



NAMI Programs in Iowa

National Alliance on Mental Illness

NAMI offers an array of programs for individuals living with mental illness and their family members, the general public, and school and health professionals.



EDUCATION CLASSES

NAMI Basics is a class for parents and other family 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. This course is also available in Spanish, Bases y Fundamentos de NAMI.

NAMI Family-to-Family is a class for families, partners and friends of individuals with mental illness. The course is designed to facilitate a better understanding of mental illness, increase coping skills and empower participants to become advocates for their family members. This program was designated as an evidence-based program by SAMHSA. The course is also available in Spanish, De Familia a Familia de NAMI.

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.

NAMI Peer-to-Peer is a recovery education course open to anyone experiencing a mental health challenge. The course is designed to encourage growth, healing and recovery among participants. This program is also available in Spanish, De Persona a Persona de NAMI.

NAMI Provider Education is a class for line staff at facilities providing mental health treatment services. The NAMI Provider Education class is designed to expand the participants' compassion for the individuals and their families and to promote a collaborative model of care.



PRESENTATIONS

NAMI Ending the Silence is an in-school presentation designed to teach middle and high school students about the signs and symptoms of mental illness, how to recognize the early warning signs and the importance of acknowledging those warning signs.

NAMI In Our Own Voice is a presentation for the general public to promote awareness of mental illness and the possibility of recovery. This program is also available in Spanish, En Nuestra Propia Voz de NAMI.



SUPPORT GROUPS

NAMI Connection is a weekly or monthly support group for people living with a mental health condition. This program is also available in Spanish, NAMI Conexión.

NAMI Family Support Group is a weekly or monthly support group for family members, partners and friends of individuals living with a mental illness.



ADVOCACY

NAMI Smarts for Advocacy is a hands-on advocacy training program that helps people living with mental illness, friends and family transform their passion and lived experience into skillful grassroots advocacy.

