



NAMI Connection

National Alliance on Mental Illness **RECOVERY SUPPORT GROUP**

NAMI Connection is a weekly recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.

October 2008 Issue **19**

TRAINING PROGRESS

This month's training included two national launch events, one state trainer event, and five state-run training events. We trained nine new state trainers at our bi-annual state training event in St. Louis, as well as 99 new Connection facilitators across the country. States in Phase II of the program are continuing their own training events and steadily growing the program.

	<u>This Month</u>	<u>Year to Date</u>
National Trainings:	3	52
State Trainings:	5	10
New Facilitators Trained:	99	1,125
New State Trainers Trained:	9	47
Operational Support Groups:	9	245
Planned Support Groups:	10	

MARKETING ACTIVITIES AND FACILITATOR SUPPORT

The NAMI Connection program continues its monthly facilitator calls, as well as the NAMI Connection Newsletter. The Connection team is now working on a comprehensive Program Coordinator's Guide in order to better equip state and affiliate coordinators continue to successfully grow the Connection program.

NAMI Web and Helpline stats for September reflect the following trends:

- 2,474 unique visitors to the NAMI Connection micro site
- 6,013 unique page views
- 295 Helpline calls

SUPPORT GROUP DATA

The NAMI Connection team has been collecting data from support group facilitators on observed demographics of the groups. Please see our current findings below.

Observed Demographics		
<i>DISCLAIMER: Numbers may not add up due to incomplete data reports and multiple diagnoses. Data cumulative from May 2007 to Present</i>		
Category	Total #	Percentage
Total Participants	19566	
Returning	16001	83%
First Timers	3304	17%
Gender		
Males	8749	45%
Females	10730	55%
Race		
Caucasian	16364	86%
African-American	1815	10%
Latino	376	2%
Native American	118	1%
Asian	174	1%
Other	85	0%
Age		
18-25	1255	7%
25-35	3089	17%
35-45	5096	29%
45-55	5469	31%
55+	2951	17%
Diagnosis		
Schizophrenia	3505	19%
Bipolar 1 or 2	8130	44%
Major Depression	5021	27%
Panic Disorder	1129	6%
Schizoaffective	526	3%
OCD	1047	6%
PTSD	619	3%
Other	1910	10%

Support Groups

State	No. of Groups	Cities
Arizona	7	Lake Havasu City, Mesa, Prescott Valley, Stafford, Sierra Vista
Arkansas	6	Benton, Clinton, Little Rock, Russellville, Siloam Springs, West Helena
California	6	Bakersfield, Campbell, Modesto, Palm Desert, Santa Rosa, Tehachapi
Colorado	9	Canon City, Colorado Springs, Denver, Greeley, Littleton
Connecticut	9	Avon, Greenwich, Hartford, New Britain, New Haven, Newington, Putnam, Waterbury, Willimantic
Delaware	7	Dover, Georgetown, Magnolia, Middletown, Rehoboth Beach, Wilmington
Florida	19	Clearwater, Delray Beach, Fort Myers, Fort Pierce, Kissimmee, Lakeland, Largo, Lehigh Acres, Maitland, Marathon, Melbourne, Naples, New Port Richey, Stuart, Tampa
Georgia	8	Athens, Columbus, Douglasville, Gainesville, Lawrenceville, Rome, Valdosta
Iowa	7	Ames, Cedar Rapids, Council Bluffs, Davenport, Des Moines, Waterloo
Illinois	14	Arlington Heights, Carbondale, Chicago, Downers Grove, Elk Grove Village, Evanston, Granite City, Hoffman Estates, Kankakee, Oak Park, Park Ridge
Indiana	6	Evansville, Kokomo, Lafayette, South Bend
Kentucky	4	Cynthiana, Lexington, Louisville
Louisiana	6	Baton Rouge, Bastrop, Houma, Jennings, Lake Charles, Oak Grove
Maine	2	Augusta, Eliot
Massachusetts	9	Boston, Cambridge, Fall River, Gloucester, Hyannis, Marlborough, New Bedford, Roxbury
Maryland	11	Baltimore, Bel Air, Charlotte Hall, Columbia, Edgewater, Lexington Park, New Carrollton, Olney, Rockville, Severna Park, Silver Spring
Michigan	7	Flint, Hancock, Houghton Lake, Lansing, Marquette, Petoskey, Traverse City
Mississippi	11	Brandon, Brookhaven, Hattiesburg, Jackson, Meridian, Natchez, Oxford, Southaven, Tupelo, Vicksburg
Missouri	10	Cape Girardeau, Jefferson City, Joplin, Moberly, Rolla, Sedalia, Springfield, St. Louis, St. Peters
Montana	6	Billings, Hamilton, Helena, Missoula, Warm Springs
Nebraska	10	Grand Island, Hastings, Lincoln, Omaha, Sidney
New Mexico	8	Albuquerque, Gallup, Las Cruces, Rio Rancho, Santa Fe, Taos
Ohio	8	Athens, Chardon, Cleveland, Fremont, Lancaster, New Philadelphia, Oak Harbor, Sandusky
Pennsylvania	15	Beaver, Butler, Carlisle, Hanover, Monroeville, Pittsburgh, Rochester, York
South Carolina	10	Anderson, Central, Columbia, Easley, Greenville, Okatie, Pendleton
South Dakota	7	Custer, Huron, Mitchell, Rapid City, Sturgis, Yankton
Texas	5	Houston, Humble, Lubbock, Plano
Utah	6	Bountiful, Cedar City, Logan, Salt Lake City
Virginia	7	Charlottesville, Hampton, Newport News, Virginia Beach, Williamsburg, Winchester
Washington	5	Everett, Lakewood, Mt. Vernon, Seaview, Tacoma



Upcoming Training Events

Date	Location
Nov. 7-9	Manchester, CT
Nov. 7-9	Louisville, KY
Nov. 7-9	Fort Worth, TX
Nov. 7-9	Herndon, VA
Nov. 7-9	Sacramento, CA
Nov. 14-16	Baton Rouge, LA
Nov. 14-16	Springfield, MA
Dec. 5-7	Winnsboro, SC
Dec. 5-7	Salt Lake City, UT
Dec. 5-7	Albuquerque, NM
Dec. 12-14	Orlando, FL



Quotes:

“There is strength in numbers, I am much better when I attend a group.”

“When I was first diagnosed with my mental illness, I was a mess. I went to my first NAMI meeting and it helped me so much, I found out I was not alone!”

“I’ve always been in a position of needing help, and after going through the facilitator training and actually knowing I could be on the other end of that felt inspiring.”

“NAMI is a life saver and offers hope!”

