



nami

National Alliance on Mental Illness

El Dorado County

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May is Mental Health Awareness
Month

5%

1 in 20 people experience serious mental illness.

There are many gaps in services and help for people.

Our mission is to help fill some of those gaps

NAMI Mission Statement

Our Mission:

Dedicated to improving the quality of life for people with mental illness and their families through support, education and advocacy.

Our 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.

Our Goals

With our National and State organizations, we advocate at the county, state and national levels for non-discriminatory access to quality healthcare, housing, education and employment for people with mental illness.

- Educate the public about mental illness.
- Work to eliminate the stigma of mental illness.
- Advocate for increased funding for research into the causes and treatment of mental illness.
- Promote Mental Health Literacy

Ongoing Activities

In a typical month we:

1. Provide a family support group meeting on the Western Slope
2. Provide a family support group meeting in South Lake Tahoe
3. Send one email blast per month addressing mental health issues
4. Promote mental health awareness through social media platforms
 - a. Facebook: <https://www.facebook.com/NAMI.El.Dorado.County>
 - b. Instagram: https://www.instagram.com/nami_el_dorado_county/
5. Attend the Multi-Disciplinary Team meeting at the Sheriff Office
6. Respond to calls and emails from family members and peers asking for help
7. Provide a weekly art class at the Wellness Center

Social Media



Facebook - 382 local followers
Instagram - 80 followers



Activities for Mental Health Awareness Month

- Participate in NAMI Walk fundraising campaign (postponed due to weather)
- Honor Officer Talya Stohlman for organizing 12 sessions of Crisis Intervention Training for the entire Sheriff Dept staff (Date/Time TBA coordinated with BOS)
- Provide NAMI Family and Friends presentation at the El Dorado Hills Library HUB (Saturday, May 18, 2-4:30pm)

Upcoming Activities

- Clubhouse opening - projected for June / July
- Pilot a Peer Support Group - 3rd Tuesday in June
- Family and Friends via zoom - Fall 2024

Clubhouse Opening



- Prepared printed materials
- Created a clubhouse web-page, facebook page, and an instagram profile
 - <https://namiel Dorado County.org/clubhouse-el-dorado/>
 - <https://www.facebook.com/ClubhouseElDorado/>
 - <https://www.instagram.com/clubhouseeldorado/>
- Presentations to community partners, referring agencies, and potential members have begun.
- Secured a location (lease starts June 1)
- Membership drive - sign up 5-10 new members per month
- With members and volunteers, begin enhancing physical environment
- Begin establishing Clubhouse culture

Peer Support Group

Only recently, we've been receiving requests to start Peer Support Groups.

We will be piloting a peer support group the 3rd Tuesday in June.

It has been a challenge to find Peers who meet the criteria to be a Peer Support Group leader but given the demand, we know Peers who:

- Have lived experience
- Living stable
- Have attended at least one NAMI support group
- Be a member of NAMI
- Be willing to take the 2 day training in NAMI Support Group protocols.

Future Projects

- Develop Mental Health Film / speaker series
- Add family support groups
- Develop Clubhouse membership and programs