NAMI Signature Programs

- Family to Family – 3 Classes per year
- NAMI-Connection • meets at the Station
- In Our Own Voice – battling stigma throughout central Kentucky
- Hearts & Minds – now available online
- Sharing Hope – networking with the faith community
- NAMI-Walks - 9 Years strong!
- And Introducing…. NAMI Basics
Why Do We Need to Learn about Mental Health Problems?

- Mental health problems are common.
- Stigma is associated with mental health problems.
- Many people are not well informed about mental health problems.
- Professional help is not always on hand.
- People often do not know how to respond.
- People with mental health problems often do not seek help.

What Is a Mental Disorder?

A mental disorder or mental illness is a diagnosable illness that:

- Affects a person's thinking, emotional state, and behavior
- Disrupts the person's ability to
  - Work
  - Carry out daily activities
  - Engage in satisfying relationships

U.S. Adults with a Mental Disorder in Any One Year

<table>
<thead>
<tr>
<th>Type of Mental Disorder</th>
<th>% Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety disorder</td>
<td>18.1</td>
</tr>
<tr>
<td>Major depressive disorder</td>
<td>6.7</td>
</tr>
<tr>
<td>Substance use disorder</td>
<td>3.8</td>
</tr>
<tr>
<td>Bipolar disorder</td>
<td>2.6</td>
</tr>
<tr>
<td>Eating disorders</td>
<td>2.1</td>
</tr>
<tr>
<td>Schizophrenia</td>
<td>1.1</td>
</tr>
<tr>
<td>Any mental disorder</td>
<td>26.2</td>
</tr>
</tbody>
</table>
Recovery from Mental Illness

"Recovery is the process in which people are able to live, work, learn, and participate fully in their communities."

"For some, this is the ability to live a fulfilling and productive life despite a disability."

"For others, recovery implies the reduction or complete remission of symptoms."

— President’s New Freedom Commission on Mental Health, 2003

Three Main Areas
peer support opportunities

- Naturally Occurring Support Services
- Consumer Operated Services
- Employment of Consumers as Providers within Clinical and Rehabilitative Settings
The Journey of Recovery is a Marathon, not a Sprint!