

### **We also offer:**

Local, state and national public awareness activities such as local walks, health fairs, presentations and other special events to help raise community awareness of mental health issues. Also is an annual NAMI Kentucky State Conference., an annual Advocacy Day at the State Capitol, discount to NAMI National Convention, opportunities for NAMI Kentucky members to participate in state and national trainings and member discounts on NAMI brochures, videos and other promotional items through the NAMI national website.

### **DONATIONS**

NAMI Kentucky is a qualified 501©3 organization and contributions to NAMI Kentucky are tax-deductible to the extent allowed by law. Funds for NAMI Kentucky programs/services are provided through the Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities, corporate foundations, grants, and donations.

### **MEMBERSHIP**

Membership is open to anyone. Annual regular membership is \$40.00, family dues are \$60.00. If you have limited income, open door membership is \$5.00. Membership at all three levels of the organization (national, state and local) are provided through the annual dues.

## **OUR MISSION**

NAMI Kentucky provides education, support, and advocacy for well-being of all individuals affected by mental illness.

NAMI (the National Alliance on Mental Illness) is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals with mental illness, families and friends. Founded in 1979, NAMI has local affiliates in all 50 states, including District of Columbia and Puerto Rico.

The Kentucky chapter of NAMI has approximately 1,000 members. NAMI Kentucky offers programming and services throughout the Commonwealth.

To find out about services, programs and support groups in your area, contact NAMI Kentucky at:

**NAMI Kentucky**  
**201 Mechanic Street**  
**Lexington, KY 40507**

800-257-5081  
namiky@namiky.org  
namiky.org



## **You Are Not**

*Alone*

**WE CARE. LET US HELP**



**NAMI Kentucky is here to educate, support and help anyone fully understand about mental illness.**

## **NAMI Kentucky**

859-543-NAMI  
800-257-5081  
NAMIKY.ORG  
NAMIKY@NAMIKY.ORG

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## About NAMI Kentucky

NAMI Kentucky represents more than 20 Kentucky Affiliates. It has one of the largest paid membership rosters in the country. We represent approximately 1,000 individuals who are family members, persons with mental illness, healthcare providers and mental health advocates. NAMI Kentucky is operated by a full Board, two full time employees, an Executive Director and Office Manager, and two contract employees, an Advocacy Coordinator and an Accountant.

Mental illnesses are biological brain disorders that are more common than cancer, diabetes and heart disease. One in four persons will be affected by a mental illness in his or her lifetime. Mental illnesses include bipolar disorder, schizophrenia, major depression, post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), panic disorder and borderline personality disorder.

With an effective treatment plan, which may include medications, a range of mental health services and family support, most individuals living with a serious mental illness can achieve recovery, reduce the impact of their illness and find a satisfying measure of achievement and independence.

## Programs and Services

**Family-To-Family (F2F)** is a 12 week course (2 ½ hours per week) for families of adults with mental illness. F2F is taught by trained NAMI family members who have relatives with mental illness. The course provides communication and problem-solving techniques, coping mechanisms, local resources, and the self-care skills needed to help their loved ones and manage the impact on the family.

**Basics** is an educational program for parents and other primary caregivers of children and adolescents with mental illness. Basics is taught by trained parents and caregivers who have lived similar experiences with their own children. Basics provides learning and practical insights and resources for families.

**Family Support Groups (FSG)** offer a non-judgmental and confidential setting where family members share experiences, learn from listening to others, and have support and understanding. Groups are led by trained family members.

**Connection** is recovery support groups for adults with mental illness, regardless of their diagnoses. Trained individuals in recovery who understand the challenges others face with mental illness lead Connection groups.

**In Our Own Voice (IOOV)** is a public education/awareness presentation that enriches audiences' understanding of how individuals with mental illness cope, recover and reclaim rich and meaningful lives. Presented by trained speakers who have mental illnesses, the presentation includes a brief video and personal stories, lasts 60-90 minutes, and includes audience questions and discussions.

**NAMI Family Advocates** are regional positions that promote Kentucky's IPS Supported Employment program in various ways. Supported employment is a program in which people with disabilities, including intellectual, mental health, and traumatic brain injury, among others, are assisted with obtaining and maintaining employment. Call or email us to find out about supported employment or how to become a NAMI Family Advocate in your area: 800-257-5081 or via email at [namiky@namiky.org](mailto:namiky@namiky.org).

**NAMI Ending the Silence** is a free, 50 minute presentation designed to give students an opportunity to learn about mental illness through an informative power point and short videos. Through the presentation, students learn symptoms and indicators of mental illness, and are given ideas about how to help themselves, friends, or family members who may be in need of support. Additionally, the presentation includes personal testimony from a young adult living with a mental illness about his/her journey to recovery.

**NAMI Homefront** is a free, six-session program for family, friends and partners of military service members and veterans with mental health conditions. It focuses on the unique needs of military and veteran communities, such as post-deployment and post-discharge transitions.

**NAMI Smarts** is a free training to teach you how to effectively communicate with your legislators. NAMI Smarts for Advocacy is a popular advocacy training program that helps people living with mental illness, friends and family members transform their passion and lived experience into grassroots advocacy. Whether you're new to advocacy or have years of experience, the step-by-step, skill-building design of NAMI Smarts will help make you a stronger mental health advocate. Participants often share that they've never been able to condense their story or make a clear "ask." NAMI Smarts provides the tools to do just that. You will come out of the course confident and able to share your story in a way that moves policymakers.

### Other program/benefits offered

The national organization, NAMI Kentucky and its affiliates are involved in many other services, events, and activities, often partnering with other mental health, disability, healthcare, and advocacy groups around the state. A free NAMI Kentucky help-line offering information and referral at 1-800-257-5081.