



NAMI DuPage

Community GUIDE Training  
for Mental Health

## When NAMI DuPage opened its doors nearly thirty three years ago...

...our goal was to provide support, resources and education for families and individuals living with mental illness; there was little to no support in the community for these families.

NAMI DuPage's Education and Community Training Department fills a critical health need in the community regarding the awareness and treatment of mental illness. More common than cancer, diabetes or heart disease, mental illness will affect one in every five families sometime during their lifetime.

However, many people remain misinformed about mental illness, often believing that people with mental illnesses are crazy or dangerous individuals who will never recover. Discrimination and stigma against those with mental illness is widespread and deters families from seeking the medical and social support they need to help loved ones recover. Because of stigma, less than 30% of people with a mental disorder seek medical treatment, and less than 10% seek diagnostically indicated services such as vocational rehabilitation, case management or day treatment. There is an urgent need for education, both to reduce the stigma of having a mental illness and to promote the early identification and treatment of mental illnesses. Research shows that early treatment is essential for the hope of long-term recovery with minimal negative effects.

Our *Community Presentations* consist of informational presentations for community organizations covering the basics of mental health recognition, signs and symptoms and response. The community also gets to learn of life-changing NAMI and community resources. The program leads many to follow up with NAMI DuPage for additional support.

Our Community Training Presentations are crucial to stamping out the stigma and promoting awareness that good mental health is as important as good physical health; the two go hand in hand.



Angela Adkins  
Executive Director of NAMI DuPage

## **Presentation Overview**

Our Education & Community Training Department is pleased to offer educational Community Presentations to bring hope to families and individuals who live with mental illness and inform community members what they can do to best support and come alongside these individuals and family members. Through education we can reduce stigma, provide resources and inform the public that recovery is possible. Our department offers a variety of different types of trainings that are available to any organization or group requesting a presentation. We aim to tailor our presentations to your group's needs, to make sure that you are receiving the information and education that will be most helpful to your group.

We offer specialized presentations that cover basic information about mental illness such as signs and symptoms, talk about the prevalence and importance of discussing mental health problems, and also provide practical steps for connecting people with mental illness and their family members to appropriate people and resources. Presenters from our Speaker's Bureau present their personal recovery stories living with mental illness, or being a friend or family of someone with a mental illness.

**“[I learned] how to build more meaningful relationships with patients and gain trust and work as a team.”**

– Community Presentation Participant

**“[It was] great to hear the perspective of a person who has overcome their illness and is doing really well. [It was] very encouraging to me and made me more hopeful of my loved ones' recovery.”**

– Community Presentation Participant

Our newly developed Community GUIDE Training for Mental Health is an 8 hour presentation that covers important statistical information, signs and symptoms, treatment, personal stories, and interactive activities and scenarios. In the following pages you can read more about the outline and structure of the 8 hour program. We understand that not everyone is able to allow for 8 hours of training, and so many of our Community Presentations pull from parts of the Community Guide Training for Mental Health. While we encourage each group to consider receiving the full 8 hour Community Guide Training for Mental Health, we try to offer presentations that can fit within your timeline and also the select topics from our full training that would be most beneficial to your group.

## **About our Speaker's Bureau**

During a typical presentation, speakers tell their personal stories, progressing through their “dark days” to connect with individuals, and moving through their own periods of treatment, acceptance, and post-diagnosis achievements. Family members are also able to tell their own stories, and how they have

followed their own paths of recovery as well. Family members sharing their stories are able to inspire other family members and friends of individuals with mental illness, to realize that it is not only possible- but vital for them to take care of their own health- as they aim to support and come alongside their family members. Participants are also given an opportunity to interact with speakers through questions and comments.

Our Speaker's Bureau is consistently well-reviewed. Post-program surveys demonstrate that as persons personally-affected by mental illness and family members hear from the Speaker's Bureau, participants are able to be drawn toward a unique recovery of their own. One of the most important things that our speakers are able to provide is the real face of a person with mental illness in recovery.

Because mental illness can affect people from any age, race, education level, or profession- we are proud to have a diverse group of speakers that represent many different groups of people. Because our speakers come from so many different walks of life, they further prove the fact that mental illness is not a choice, but recovery is.

# Community GUIDE Training for Mental Health Outline

1. Introduction
  - A. Welcome And Overview
2. Importance of Mental Health Training
  - a. Stigma & Misinformation
  - b. Mental Health Problems are Common and Costly
  - c. Early Intervention is Key
  - d. Encourage and Empower Others to Reach Out for Help
  - e. We Need to Learn How to Offer Practical Help- Goals for Today
3. What is Mental Illness?
4. Mental Illness: Signs & Symptoms
  - A. Anxiety Disorders
  - B. Depression
  - C. Self-Injury
  - D. Bipolar Disorder
  - E. ADHD
  - F. Psychosis
  - G. Personality Disorders
  - H. Eating Disorders
  - I. Substance Use Disorders
5. Where Does Mental Illness Come From?
  - A. Risk Factors & Protective Factors
6. Recovery & Treatment
  - A. Types of Mental Health Professionals
  - B. Therapy
  - C. Complementary Health Approaches
  - D. Medications
  - E. Support Network
  - F. Self-Care & Personal Responsibility
7. Personal Stories of Recovery
8. GUIDE to Helping Others
  - A. Give Thought to Preparation & Patience
  - B. Use Active Listening
  - C. Interact with Empathetic and Reassuring Responses
  - D. Direct to Information on Recovery & Professional Resources
  - E. Encourage Community Resources! (NAMI Resources)
  - F. What if They Don't Want Help?

9. Crisis Situations

A. Suicide

B. Resources & Treatment

## **Scheduling Your Presentation**

To schedule your presentation, please submit a presentation request at least 60 days prior to your desired training date(s). You can submit a training request by visiting our website at [www.namidupage.org](http://www.namidupage.org). Or if you have questions about the training or scheduling a presentation you can contact Sara Hynes, the Education and Community Training Director at (630) 752 – 0066 or [s.hynes@namidupage.org](mailto:s.hynes@namidupage.org).

Pricing for the training is as follows:

<b>Type of Presentation</b>	<b>Charge</b>
1 hour or less, 1 speaker	\$100
Up to 2 hours, up to 2 speakers	\$175
Up to 3 hours, up to 3 speakers	\$250
Up to 4 hours, up to 3 speakers	\$325
Full 8 Hour GUIDE Presentation, Includes 3 speakers	\$500

\*For requests of presentations of any unlisted length- please call the office for a pricing.