spirituality in the recovery journeys of many who live with mental health conditions, those for whom faith is a key component. Through this website and through efforts nationally and in local communities, NAMI and NAMI Affiliates encourage an exchange of information, tools and other resources which will help educate and inspire faith communities about mental illness and the vital role spirituality plays in recovery for many. NAMI FaithNet is not a religious network but includes an effort to outreach to all religious organizations.

NAMI Carpiendo Esperanza-
Lack of information and misconceptions surrounding mental health issues prevent many members of the Latino community from getting the help and support they need. NAMI Compartiendo Esperanza is a bilingual 90-minute presentation that can help increase mental health awareness in Latino communities by addressing a number of important topics:

- The signs and symptoms of anxiety disorders, bipolar disorder, schizophrenia and depression
- How to talk about mental health and decrease stigma
- An overview of recovery and how it’s possible
- The types of mental health services and supports available, including NAMI education and support programs

NAMI Peer to Peer-NAMI Peer-to-Peer is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos. However, as with all NAMI programs, it does not include recommendations for treatment approaches.

NAMI Sharing Your Story with Law Enforcement-
NAMI Sharing Your Story with Law Enforcement (SYSLE) is a presentation program that prepares individuals and family members to share their stories of lived experience with mental illness to a law enforcement audience, such as during Crisis Intervention Team (CIT) training, or other events where mental illness-related topics are featured. SYSLE Presenters provide an opportunity for officers to hear about someone who experienced being in crisis and may have interacted with law enforcement as a result, but is now living well with mental illness. The powerful and unique stories shared by NAMI presenters help increase officers’ understanding and empathy, improving crisis response in communities. These presentations are consistently popular with officers who attend CIT training and NAMI’s goal is to ensure that every law enforcement officer has this opportunity.

NAMI Provider-
NAMI Provider introduces mental health professionals to the unique perspectives of people with mental health conditions and their families. You’ll develop enhanced empathy for their daily challenges and recognize the importance of including them in all aspects of the treatment process. NAMI Provider is a 15-hour program of in-service training taught by a team consisting of an adult with a mental health condition, a family member and a mental health professional who is also a family member or has a mental health condition themselves.

NAMI Sharing Hope-
Lack of information and misconceptions surrounding mental health issues prevent many members of the African American community from getting the help and support they need. NAMI Sharing Hope is an hour-long presentation that can help increase mental health awareness in African American communities by addressing a number of important topics:

- The signs and symptoms of bipolar disorder, schizophrenia and depression
- How to talk about mental health and decrease stigma
- An overview of recovery and how it’s possible
- The types of mental health services and supports available, including NAMI education and support programs
About NAMI Kentucky

NAMI Kentucky represents more than 20 Kentucky Affiliates. It has one of the largest paid membership rosters in the country. We represent approximately 1,000 individuals who are family members, persons with mental illness, healthcare providers and mental health advocates. NAMI Kentucky is operated by a full Board, two full time employees, an Executive Director and Office Manager, and two contract employees, an Advocacy Coordinator and an Accountant.

Mental illnesses are biological brain disorders that are more common than cancer, diabetes and heart disease. One in four persons will be affected by a mental illness in his or her lifetime. Mental illnesses include bipolar disorder, schizophrenia, major depression, post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), panic disorder and borderline personality disorder.

With an effective treatment plan, which may include medications, a range of mental health services and family support, most individuals living with a serious mental illness can achieve recovery, reduce the impact of their illness and find a satisfying measure of achievement and independence.

Other program/benefits offered

The national organization, NAMI Kentucky and its affiliates are involved in many other services, events, and activities, often partnering with other mental health, disability, healthcare, and advocacy groups around the state. A free NAMI Kentucky help-line offering information and referral at 888-338-4164

Family-To-Family (F2F) is a 12 week course (2 ½ hours per week) for families of adults with mental illness. F2F is taught by trained NAMI family members who have relatives with mental illness. The course provides communication and problem-solving techniques, coping mechanisms, local resources, and the self-care skills needed to help their loved ones and manage the impact on the family.

Basics is an educational program for parents and other primary caregivers of children and adolescents with mental illness. Basics is taught by trained parents and caregivers who have lived similar experiences with their own children. Basics provides learning and practical insights and resources for families.

Family Support Groups (FSG) offer a non-judgmental and confidential setting where family members share experiences, learn from listening to others, and have support and understanding. Groups are led by trained family members.

Connection is recovery support groups for adults with mental illness, regardless of their diagnoses. Trained individuals in recovery who understand the challenges others face with mental illness lead Connection groups.

In Our Own Voice (IOOV) is a public education-awareness presentation that enriches audiences’ understanding of how individuals with mental illness cope, recover and reclaim rich and meaningful lives. Presented by trained speakers who have mental illnesses, the presentation includes a brief video and personal stories and, includes audience questions and discussions.

NAMI Family Advocates are regional positions that promote Kentucky’s IPS Supported Employment program in various ways. Supported employment is a program in which people with disabilities, including intellectual, mental health, and traumatic brain injury, among others, are assisted with obtaining and maintaining employment. Call or email us to find out about supported employment or how to become a NAMI Family Advocate in your area.

NAMI Ending the Silence is a free, 50 minute presentation designed to give students an opportunity to learn about mental illness through an informative power point and short videos. Through the presentation, students learn symptoms and indicators of mental illness, and are given ideas about how to help themselves, friends, or family members who may be in need of support. Additionally, the presentation includes personal testimony from a young adult living with a mental illness about his/her journey to recovery.

NAMI Homefront is a free, six-session program for family, friends and partners of military service members and veterans with mental health conditions. It focuses on the unique needs of military and veteran communities, such as post-deployment and post-discharge transitions.

NAMI Smarts is a free training to teach you how to effectively communicate with your legislators. NAMI Smarts for Advocacy is a popular advocacy training program that helps people living with mental illness, friends and family members transform their passion and lived experience into grassroots advocacy. Whether you’re new to advocacy or have years of experience, the step-by-step, skill-building design of NAMI Smarts will help make you a stronger mental health advocate. Participants often share that they’ve never been able to condense their story or make a clear “ask.” NAMI Smarts provides the tools to do just that. You will come out of the course confident and able to share your story in a way that moves policymakers.

NAMI FaithNet-
NAMI FaithNet is an interfaith resource network of NAMI members, friends, clergy and congregations of all faith traditions who wish to encourage faith communities who are welcoming and supportive of persons and families living with mental illness. NAMI FaithNet strives to encourage welcoming, caring congregations as well as to promote the vital role of-