

NAMI Urban Los Angeles



What does the NAMI acronym stand for ?

NAMI, the Nation's Voice on Mental Illness was founded in 1979 as the National Alliance on Mental Illness



What is NAMI ?

The National Alliance on Mental Illness is the nation's largest grassroots organization dedicated to improving the lives of persons living with serious mental illness and their families.

Founded in 1979, NAMI has become the nation's voice on mental illness. As a national organization, NAMI is in every state and in over 1100 local communities across the country.



NAMI MISSION

NAMI is dedicated to the eradication of mental illnesses and to the improvement of the quality of life of all whose lives are affected by these illnesses.

Dedicated NAMI members, leaders, and friends work tirelessly across all levels to meet a shared NAMI mission of support, education, advocacy, and research for people living with these illnesses,



What NAMI Does

- Public information and education activities
- Family and consumer peer education and support activities
- Advocacy on behalf of people living with mental illness and for the health of our communities
- Visible public events that raise funds and awareness while engaging the public.



Who is NAMI Urban Los Angeles ?


The National Alliance on Mental Illness Urban Los Angeles is a 501(c)3 nonprofit organization founded in 2000.

NAMI Urban Los Angeles has over 200 family members. Our mission is to help improve the lives of people affected by mental illness through education, support, and advocacy




The NAMI Urban LA Vision

The vision of NAMI Urban Los Angeles is to ensure acceptance of and treatment for all those with mental illness to facilitate recovery.




While retaining our grassroots values, NAMI Urban LA will:

- Become the most effective provider of support and educational opportunities reaching all persons in our geographical area.
- Dramatically grow the membership
- Eliminate the stigma of mental illness
- Lead the way with successful advocacy efforts




Background

- Severely mentally ill individuals who formerly received treatment in psychiatric hospitals are now entering the criminal justice systems
- A shortage of available short and long term psychiatric care options results in decreased access to treatment
- Law enforcement may be more inclined to take a mentally ill individual to jail rather than to treatment



Facts About Mental Illness


- One in five people will develop a mental illness at some point in their lives
- Four of the top ten causes of long term disability in the U.S. are severe mental illnesses. Major depression leads the list
- One in 10 children and adolescents suffer from a mental illness requiring treatment



Facts About Mental Illness


There are 3 to 4 times as many people with major mental illnesses in jail or prison as there are in public psychiatric hospitals.

Source: U.S. Department of Justice



Facts About Mental Illness

- Anyone can have a mental illness, regardless of age, gender, race or socioeconomic level.
- Mental illnesses are more common than cancer, diabetes, heart disease or AIDs combined.
- Mental illnesses can occur at any age
- 20-25 % of individuals may be affected by mental illness.



Facts About Mental Illness

- 2.4 million Americans live with schizophrenia
- 5.7 million American adults are affected by bipolar disorder
- 14.8 million Americans are affected by major depressive disorder
- 18.7 % of adults are affected by anxiety disorders, including OCD, PTSD, and generalized phobias
- 50 % of all mental health cases begin by age 14 and 75% by age 24.
- Less than 50% of adults and 33 % of children receive treatment



Facts About Mental Illness

- Racial and ethnic minorities are less likely to have access to treatment and often receive poor care
- Suicide is the third leading cause of death for people ages 10 to 24.
- More than 90% who die by suicide have a diagnosable mental disorder.
- More than 50% of students with a mental disorder age 14 and up drop out of high school – the highest dropout rate of any disability group



Double Stigma

- Jails and prisons are designed for punishment, not treatment
- The correctional milieu is limited in its ability to be therapeutic
- The mentally ill person is doubly stigmatized being both mentally ill and a criminal



Stigma is a significant obstacle to people getting treatment

- Half of the people with a mental illness never seek treatment because of shame
- Stigma keeps people from staying in treatment
- Parents deny the seriousness of the problem
- Insurers often provide no mental health coverage
- Mental health insurance is inferior



Impact of Stigma on Family

Described as a "triple whammy"

- Family crisis
- Marital crisis
- Personal crisis



Impact of Stigma on Siblings

- Loss of relationship with brother or sister
- Am I responsible?
- Feelings of neglect
- Survivors guilt
- Fearful of classmates and friends finding out
- Will I get it?



Impact of Untreated Mental Illness in the Classroom

- Inability to concentrate
- Disruptive behavior
- Poor attendance
- Weak social skills
- Bullied by classmates



Advocacy

NAMI Urban LA's role as an advocacy organization grew from the need of its members, consumers, and families to effect a positive change in the response of society, government, and business to an individual with mental illness



What Advocates Do

- Promote change
- Offer education and information
- Create the possibility of a higher quality of life



Promote Change

By providing science based information that "severe mental illnesses" are brain disorders that can be treated and managed effectively if an individual has access to a combination of medication, supportive counseling and community support services, including education and vocational training.



Educational Services

Education is an essential part of understanding and coping with mental illness. NAMI Urban Los Angeles currently provides numerous educational curricula and workshops addressing the many needs of different constituencies.



NAMI Educational Programs



Family to Family

A free 12-week course for family and caregivers of individuals with severe mental illnesses.



Familia a Familia

Spanish language version of our free 12-week course for family and caregivers of individuals with severe mental illnesses.



NAMI Basics

A free 6-week course for family and caregivers of children and adolescents, diagnosed or showing signs of mental illness before age 13.



Bases y Fundamentos

Spanish language version of our free 6-week course for family and caregivers of children and adolescents, diagnosed or showing signs of mental illness before age 13.



Peer to Peer

A diverse group of folks ready to share their recovery successes and become peer mentors.



Family Support

NAMI Urban Los Angeles Provides regular support groups for consumers, family members, and others affected by mental illness.



Emerging Programs

- Mental health and criminal justice education programs for the families of transitional age youth, either involved with the criminal justice systems or at risk for involvement.
- Faith Based Initiatives (Current partnerships with West Angeles Church, Shabach Foursquare Church, International Church of the Word, New Testament Church, El Posento Alto, and Restauracion Ministries).



Join NAMI Today !

When you become a member of NAMI, you become part of America's largest Grassroots organization dedicated to Improving the lives of persons living With serious mental illness



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Thank You !



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