAMI and Ok2Talk

Connect to Protect

Connectedness has been identified as a crucial protective factor against suicide.

Billie Eilish On Mental Health & Friendship





Reframing Language

Small Group Break-Out

**Based on the Combined Language Guide by
the African American Behavioral Health Center of Excellence**

Mindful Moment

- Stretch towards the sky.**
- Take three deep breaths.**





Vision

NAMI envisions a world where all people affected by mental illness live healthy, fulfilling lives supported by a community that cares.

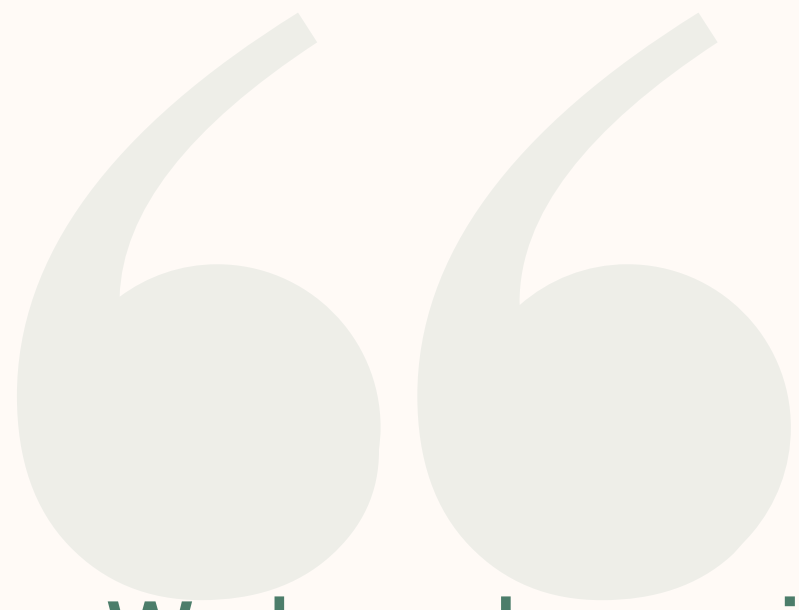
Mission

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

History

What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health.





We have been given a challenging illness, and there is no other option than to meet those challenges. Think of it as an opportunity to be heroic—not ‘I survived living in Mosul during an attack’ heroic, but an emotional survival. An opportunity to be a good example to others who might share our disorder.

Carrie Fisher, Actress and Mental Health Advocate



Mental Health Recovery

Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. (SAMHSA)

What is Recovery in Mental Health?



NAMI Affiliates



NAMI has 600 affiliates throughout the U.S., including 20 in Washington.

Affiliates work to improve the public's understanding of mental health conditions. They offer support groups and education programs, and advocate for access to mental health care.

Partner with your local affiliate by referring SNAP-Ed participants, joining the NAMI board, and co-sponsoring events!

namiwa.org



NAMI Signature Programs

In-person & virtual!

Connection Support Group (for peers)

Peer to Peer Educational & Skills-building Class

Family Support Group

Family to Family Educational & Skills-building Class

In Our Own Voice

Ending the Silence (for youth)

Basics (for parents & caregivers)

NAMI Homefront

NAMI volunteers inspire others by sharing their experience, resilience, and commitment to mental health recovery.

Upcoming Events

NAMI Whatcom

Hiding in Plain Sight: Youth Mental Illness

Wednesday May 3, 6-8:30 p.m.

Screening, panel discussion & resource fair
at Whatcom Community College.

To register: www.namiwhatcom.org

NAMI Eastside

Monthly EvergreenHealth Educational Forums

Held virtually the last Tuesday at 7 p.m.

To register: www.nami-eastside.org

NAMI Seattle

Stigma-free Seattle - Saturday, May 20

11 a.m. - 2 p.m. at The Vera Project, Seattle Center

To register: www.namiseattle.org



belonging

connection

NAMI WALKS

Saturday, June 3, 2023

8-11 a.m. at Marina Park in Kirkland

2023 NAMIWalks Washington

community



“We need to accept that mental illness is a disease-- and like any other disease, it needs stronger research, early screening and treatment, especially for young people. We need more robust education in schools, the enlightened support of news and entertainment media, and the advocacy of high-profile figures, like myself, willing to step forward.”



Brandon Marshall
Retired NFL Player, Sports Analyst, and Mental Health Advocate

Mindful Moment

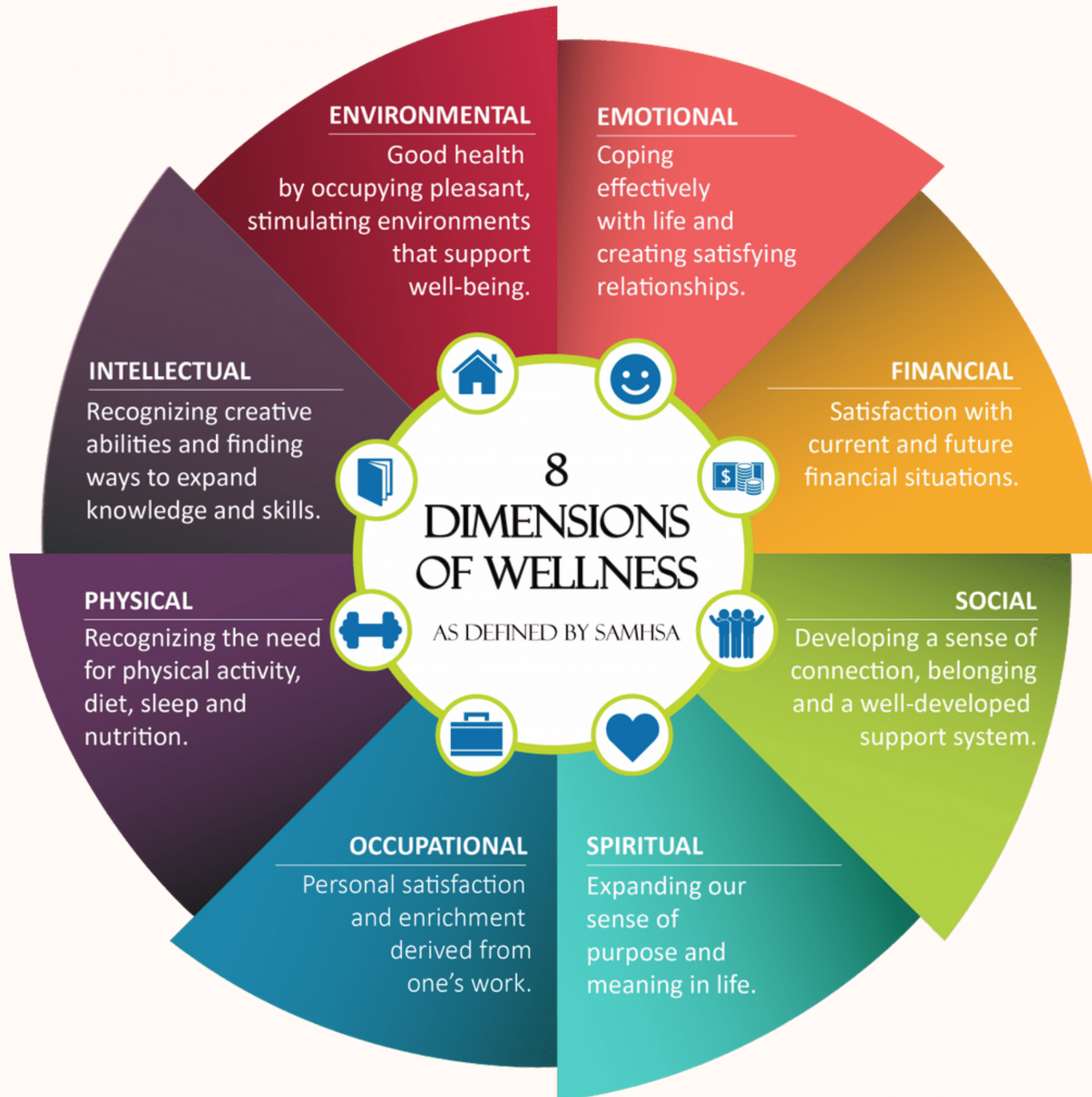
- Take a sip of water.**
- Write down one thing you are grateful for.**



Self-Care Action Plan

Personal Reflection Time

8 Dimensions of Wellness



Emotional
Financial
Social
Spiritual
Occupational
Physical
Intellectual
Environmental

Self-Care Technique

**How to Tap with Jessica Ortner:
Emotional Freedom Technique (EFT)**





Resources



988 Suicide & Crisis Line (24/7)

741741 Crisis Text Line (24/7)

Washington Recovery Help Line (for substance abuse, problem gambling & mental health) 1-866-789-1511 (24/7)

TrevorProject.org for LGBTQ+ young people (24/7)

Opportunities to share your story:

bringchange2mind.org thestabilitynetwork.org



Questions?

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Thank you!