

1 OUT OF 4 FAMILIES ARE AFFECTED BY MENTAL ILLNESS

Mental illness does not discriminate. It can affect persons of any age, race, or socioeconomic status.

The World Health Organization reports that four of the 10 leading causes of disability in the United States are mental disorders.

Returning combat veterans are experiencing very high rates of serious mental illness, suicide, addiction, homelessness and incarceration related to Post Traumatic Stress Disorder (PTSD).

The state's Medicaid and behavioral health budgets are lifelines for thousands of people in Maryland who face mental illness.

Mental health cuts actually end up costing us all even more through lost jobs, broken families, greater homelessness, increases in welfare, costs for hospital emergency rooms, schools behavioral issues, and criminal justice-related costs.

Please protect all our families and our communities now. Protect state funding for mental health care.

Treatment works!

NAMI Maryland is a legal entity separate and distinct from NAMI, Inc.

HOPE



NAMI Maryland provides statewide education, outreach, advocacy and affiliate organizational support. We provide all trainings that allow our affiliates to provide NAMI programs.

Local NAMI Affiliates in Maryland:

NAMI Anne Arundel County
NAMI Carroll County
NAMI Cecil County
NAMI Frederick County
NAMI Harford County
NAMI Howard County
NAMI Lower Shore
NAMI Metropolitan Baltimore
NAMI Montgomery County
NAMI Prince George's County
NAMI Southern Maryland
NAMI Washington County

NAMI MARYLAND

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*Education, Support,
Outreach and Advocacy*



nami | **Maryland**
National Alliance on Mental Illness



A VOICE

Maryland's Voice on Mental Illness

NAMI Maryland encompasses a statewide network of more than 30,000 families, individuals, community-based organizations and service providers. These members and supporters are the face and voice of the NAMI Maryland movement – families, individuals, friends and businesses – who come together to celebrate recovery, to honor those who are coping with mental illness and to combat stigma, promote awareness and advocate for others.

OUR MISSION

The mission of NAMI Maryland is to improve the quality of life for individuals with serious mental illnesses and their families.

AREAS OF INTEREST FOR OUR WORK

Returning Military Veterans and their families
Faith Community and Communities of Color
Business Community
Transitional Age Youth (emerging adults)
School Counselors
Housing and Homelessness Services
Crisis Service Providers/ Emergency Responders
Criminal Justice/ Reentry Community
Substance Use Counselors

Testimony from NAMI participants:

"The NAMI Family-to-Family course I took was a lifesaver for my family and for myself."

-Family-to-Family trainee

"It is helpful to know that there are others with mental illness and that one is not alone in one's quest for recovery."

-Connection Recovery Group trainee

"My NAMI Peer-to-Peer class was so helpful in coming to terms with my diagnosis that now I want to share that with others."

2016 Advocacy Priorities

NAMI Maryland advocates for public and private resources that are needed to ensure the availability, accessibility and quality of comprehensive mental health treatment, prevention and recovery services throughout the state of Maryland. In 2016, NAMI Maryland will lead advocacy efforts to improve access to timely and effective mental health treatment for individuals with mental illness and their families by focusing on the following advocacy priorities:

- *Protect and expand access to timely and effective mental health treatment and services in the FY17 Behavioral Health and Medicaid Budget.*
- *Reduce barriers that disrupt access to timely services and continuity-of-care for individuals with mental illness.*
- *Ensure full implementation of the Affordable Care in Maryland. Uphold the anti-discrimination provisions, including mental health parity.*
- *Improve the criminal justice system's response to individuals with mental illness and their families and increase diversion from the criminal justice system to community services, wherever possible.*

We send out regular E-news updates with local and national news of interest on mental health topics, webinar and teleconference opportunities and events across Maryland. This is a great way to stay informed! Sign-up at www.namimd.org.

NAMI EDUCATION AND SUPPORT

For more information call 410-884-8691



The NAMI Family-to-Family Education Program is a free, 12-week course for family caregivers of individuals with severe mental illnesses.



Peer-to-Peer is a unique learning program for people with mental illness who are interested in establishing and maintaining their wellness and recovery.



NAMI Basics is a program for relatives and caregivers of children and adolescents who developed the symptoms of mental illness prior to the age of 13 years.



NAMI Connection is a recovery support group program for adults living with mental illness that is expanding in communities throughout the state of Maryland.



NAMI Family Support Groups are for relatives, caregivers, and others involved with individuals with mental illness.



In Our Own Voice is a unique public education program where two trained individual speakers share compelling personal stories about living with mental illness and achieving recovery.