

## **NAMI FOX VALLEY PRESENTATION OPTIONS**

Below are the presentation options NAMI Fox Valley currently offers. If you have any questions, please contact Lisa Schiller, Program Assistant, at NAMI Fox Valley at [lisa@namifoxvalley.org](mailto:lisa@namifoxvalley.org) or (920) 954-1550. Please note: some of the presentations may charge a nominal fee.

- Care for the Caregiver** (60 minutes) – This presentation focuses on support for caregivers to support self-care so they can better support their loved one. Family members/caregivers of individuals with mental illness (both adults & youth) face significant challenges with stigma, accessing treatment/resources and receiving community resources.
- Crisis De-Escalation** (minimum time required is 90 minutes) – Learn about best practices and techniques in nonviolent crisis de-escalation to support someone in a crisis related to mental illness or suicide.
- Compartiendo Esperanza** (90 minutes) – This interactive presentation is specifically tailored for the Latino community. Two presenters share their lived experiences dealing with mental health problems, understand mental health conditions and provide information on how to receive support.
- Dual Diagnosis** (60 minutes) – Addiction and mental illness – two problems, one person. Learn about the complex relationship between mental illness and co-occurring substance abuse (or other addiction), as well as understanding the importance of integrated treatment.
- Ending the Silence** (50 minutes) – This presentation is for high school students that provides information on the signs and symptoms of mental illnesses; helps all teens learn mental health coping skills; and reduces stigma through personal stories, as well as helps educate students on how to reach out for help for themselves or a friend. Ending the Silence is typically presented in health classes in high schools.
- Hoarding**: (60 minutes) – Learn about the emotional, physical, social, financial, and mental health effects on an individual struggling with hoarding, as well as their family members. This workshop builds understanding of the causes of hoarding, as well as practical resources to support individuals and families.
- Honest, Open and Proud** (6 hours) – This program guides individuals with lived experience through a process of learning about applying principles of self-disclosure about their mental illness and recovery. The 6-hour program is designed to reduce self-stigma associated with mental illness and is available for both adults and youth.
- Impact of Trauma & Trauma-Informed Care** (90 minutes each)
  - **Part 1 ACES Study and Impact of Trauma** (90 minutes) – Trauma refers to extreme stress (e.g., threat to life, bodily integrity or sanity) that overwhelms a person’s ability to cope. Traumatic events result in a feeling of being vulnerable, helpless and fearful and affect relationships and fundamental beliefs about oneself, others and one’s place in the world. Learn about the ACES study and how you, your organization and our community can use Trauma Informed Care to recognize the impact and prevalence of trauma and provide supportive and safe environments for survivors of trauma.
  - **Part 2 Trauma Informed Care** (90 minutes) – Building on Part 1, this interactive presentation reviews self-care strategies, as well as implementing trauma sensitive values including safety principles and environmental techniques into the organization.

- Mental Illness 101** (60 minutes) – What is mental illness? What is mental health? This presentation provides an overview of mental illness, including the categories of mental illness, their incidence and biological basis; treatment and recovery; the adverse effects of stigma; the importance of advocacy; and NAMI Fox Valley’s role in the community to improve the quality of life of those affected by mental illness.
  
- NAMI Fox Valley and Recovery 101** (60 minutes) – NAMI Fox Valley 101 is an introduction to our services and programs, philosophy and mission. Utilizing the recovery definition, dimensions and principles established by SAMHSA (Substance Abuse and Mental Health Services Administration), this presentation brings to life and builds understanding of this new way of looking at living with a mental illness. Learn how we are using this best practice in work.
  
- NAMI Talks Speakers’ Bureau** (30-60 minutes) – This recovery-education program is presented by individuals affected by mental illness who share their personal stories. The presentations are a practical tool to educate and increase awareness about the true nature of mental illness while also breaking down stigma. Powerful and hopeful, this sharing of recovery stories is appropriate for all audiences from the classroom to the boardroom. Members of the NAMI Talks Speakers’ Bureau include: adults living with mental illness, young adults living with mental illness, teens living with mental illness and family members with a loved one with mental illness.
  
- Peer Recovery Services & Iris Place** (30-90 minutes) – Learn about the history, definition and values of peer support in the world of mental health and substance use/addiction recovery. Explore the dynamics of what makes peer support different, unique and powerful in supporting others in their recovery journeys. Peer support is put into practice at Iris Place Peer Run Respite. This presentation offers information on peer run respite, a crisis alternative for people who want and need peer support to navigate emotional distress or crisis related to trauma, mental health or substance use. Learn about how to access peer run respite and exploring crisis as an opportunity for growth and change
  
- Youth Mental Health First Aid** (8 Hours) – Youth Mental Health First Aid USA is an 8-hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.
  
- Youth Mental Illness 101** (50 Minutes) – This presentation provides an overview of mental health challenges specific to children, their incidence and biological basis; treatment and recovery; the adverse effects of stigma and the importance of advocacy.
  
- Customized Option** (*please describe*) – We offer half-day or full-day trainings on mental illness, recovery and related topics, including the impact of trauma, crisis de-escalation, LBGTQ and substance abuse and elderly mental health and wellness. Please note for professional training a small fee will be charged for staff time and travel.