



# NAMI Valley of the Sun

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Facebook and LinkedIn- NAMI Valley of the Sun

**Find Help. Find Hope. Find NAMI.**



- 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.

- Today, we are an alliance of more than **600 local affiliates** who work in your community to raise awareness and provide support and education that was not previously available to those in need.



**HOPE**  
**INCLUSION**  
**EMPOWERMENT**  
**COMPASSION**  
**FAIRNESS**

There are NAMI state organizations in **48** of the **50 states**.

Arizona has **eleven affiliates** located around the state.

# Know the Facts

- Mental Health Prevalence: **1 in 5 adults** in the U.S. experiences mental illness each year, highlighting the widespread impact of mental health issues across all demographics.
- Impact on Daily Life: **Depression is the leading cause of disability worldwide**, severely affecting individuals' ability to perform everyday tasks and maintain employment.
- Youth Mental Health Crisis: **50% of mental health conditions begin by age 14**, emphasizing the critical need for early intervention to prevent long-term consequences.
- Economic Costs: The **global economy loses approximately \$1 trillion** each year in productivity due to depression and anxiety, making mental health not only a personal but also an economic issue.
- Suicide Rates: **Suicide is the second leading cause of death among people aged 10-34** in the U.S., underscoring the urgent need for effective mental health services and support.





**NAMI**

National Alliance on Mental Illness

# Valley of the Sun

## **Mission:**

NAMI Valley of the Sun is dedicated to improving the quality of life for people with mental illness and their families through support, education, and advocacy.

## **Vision:**

In our envisioned future mental illness will no longer thwart a person's fulfillment of his or her potential. With early pinpoint diagnoses, interventions and targeted medications and services there is no pervasive disability. Ultimately, we envision a day when prevention or a cure is found.

# NAMI Signature Programs

Support Groups



**NAMI Connections Recovery Support Group** is a support group for individuals impacted by mental health conditions. **NAMI Family Support Group** is a support group for any adult with a loved one who has experienced symptoms of a mental health condition.

These support groups are:

- **FREE** of cost to participants
- Peer-led
- 60-90 minutes long and meets weekly, bi-weekly, or monthly
- No specific medical therapy or treatment is endorsed
- Confidential
- Offered in person and virtually



NAMI's support groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

# Current Support Groups

- NAMI Connection Support Groups: **Chandler, North Phoenix, Central Scottsdale, Peoria**
- Family Support Groups: **Central Scottsdale, Cave Creek, Mesa, North Phoenix, East Valley, Sun City, Gilbert**
- NAMI Connection Support Group, **Virtual**, Tuesday's @ 6:30 PM
- **River People Family Support Group** 1st Wednesday of the month @ 12:00 PM
- Family Support Group, **Virtual**, 1st Wednesday of the month @ 6:00 PM
- **Queer and Allies** NAMI Connection Support Group
- **Family Support Group for Parents and Caregivers of Youth**, Virtual, 2<sup>nd</sup> Thursday of the month, 6:00 PM
- **Men's Spanish Support Group**, meets twice a month

# **NAMI Signature Programs**

Education Programs



# Educational Programs

**NAMI Basics:** A six-session course for parents and caregivers of children or adolescents (22 or younger) experiencing mental health symptoms. It covers the impact of mental health conditions on families, treatment options, and advocacy strategies. Also available on-demand

**NAMI Family-to-Family:** An eight-session program for family members, significant others, and friends of individuals with mental health conditions. Recognized as an evidence-based program, it provides insights into mental health conditions, coping skills, and empowerment for advocacy.

**NAMI Provider:** Aimed at mental health professionals, this class offers insights into the experiences of individuals living with mental health conditions and their families, promoting a collaborative approach to treatment.

# Current and Upcoming Classes

- **NAMI Basics** Class starting October 13<sup>th</sup>, Monday's at 6:00 pm
- Wrapped up our fifth **NAMI Family to Family** class last week
- **NAMI Provider** training has been kicked off and is under way



# Educational Programs

**NAMI Homefront:** Tailored for **families, caregivers, and friends of military service members and veterans** dealing with mental health conditions, this six-session course addresses the unique challenges faced by these families and offers strategies to support their loved ones.

**NAMI Peer-to-Peer:** An eight-session educational program for **adults in recovery from a mental health conditions**, focusing on personal growth, recovery, and self-care. It encourages participants to set goals, develop coping strategies, and build a support network.





# NAMI ON CAMPUS

National Alliance on Mental Illness

NAMI On Campus clubs are student-led, student-run mental health clubs on high school and college campuses.

- Raise mental health awareness with fairs, walks and candlelit vigils.
- Educate the campus with presentations, guest speakers and student panels.
- Advocate for improved mental health services and policies on campus.
- Support peers with signature NAMI programs and training.



# Current NAMI ON Campus Locations

- Grand Canyon University
- Arizona State University
- BASIS Scottsdale
- Desert Mountain High School
- Sandra Day O'Connor High School
- Paradise Valley Community College



# NAMI Signature Programs

Presentations

# Presentations



**NAMI Ending the Silence:** A 50-minute presentation designed for **middle and high school students, school staff, and parents**, aiming to raise awareness and reduce stigma by sharing real-life experiences of young adults living with mental health conditions.

**NAMI In Our Own Voice:** A presentation by an adult to an adult audience that changes attitudes, assumptions, and ideas about people with mental health conditions by providing a personal perspective on mental health recovery.



# 2025 Presentation Numbers

- So far in 2025 we have...
- Given **157** Ending the Silence Presentations to over **2,400** youth and family members, including presenting to the Girls Scout Troop Leaders, the Boys and Girls Club of Greater Scottsdale, HOSA, One N Ten, HAMC, Superior Court of Maricopa County, and the PXU School District
- Given **80** In Our Own Voice Presentations to over **2,650** individuals in our community including presenting to Banner Surprise Fire, Banner University Medical Center JD Steel, Phoenix Fire and Paramedics, Scottsdale Community College of Nursing, and the Maricopa County Sheriff's Department

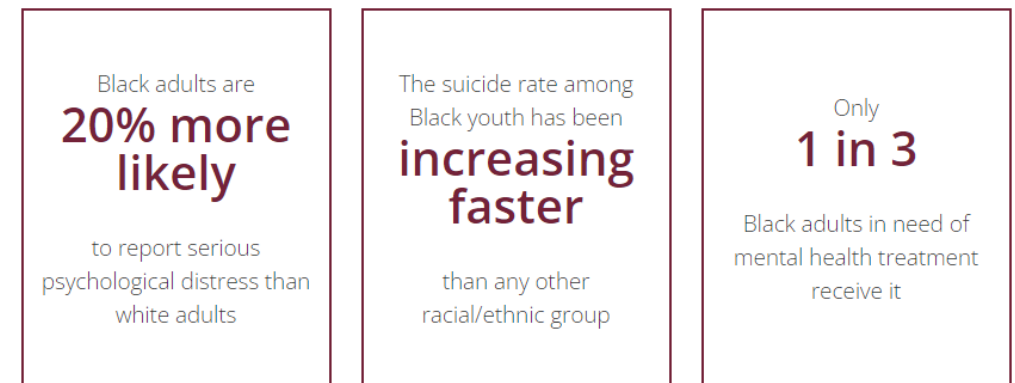
## Did You Know?



NAMI Compartiendo Esperanza is an initiative created by Hispanic/Latin American communities for Hispanic/Latin American communities. The program includes culturally competent community conversations that break down stigma, challenge stereotypes and make it safe and easy to talk about mental wellness with facilitators who participants can relate to and trust. Separate segments are available for Families, Young People and Community Leaders, and materials can be adapted to diverse settings — from churches to cafeterías to large celebrations, family gatherings and more.

NAMI Sharing Hope is designed to introduce discussions on mental health and wellness through a three-part community conversation series grounded in the sharing of sacred stories and guided dialogue on mental wellness and support. NAMI Sharing Hope is an initiative created by Black and Brown communities for Black and Brown communities.

## Did you know?



# Outreach, Advocacy & Wellness

**NAMI FaithNet:** A network of NAMI members, friends, clergy, and congregations of all faith traditions dedicated to promoting the role of faith in recovery for individuals with mental health conditions.

**NAMI Smarts for Advocacy:** A hands-on advocacy training program that helps individuals shape their personal stories to inspire change and effectively communicate with policymakers.

**NAMI Hearts+Minds:** A wellness program designed to educate and empower individuals to better manage their health, mentally and physically.



# Youth Initiatives

## Community-Based Partnerships

**Boys and Girls Club:** An 8-week Mental Health Program designed to respond to youth interests and lived experiences through presentations and discussions.

**NAFFA:** A collaboration to support underserved youth populations through culturally rooted programs.

**Desiderata Alternative Schools:** The Creative Mindset Pilot Program will introduce tools that are centered around creative outlets for students who have been diagnosed with a behavioral or mental health condition.

## Youth Presentations and Engagement:

NAMI Valley of the Sun is working with **Girl Scouts** and **Teen Lifeline** to bring community conversations surrounding mental health and suicide awareness in these youth programs.



# Valley of the Sun

## Four Main Objectives:

- Increase NAMI Signature Programs offered by 60% (including both educational programs and support groups).
- Increase the number of participants served by 60%.
- Increase volunteer base by 60% with a minimum of 40% of volunteers being from diverse backgrounds.
- Increase annual revenue by 10 - 20% each year, year over year.



**How can you get involved?**

# Leadership Flow

## PARTICIPANTS

Average, everyday folks with a lived experience (either personally or as a friend or family member with a mental illness (does not have to be formally diagnosed)).

Example: Participants in a class like P2P, F2F, or Support group

1



## FACILITATORS

Individuals who have participated in a program, and trained to lead said program by a team of state trainers.

Example: NAMI Family-to Family facilitators, NAMI Support Group facilitators (both peer and family), NAMI P2P, NAMI IOOV. NAMI ETS utilizes a "coach" model

2



## STATE TRAINERS

Facilitators who have led specific groups/classes and are nominated by the NSO (state organization) to be trained by National Trainers to train facilitators. This training is called TTT or Train the Trainer.

Example: teaching teams to lead state trainings.

3



## NATIONAL TRAINERS

Individuals trained by the National organization to train state trainers. Often identified and sought during state trainings based upon their leadership skills.

4



# Volunteer

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- **Teacher or Facilitator**
  - **Presenters**
  - **Event Assistance**
  - **Ambassador**
  - **Administrative Assistance**
- 

For more info, visit us here:



# Training Commitment

- Sharing Hope and Compartiendo Esperanza- These community conversations will consist of a 2 day virtual training session. Session #1 is 2 hours and focuses on how to engage with the community, and session #2 is 3 hours and focuses on the technical aspects of leading the conversation.
- NAMI Ending the Silence training involves a blended training: a combination of online and self-directed modules followed by a 4-hour in-person practice session.
- NAMI In Our Own Voice training involves a blended training: a combination of online, self-directed modules followed by a 1-day in-person training.
- NAMI Connection Support Group and NAMI Family Support Group- Two-day in-person training
- NAMI Family-to-Family- Two-and-a-half-day in-person
- NAMI Peer-to-Peer- Blended training: a combination of online, self-directed modules followed by a 1 1/2-day in-person training.

# Questions??

Email :

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many  
thanks



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