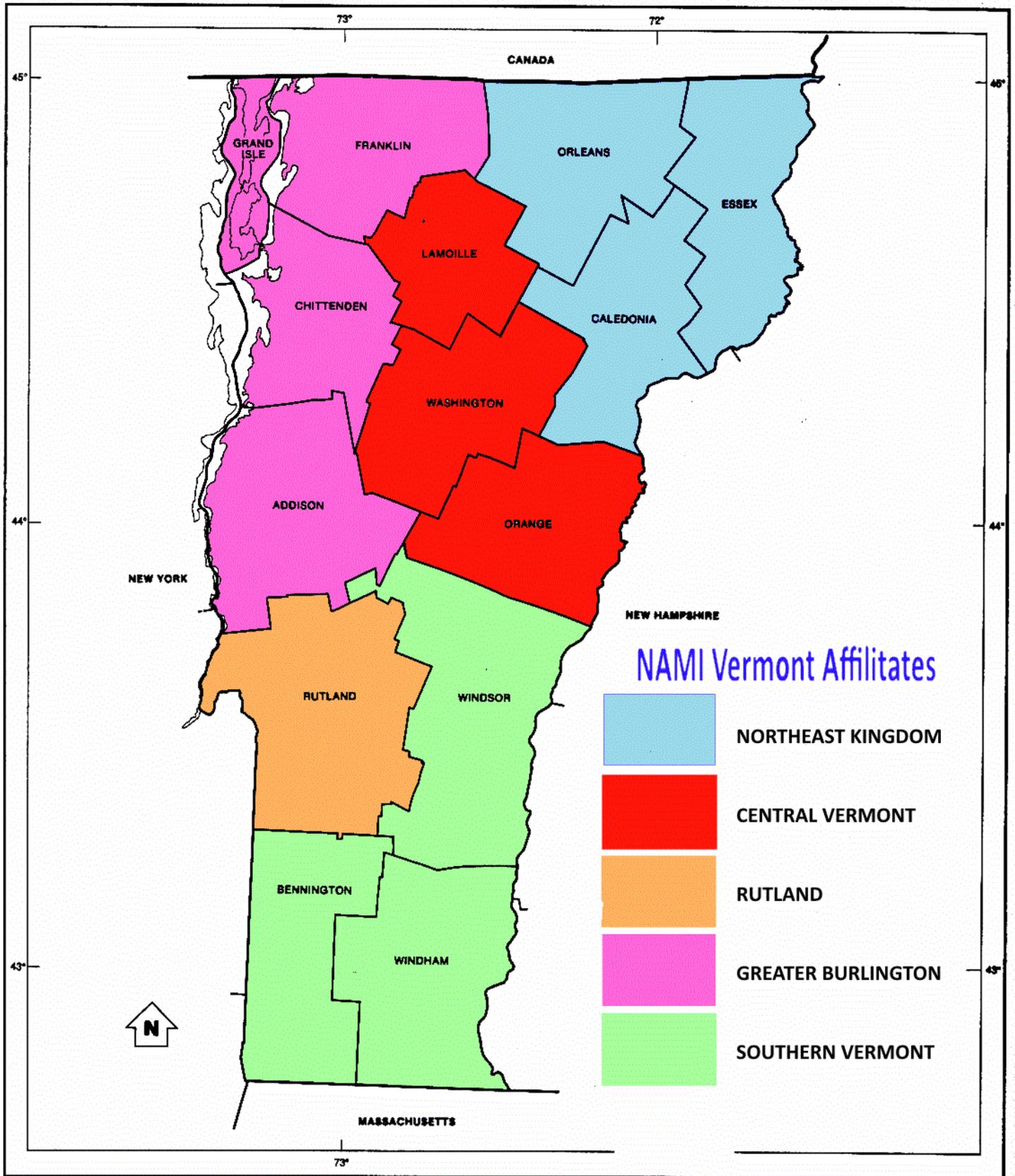


**NAMI Vermont's Mission** is to support, educate, and advocate so that all communities, families, and individuals affected by mental illness or mental health challenges can build better lives. To that end we offer the following support groups, education programs, and presentations.

<b>SUPPORT GROUPS</b>	
(for a complete list of NAMI Vermont Support Groups, please visit our website @ <a href="http://www.namivt.org/support/">www.namivt.org/support/</a> )	
 <p>NAMI Connection National Alliance on Mental Illness RECOVERY SUPPORT GROUP</p>	 <p>NAMI Family Support Group National Alliance on Mental Illness</p>
<p><b>NAMI Connection Recovery Support Group Meetings</b> 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.</p>	<p><b>NAMI Family Support Group Meetings</b> are free, 90-minute support groups for family and friends of individuals who live with mental illness. Participants talk freely about the challenges they face in a supportive and understanding environment. Members of the group help one another by listening and sharing their lived experiences, learned wisdom, and coping strategies. Meetings are facilitated by trained NAMI family members.</p>
<b>EDUCATION</b>	
(for a complete list of NAMI Vermont Education Programs, please visit our website @ <a href="http://www.namivt.org/education/">www.namivt.org/education/</a> )	
 <p>NAMI Family-to-Family National Alliance on Mental Illness</p>	 <p>NAMI Provider National Alliance on Mental Illness</p>
<p><b>NAMI Family-to-Family</b> is a free, 12-week course for family members, partners, and/or friends of individuals living with mental illness. The course is taught by trained NAMI family members and friends and addresses the emotional responses individuals experience when faced with 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 several locations throughout the state.</p>	<p><b>NAMI Provider Program</b> offers a 15-hour course or a 4-hour seminar to professionals and providers who work directly with people living with mental illness. The course/seminar helps professionals understand 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.</p>
 <p>NAMI Vermont National Alliance on Mental Illness Mental Illness &amp; Recovery</p>	 <p>NAMI Homefront National Alliance on Mental Illness</p>
<p><b>NAMI Vermont's Mental Illness and Recovery</b> offers family, friends, peers, and community members a one-day workshop that covers information on many common major mental illnesses. The workshop also includes information on the components of recovery, treatment, and medication options, evidence-based practices available in Vermont, community resources, and services within our state.</p>	<p><b>NAMI Homefront</b> 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 participants understand the challenges and improve their ability to support their service member or veteran. This program is available online through our partnership with NAMI national.</p>
<b>PRESENTATIONS</b>	
 <p>NAMI In Our Own Voice National Alliance on Mental Illness</p>	
<p><b>Individualized Presentations:</b></p> <ul style="list-style-type: none"> <li>• Faith Groups</li> <li>• Organizations/Agencies</li> <li>• Schools/Government Agencies</li> <li>• Clubs, etc.</li> </ul>	<p><b>NAMI In Our Own Voice</b> is a 60-90-minute public education presentation that raises awareness of mental illness and recovery. It includes a short video, personal testimony, and a Q&amp;A session that allows for honest and open dialogue. Presenters engage audiences with their brave and gripping personal journey, while offering information about the various phases of recovery.</p>

*Made possible in part by a grant from the Vermont Department of Mental Health*

Counties



U.S. DEPARTMENT OF COMMERCE Economics and Statistics Administration Bureau of the Census  
**MAPS**

**VERMONT G-1**