



*This document was presented at the 2018 California State PTA Convention.*  
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*B08\_at\_a\_glance-nami\_california\_programs*  
*Reference Material*

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## NAMI California Programs

NAMI California offers a wide variety of educational, support and stigma reduction programs for California's communities.

### For Family Members – Contact Serena Durand ([serena@namica.org](mailto:serena@namica.org)) for more info

- **Family to Family** is a free, evidence-based, 12-week course for families, partners and friends of individuals with serious mental illness and addresses the emotional responses families have to the reality of mental illness.
- **NAMI Basics** is a free, 6-week, education program geared towards parents and other family caregivers of children and adolescents who have been diagnosed with serious mental illness/serious emotional disturbance or are experiencing symptoms but have not yet been diagnosed.
- **NAMI Family Support Group Program** is a free, facilitated monthly meeting of family and loved ones of individuals with mental illness where family members can talk openly about their challenges and help one another through their wisdom gained by experience and self-education.
- **NAMI Homefront** is for families, partners and friends of military Service Members and Veterans. The course consists of six 2-hour classes designed to help military/Veteran families understand mental health conditions and improve their ability to support their Service Member.

### For Individuals – Contact Thao Duong ([thao@namica.org](mailto:thao@namica.org)) for more info

- **Peer to Peer** is a free, 10-week, peer-led, recovery education course open to any person with serious mental illness emphasizes the possibility of recovery.
- **NAMI Connection** is a free, facilitated weekly 90 minute recovery support group for people living with mental illness where people learn from one another's experience, share coping strategies, and offer mutual encouragement.

### For the Community – Contact Thao Duong ([thao@namica.org](mailto:thao@namica.org)) for more info

- **In Our Own Voice** is a unique public education program in which two trained speakers share compelling personal stories about living with mental illness, achieving recovery and offer insight into the hope and the possibility of recovery for people living with mental illness.
- **NAMI Provider Education Program** is a free 5-session course for health care providers in order to reduce stigma among providers and help them gain empathy and understanding in order to work more effectively with individuals living with mental illness and their families. Contact Kelly Boyles at [Kelly@namica.org](mailto:Kelly@namica.org) to learn more

### For Youth & Schools – Zuleima Flores ([zuleima@namica.org](mailto:zuleima@namica.org)) for more info

- **Ending the Silence** is a free, 50-minute presentation designed to give students an opportunity to learn about mental illness through PowerPoint, short videos and personal testimony from a young adult living with a mental health condition about his/her journey to recovery.
- **NAMI on Campus** is a peer led club for college students to raise awareness of mental health and wellness to empower them to take action on their college campuses.
- **NAMI on Campus High School (NCHS)** is an adaptation of the college program, and is being pilot-tested since 2014 through a partnership with the California Department of Education (CDE) and the Placer County Office of Education (PCOE).

For more information, please contact Beth Wolf at [beth@namica.org](mailto:beth@namica.org)