

SUPPORT GROUPS



NAMI Connection Recovery Support Group Meetings are free, 90-minute recovery support groups for people living with mental illness where people learn from one another's experiences, share coping strategies and offer mutual encouragement and understanding. The groups discuss the challenges of living with mental illness and techniques for maintaining wellness. Facilitators are trained NAMI peers living in recovery.



NAMI Family Support Group Meetings are free, monthly 90-minute support groups of family and friends of individuals with a mental illness where they can talk frankly about their challenges and help one another through their learned wisdom and coping strategies. Participants are encouraged to share actively in the work of the group. All meetings are facilitated by trained NAMI family members.

For a list of Support Group Meetings, visit our website at www.namivt.org

EDUCATION



NAMI Family-to-Family is a free, 12-week course for families, partners and friends of individuals living with mental illness and is taught by trained NAMI family members and friends. The course addresses the emotional responses families have to the challenges of mental illness. Many family members describe their experience in the program as "life-changing." Classes are available in the spring or fall in numerous locations in the state.



NAMI Provider Program offers a 15-hour course or a 4-hour seminar to professionals and providers who work directly with people experiencing mental illness. The course helps professionals realize the hardships that families and individuals experience and appreciate the courage and persistence it takes to live with and recover from mental illness. Teachers are a trained team of family members, individuals living with mental illness, and a mental health professional.

Mental Illness and Recovery

NAMI Vermont's Mental Illness and Recovery offers family, friends, peers, and community members a one-day workshop that covers information on many common major mental illnesses. The workshop will also cover the components of recovery, treatment and medication options, evidence-based practices available in Vermont, community resources and services within our state.



NAMI Homefront is a class for families, partners and friends of military service members and veterans experiencing a mental health challenge. The course is designed specifically to help these families understand those challenges and improve the ability of participants to support their service member or veteran. This program is available online through our partnership with NAMI national.

PRESENTATIONS



Individualized Presentations

- Faith groups
- Organizations/Agencies
- Schools/Government
- Clubs, etc.

NAMI In Our Own Voice is a 60-90 minute public education presentation that raises the awareness of mental illness and recovery. It includes a short video, personal testimony and a Q&A session that allows for honest and open dialogue. Presenters engage audiences with their brave and gripping personal journeys while offering information about the various phases of recovery.