



National Alliance on Mental Illness

NAMI

Colorado Springs

PROGRAMS AND SERVICES

May 2019

All of the following programs and services are offered at no charge.

FOR FAMILIES

Basics

This six-week class covers the fundamentals of caring for yourself and your family when a child or adolescent is experiencing symptoms of a mental illness or has already been diagnosed. Basics also teaches advocacy skills for working with schools.

Family-to-Family

Led by NAMI-trained family members since 1999, Family-to-Family is a 12-week course for family, caregivers and friends of individuals living with mental illness. It covers brain physiology, treatment, coping skills, advocacy strategies and more.

Family Support Group

Every week, a peer-led, 90-minute Family Support Group gathering leverages the collective knowledge, empathy and experience of family members, caregivers and loved ones of those living with mental illness.

FOR PEERS

Connection Support Group

In the weekly Connection Support Group, people living with mental illness learn from each others' experiences, share coping strategies, and provide encouragement and understanding.

Peer-to-Peer

This eight-week, recovery-focused educational program supports adults who wish to establish and maintain wellness in response to mental health challenges. Peer-to-Peer provides critical information and strategies related to living a full life with mental illness.

FOR THE COMMUNITY

Below the Surface

This award-winning public-awareness initiative aims to connect El Paso County teens with the state of Colorado's free, confidential, 24/7 crisis text line. (Text "TALK" to 38255.) It includes posters, cards, stickers, a website and hand-in-hand work with local schools.

Bridges for Hope

At Bridges for Hope workshops, faith community leaders and members learn to navigate conversations about mental health and to identify supports for those who need them. They also learn about resources in the community, including NAMI, that can help them create a stronger safety net.

Crisis Intervention Team Training

Crisis Intervention Team Training prepares law enforcement personnel to appropriately respond to psychiatric emergencies. During 40 hours of classroom and “in the field” training, participants learn about mental illness and acquire strategies for helping those in crisis.

Ending the Silence

Every 50-minute, interactive Ending the Silence presentation is meant to help teenagers learn about the warning signs of mental health conditions and what steps they can take to find support for themselves or their friends.

In Our Own Voice

By telling their own stories, In Our Own Voice speakers unmask mental illness for various types of groups in our community. They share the reality of their experience with mental illness in hopes of changing attitudes and fighting stereotypes.

Mental Health First Aid & Youth Mental Health First Aid

Offered monthly in conjunction with AspenPointe, each eight-hour Mental Health First Aid course introduces laypeople to signs and symptoms of mental illness, plus resources and strategies for weathering crises and finding help. Fee-based private trainings are available to businesses and community groups.

Provider Education

This five-week course relates the “lived experience” of mental illness to help providers better serve patients and clients. The teaching panel includes a mental health professional; two family members of people with mental illness; and two people in recovery from mental illness.

Resource and Referral Line

Between 9 a.m. and 5 p.m., weekdays, community members can call the NAMI office at (719) 473-8477 and receive help in navigating the mental health system and identifying local resources that can aid in recovery.