Contact your local Affiliate for information on these and other programs, classes, support groups, and services. Please note that not every Affiliate offers every program listed, and many also offer other programs and services not listed.

To find your local Affiliate, please visit
http://namitexas.org/find-your-local-affiliate/
www.namitexas.org

For more information, please email education.director@namitexas.org

512-693-2000

Programs & Services

NAMI Texas offers a variety of programs and services directed to individuals living with a mental health condition, family members, friends, professionals, other stakeholders, and the community at large to address the mental health needs of Texans. NAMI programs are provided at the local level by our Affiliates.

Education

Education is an essential part of understanding and coping with mental illness. NAMI Texas currently provides numerous educational programs addressing the many needs of different constituencies. Contact your local NAMI Affiliate for their education program schedule.

For Individuals Living with a mental health condition

NAMI Peer-to-Peer
The Peer-to-Peer (P2P) curriculum is a free 8-week, peer-led, recovery education course open to any person with a mental health condition who wishes to live well in their recovery. The course offers a comprehensive understanding of mental health conditions with topics ranging from stigma to relapse prevention to advocacy and much more.

For Family Members and Friends

NAMI Family to Family
The Family-to-Family (F2F) education program is a free 12-week education course for families, partners, and friends of individuals with a mental health condition. This series of weekly classes is structured to help caregivers understand and support individuals with a mental health condition while maintaining their own well-being. The course is taught by trained family members who know what it’s like to have a loved one struggling with one of these brain disorders.

NAMI Homefront
The Homefront program was developed to meet the unique needs of families of Service Members and Veterans who live with a mental health condition. It is a 6-session adaptation of the evidence-based NAMI Family-to-Family program which is taught by family members who have a relative living with a mental health condition, also referred to as a brain disorder.
NAMI Family and Friends
NAMI Family & Friends is a 4-hour or 90-minute seminar that informs and supports people who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. Seminar leaders have personal experience with mental health conditions in their families.

Partnerships
The Partnerships curriculum is a free education program that allows teams comprised of family members and professionals to provide collaborative educational workshops. Partnerships has been designed to be used in a variety of ways; it can be used as a stand-alone self-help guide, as the basis for a group book discussion and family members who live in rural or isolated areas and do not have access to NAMI groups in their community, or in hospitals or agencies looking to introduce a basic educational program.

For Youth and their Family Members
NAMI Basics
Basics is a free 6-week education program specifically for parents and other caregivers of children and adolescents who have either been diagnosed with a mental health condition, or who are experiencing symptoms but have not yet been diagnosed. The NAMI Basics course is taught by trained teachers who are the parent or caregiver of individuals who developed the symptoms of a mental health condition prior to the age of 13 years.

Ending The Silence
NAMI Ending the Silence (ETS) is an in-school presentation about mental health designed for middle and high school students. This program is delivered by a trained two-person team, one of whom is a young adult living in recovery with a diagnosable mental health condition. The goal of the presentation is to raise awareness and change perceptions about mental health conditions. ETS is now available for teachers and parents with separate presentations.

For Community Groups
NAMI In Our Own Voice
In Our Own Voice (IOOV) is a unique public education presentation that offers insight into the hope and recovery now possible for people with a mental health condition. Trained individuals with mental health challenges lead a brief yet comprehensive and interactive presentation about mental illness. The presentation includes a video, personal testimony, and discussion between the presenters and the audience. The testimonies put a face on mental illness while informing the audience of how people with a mental health condition recover and reclaim productive lives.

Bridges to Hope
Because religion and spirituality often play a vital role in healing, it’s not uncommon for families and individuals experiencing mental health issues to turn to a faith leader first for help. Yet faith leaders, staff and key outreach volunteers are often lacking the information, education and resources to be the “bridge to hope” needed as people navigate serious, sometimes life-threatening, mental health issues. Bridges to Hope is a 3-hour mental health training featuring: An informative overview of prevalent mental health myths and common symptoms of mental health disorders along with simple ideas for building “bridges to hope” for your faith community.

For Professionals
NAMI Parents and Teachers as Allies
Parents and Teachers as Allies offers 2 hours of in-service training for Texas teachers and school professionals, helping them to recognize and identify early-onset mental health conditions in children and adolescents. The presentation is conducted by parents and individuals with a mental health condition who have had to negotiate mental illness within the school system.

NAMI Provider
Provider offers 15 or 4-hours of in-service training to line staff at public mental health agencies, taught by a trained 3 or 5-member team of family members, individuals with a mental health condition and a mental health provider who is either a family member or an individual with a mental health condition. This course emphasizes the lived experience of mental health conditions which prepares staff members to practice a collaborative consumer/provider/family treatment team model of care.

Support
NAMI Texas Affiliates provide regular support groups for individuals living with a mental health condition, family members and others affected by mental health conditions. Contact your local NAMI Affiliate for their support group schedule.

NAMI Family Support Group
NAMI Family Support Group is a peer-led 90-minute support group for family members and loved ones of individuals living with a mental health condition. Groups generally meet on a monthly basis but may meet weekly. The hallmark of a NAMI Family support group is leveraging the collective knowledge and experience of the other participants.

NAMI Connection Recovery Support Group
NAMI Connection is 90-minute recovery support group for people living with a mental health condition in which people learn from each others’ experiences, share coping strategies, and offer each other encouragement and understanding. NAMI Connection support groups are facilitated by persons who live with a mental health condition for other persons with any diagnosis who also live with a mental health condition.