



National Alliance on Mental Illness

NAMI

Howard County

Mental Health Resources

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What is NAMI?



We help individuals and families affected by mental illness work towards the process of recovery, rebuild lives and promote a better understanding of mental illness.

- ▶ National organization founded in 1979
- ▶ More than 220,000 individual members
- ▶ More than 900 local and state affiliates

Opening the Umbrella



- ▶ **NAMI was established for families affected by Severe Mental Illness (SMI)**
- ▶ **In recent years: Working to help families identify emerging behavioral health concerns in youth/young adults before symptoms become less manageable.**
- ▶ **One does not need a diagnosis to take a class or attend a support group.**
- ▶ **Goal is to connect families to NAMI when they are on the early-side of experiencing symptoms.**

****Early intervention significantly improves outcomes****

NAMI Affiliates in Maryland

- ▶ Anne Arundel County
- ▶ Carroll County
- ▶ Frederick County
- ▶ Harford County
- ▶ **Howard County**
- ▶ Kent and Queen Anne's
- ▶ Lower Shore
- ▶ Metro Baltimore
- ▶ Montgomery County
- ▶ Prince Georges County
- ▶ Southern Maryland



Education – Support - Advocacy



Education and Outreach



- ▶ **Family-to-Family:** 8-week course for family members
 - ▶ **Peer-to-Peer:** 8-week course on recovery for adults living with mental illness
 - ▶ **Basics:** 6-week course for parents and caregivers of school-aged children
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- ▶ **Educational forums:** Bi-monthly public programs on mental illness
 - ▶ **NAMI In Our Own Voice:** Volunteers share their experiences living with mental illness and their journeys to recovery.
 - ▶ **Faith-based Initiative:** How faith can play a part in recovery



National Alliance on Mental Illness

Ending the Silence

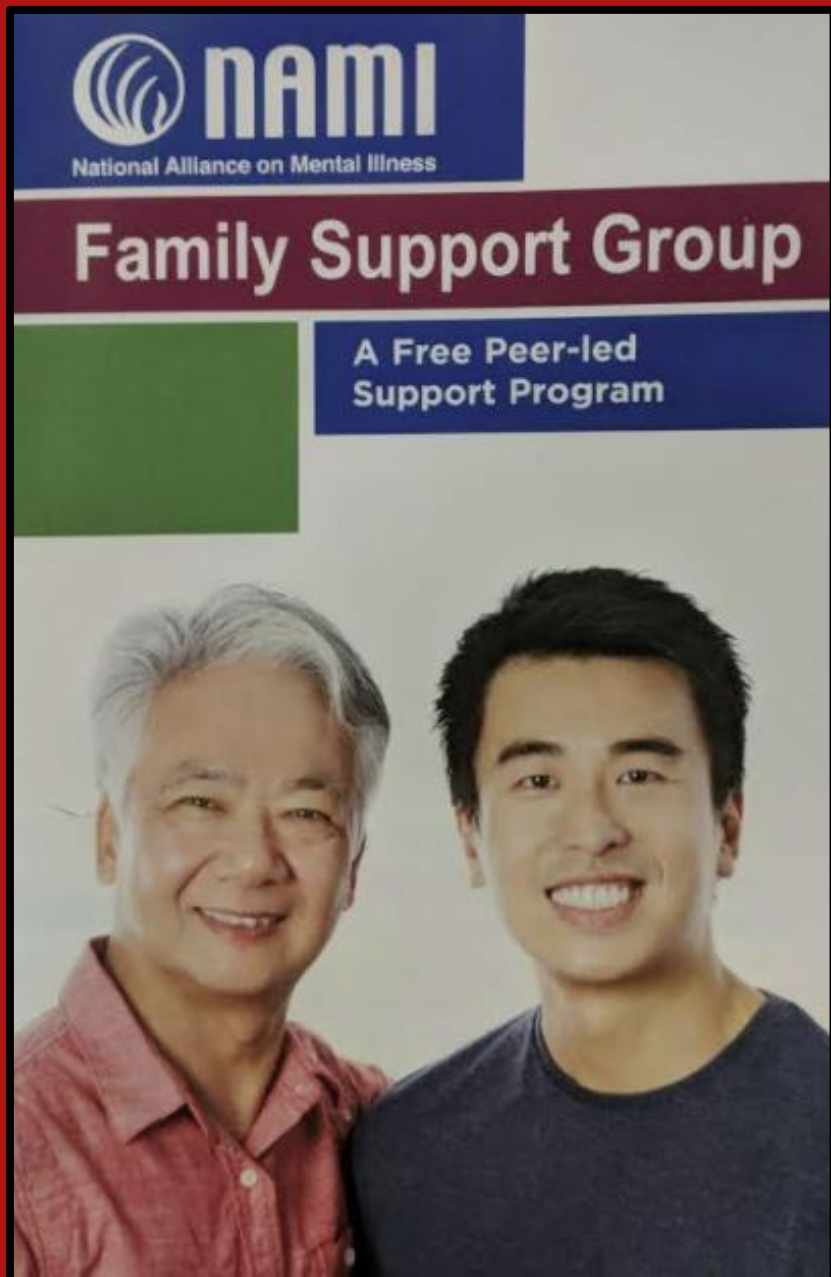
A Mental Health Awareness
Program for Youth



In Schools

- **For Students:** presentation given to middle and high school students by a young adult who experienced a mental health condition during his/her school years and a family member of an individual who experienced mental challenges in school.
- **For Parents and School Staff:** Helps recognize warning signs of mental health conditions in youth and helps foster a collaborative approach to create a supportive learning environment.

Support



- ▶ **Family Support Groups:** family, friends and caregivers
- ▶ **Parent Support Group:** parents and caregivers of school-aged kids
- ▶ **Transition Age Youth (TAY) Support Group:** parents and caregivers of youth ages 16-26
- ▶ **Connection Support Group:** recovery model for individuals living with mental illness
- ▶ **Veterans Support Group**

Advocacy

- ▶ **Public Policy agenda:**
Determined by state & national NAMI
- ▶ **Advocacy Day in Annapolis:**
 - ▶ Fight for policies to ensure that:
 - ▶ People get help early
 - ▶ Get the best possible care
 - ▶ Diversion from criminal justice
- ▶ **Smarts for Advocacy training**



Mental Illness by the Numbers



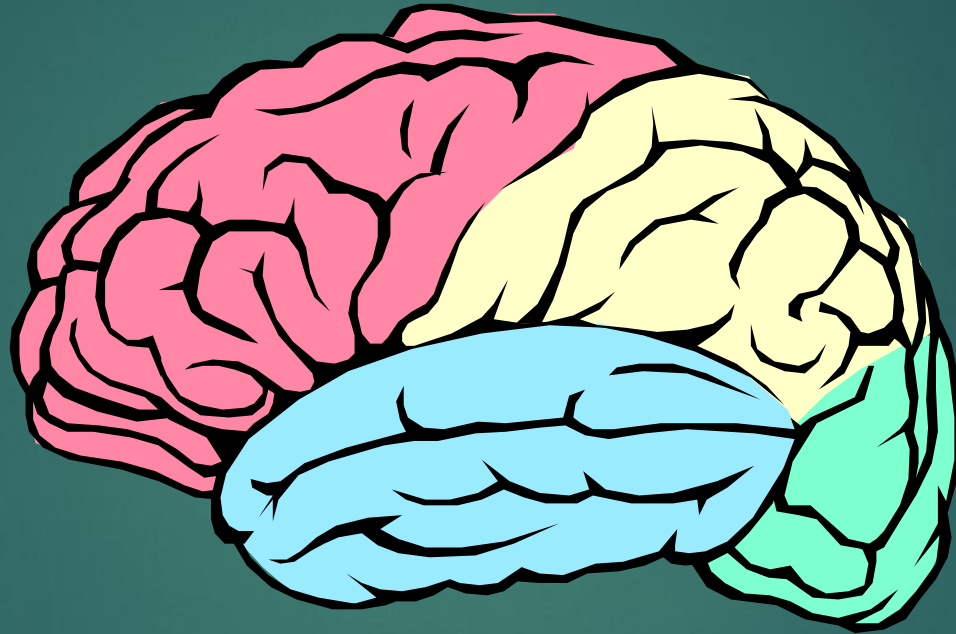
- ▶ Approximately **1 in 5** adults live with a mental health condition.
- ▶ **1 in 20** adults in the U.S.—10 million adults live with a serious mental illness
- ▶ **50%** of mental illness begins by age 14. **75%** begins by age 24.
- ▶ Anxiety and major Depression make up **25%** of all diagnosed mental health conditions.
- ▶ People with depression have a **40%** higher risk of developing cardiovascular and metabolic diseases than the general population. Those with serious mental illness are **nearly twice as likely** to develop these conditions.

Mental Health in Children and Youth




- **13% of children (ages 8-15) and 20% of teens (ages 13-18)** live with a mental health condition¹
- The average delay between onset of symptoms and treatment is **8-10 years**³
- **28%** of HoCo high school students felt sad or hopeless for 2 weeks or more.
 - Numbers are higher among female students and students of color.
 - **1 in 6** high school students in **Howard County** seriously considered attempting suicide.
 - **Suicide was the leading cause of death for youth ages 15-19 in Howard County (2014-2018).**

So...What is Mental Illness?



Nobody's Fault



A health condition that changes a person's thinking, feelings, or behavior (or all three) that causes the person distress and difficulty in functioning.

Types of Mental Illness

Attention Deficit Hyperactivity Disorder (ADHD)

Anxiety Disorder

Major Depression

Schizophrenia

Bipolar Disorder

Obsessive Compulsive Disorder (OCD)

Panic Disorder

Posttraumatic Stress Disorder (PTSD)

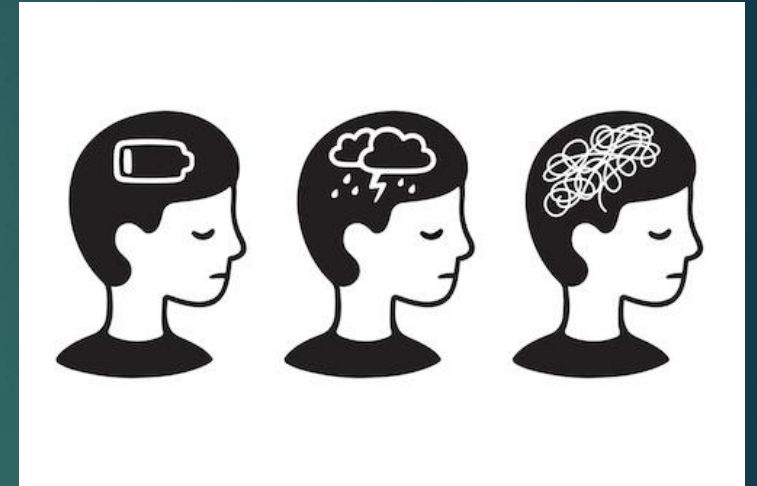
Borderline Personality Disorder

Psychosis

Substance Use Disorder

Warning Signs of a Mental Health Condition

- Marked personality change
- Difficulty coping with problems and daily activities
- Strange or grandiose ideas
- Excessive anxieties
- Prolonged depression or apathy
- Marked changes in eating or sleeping patterns
- Extreme mood swings: high or low
- Excessive anger, hostility or violent behavior
- Abuse of alcohol or drugs
- Thinking or talking about suicide or harming oneself



▶ **Diagnosis must be made by a clinical professional**

How to Start a Difficult Conversation

- ▶ **Create a judgement-free zone:** Ask “How are you feeling”?
- ▶ **Show you are ready to listen:** Give your full attention.
- ▶ **Create a safe space:** Let them know their answers won't change your perception of them.
- ▶ **Let them set the pace:** Use open-ended questions that encourage conversations.
- ▶ **Don't take it personally:** Mental health is a continuum with bad days and good days.
- ▶ **Accept when things are challenging for them:** Be patient. Don't hold bad days against them.

How to Support a Friend

- ▶ **A**ssess risk for suicide or harm
- ▶ **L**isten non-judgmentally*
- ▶ **G**ive reassurance and information
- ▶ **E**ncourage appropriate professional help
- ▶ **E**ncourage self-help and other support strategies



Resources Presented Today



- ▶ **Support Groups** (parent, transition age, family, & peers)
- ▶ **Education** - [NAMI Basics Course](#) (For parents/caregivers of school-aged kids with behavioral health concerns). Available On Demand at nami.org
- ▶ **Education:** Family-to-Family Course (For adults of a family member with mental illness)
- ▶ **Education:** Peer-to-Peer Course (For adults living with mental illness)
- ▶ **988** -- National Suicide/Crisis Prevention Life Line
- ▶ **NAMI HC Resource Line** 410-772-9300 -- **Connects families to resources in the community** (Grassroots, Walk-in Clinic, Health Department, Humanim)
- ▶ **Textline (24/7)** Text HOME to 741741
- ▶ **Advocacy:** Getting involved so our officials support mental health initiatives/laws

Questions



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