



NAMI Programs in Iowa

National Alliance on Mental Illness

NAMI offers an array of programs for individuals living with mental illness and their family members, the general public, and school and health professionals.



EDUCATION CLASSES

NAMI Basics is a class for parents and other family caregivers of children and adolescents who have either been diagnosed with a mental health condition or who are experiencing symptoms but have not yet been diagnosed. NAMI Basics is available both in person and online through NAMI Basics OnDemand.

NAMI Family-to-Family is a class for families, partners and friends of individuals with mental illness. The course is designed to facilitate a better understanding of mental illness, increase coping skills and empower participants to become advocates for their family members. This program was designated as an evidence-based program by SAMHSA.

NAMI Homefront is a class for families, partners and friends of military service members and veterans experiencing a mental health challenge. The course is designed specifically to help these families understand those challenges and improve the ability of participants to support their service member or veteran. NAMI Homefront is available both in person and online through NAMI Homefront Online.

NAMI Peer-to-Peer is a recovery education course open to anyone experiencing a mental health challenge. The course is designed to encourage growth, healing and recovery among participants.

NAMI Provider Education is a professional development class for health care and social service professionals. The course is designed to share the perspectives of those with lived experience with an emphasis on collaborative care model to enhance compassion and understanding of the process of seeking care and services.



PRESENTATIONS

NAMI Ending the Silence is a presentation designed to help young people and educators learn about the signs and symptoms of mental illness, how to recognize the early warning signs and the importance of acknowledging those warning signs.

NAMI Family & Friends is a presentation that informs and supports people who have loved ones with a mental health condition. Participants will learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources.

NAMI In Our Own Voice is a presentation for the general public to promote awareness of mental illness and the possibility of recovery.



SUPPORT GROUPS

NAMI Connection is a weekly or monthly support group for people living with a mental health condition.

NAMI Family Support Group is a weekly or monthly support group for family members, partners and friends of individuals living with a mental illness.



ADVOCACY

NAMI Smarts for Advocacy is a hands-on advocacy training program that helps people living with mental illness, friends and family transform their passion and lived experience into skillful grassroots advocacy.

