

www.namivt.org

802/876-7949



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Williston, VT 05495



About NAMI Vermont



- Independent Vermont chapter of the National Alliance on Mental Illness (NAMI)
- Statewide non-profit, grassroots, volunteer organization
- Core Competency: Our lived experience
- Who We Serve: The community, family members, peers/individuals affected by a mental health condition, and professionals who work with them.



Our Mission, Vision, & Values

MISSION:

NAMI Vermont *supports, educates* and *advocates* so that all communities, families, and individuals affected by mental illness or mental health challenges can build better lives.

VISION:

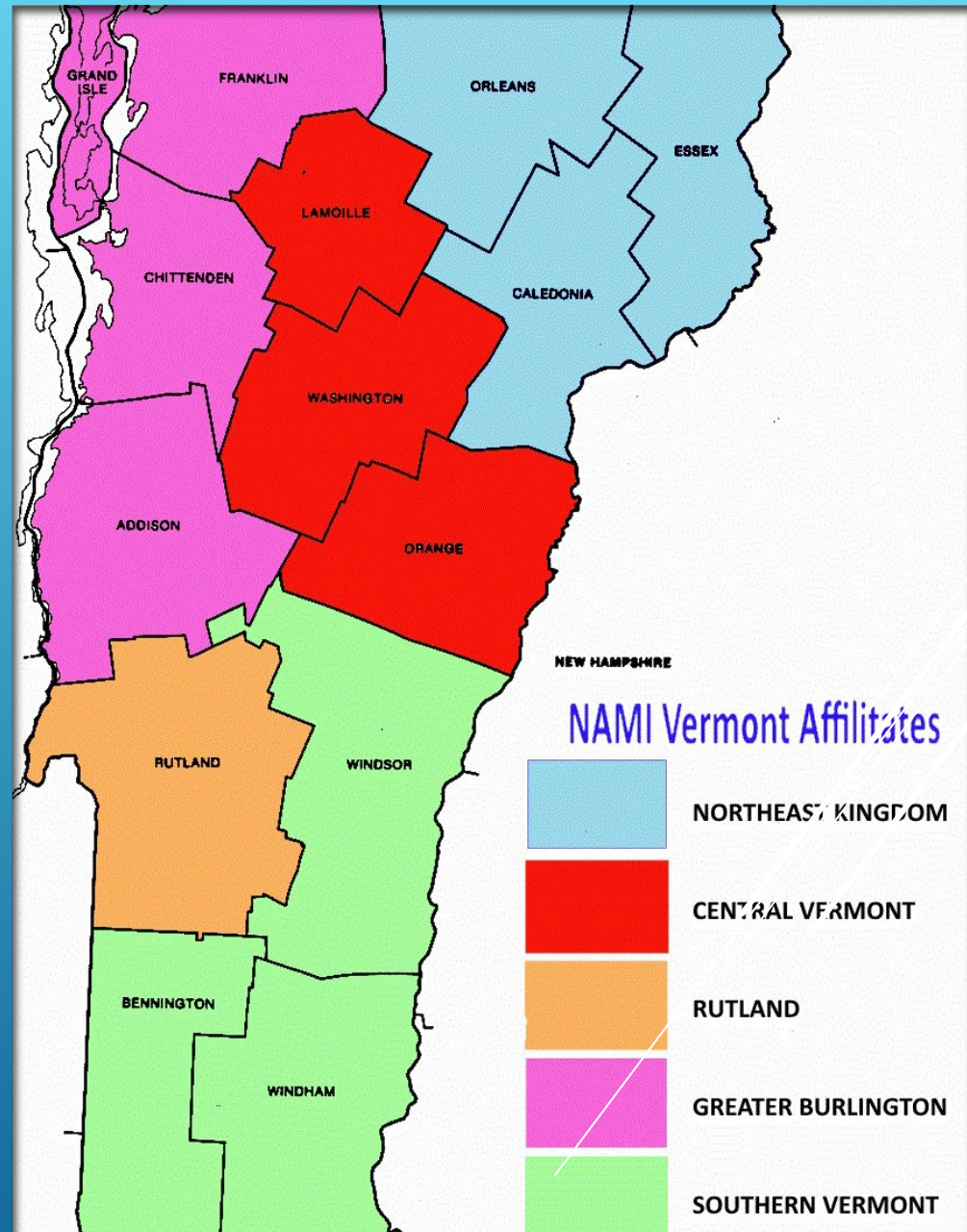
A world where Vermonters affected by mental illness or mental health challenges have the care, support, and knowledge that they need.

VALUES:

Empathy • Acceptance • Hope • Resilience • Honesty • Self-Care • Empowerment • Inclusion

NAMI Vermont's Affiliates

- ▶ Members grouped into Affiliates by town of residence
- ▶ Affiliate Leaders organize at the affiliate level
- ▶ Services delivered in each affiliate by trained volunteers



What is Mental Health?

- We ALL experience mental health
- Mentally healthy means:
 - being able to enjoy life and feel good
 - dealing with emotions and stress in positive ways
 - being productive and contributing to community
- Mental health is maintained by practicing good habits and self-care



What is Mental Illness?



Take Care of Your
Mental Health

1.

medical condition that affects the brain.

2.

impacts the way we feel, act, & think

3.

biological, environmental, & psychological

An Equal Opportunity Illness...

4.

each individual's experience is unique

5.

treatable

6.

stigma prevents people from seeking treatment



1 in 5 U.S. adults experience mental illness each year.



104,000 adults in Vermont have a mental health condition.



That's more than **2X** the population of Burlington.

It is more important than ever to build a stronger mental health system that provides the care, support and services needed to help people build better lives.



More than half of Americans report that **COVID-19** has had a **negative impact** on their mental health.

In February 2021, **36.2% of adults in Vermont** reported symptoms of **anxiety or depression**.

20% were unable to get needed counseling or therapy.

Vermonters struggle to get the help they need.



More than half of people with a mental health condition in the U.S. **did not receive any treatment** in the last year.

Of the **30,000 adults in Vermont** who **did not receive needed mental health care**, **24.8%** did not because of cost.



1 in 20 U.S. adults experience serious mental illness each year.

In Vermont, **27,000 adults** have a **serious mental illness**.

4.4% of people in the state are uninsured.



1 in 6 U.S. youth aged 6–17 experience a **mental health disorder** each year.

6,000 Vermonters age 12–17 have depression.



Vermonters are over **4x more likely to be forced out-of-network** for mental health care than for primary health care — making it more difficult to find care and less affordable due to higher out-of-pocket costs.

What We Offer



Support



Education



Advocacy



Support Groups

- ▶ For PEERS - individuals living with a mental health condition
- ▶ Meet weekly or 2x/month for 90 minutes
- ▶ Flexible structure
- ▶ Facilitated by 1-2 trained peers who are living in recovery





Support Groups



- ▶ For FAMILY MEMBERS & FRIENDS of individuals living with a mental health condition
- ▶ Meet 1-2x/month for 90 minutes
- ▶ Flexible structure
- ▶ Facilitated by 1-2 trained family members with lived experience



Support



It's OK to get help

It's OK to get help

- ▶ NAMI Vermont Warm Line and referral
 - ▶ 800-639-6480
 - ▶ 802-876-7949
- ▶ Resource Guidebook
 - ▶ Download from our website



Community Presentations



- ▶ For All FAITH COMMUNITIES
- ▶ 60-90 minute presentation
- ▶ Promotes supportive, welcoming environment for peers
- ▶ Facilitated by 1-2 trained peers and/or family members with lived experience



Community Presentations

- ▶ For COMMUNITY MEMBERS
- ▶ 60-90 minute presentation
- ▶ Raises awareness of mental illness & recovery
- ▶ Personal testimony and Q&A
- ▶ Presented by 1-2 trained peers with lived experience





Community Presentations

- ▶ For MIDDLE & HIGH SCHOOLS
- ▶ 50-minute presentation
- ▶ Separate presentations for students, staff & parents
- ▶ Focus on warning signs, steps to take if someone is showing symptoms
- ▶ Presented by 2 trained leaders (Primary presenter and a young adult shares their recovery story.)



nami Ending the Silence

National Alliance on Mental Illness





Resources for Children



"Meet Little Monster" Children's Mental Health Coloring & Activity Book



Education

- ▶ For FAMILY MEMBERS, PARTNERS, & FRIENDS
- ▶ 8-week course (1/week for 8 weeks)
- ▶ Addresses all aspects of mental illness & recovery
- ▶ Presented by 2 trained family members with lived experience





Education



RECOVERY



- ▶ For THE COMMUNITY
(family, friends, peers, community members)
- ▶ One-day workshop
- ▶ Information on major mental health conditions, treatment, medication options, evidence-based practices, community resources, etc.
- ▶ Presented by 2 trained teachers



nami

National Alliance on Mental Illness of Vermont

**Mental Illness
& Recovery**



Education

- ▶ For PROFESSIONALS & PROVIDERS
- ▶ 4-hour seminar OR 15-hour course
- ▶ Promotes understanding of the challenges families & individuals experience
- ▶ Develops appreciation for courage & persistence required to live with and recover from a mental health condition
- ▶ Presented by 1 peer, 1 family member, and 1 provider



Education



- ▶ For ADVOCATES
- ▶ One-day legislative workshop
- ▶ Offered before the legislative session
- ▶ Write & deliver a compelling story
- ▶ Meet & talk with legislators
- ▶ Presented by 1-2 trained teachers



Events



Saturday, May 17, 2025

First Unitarian Universalist
Society of Burlington
152 Pearl Street



 **NAMI** Vermont
National Alliance on Mental Illness

2025 CONFERENCE

TOGETHER FOR MENTAL HEALTH

- Fall of 2025
- National and Local Speakers
- Co-Sponsors
- Scholarships
- CEUs

Vermont
Legislature:
mental
health
testimony
that align
with our
advocacy
platform



Recruit & train
advocates with lived
experience

Work groups and
committees that
address issues related
to mental illness

Empower
individuals
& families
to self-
advocate

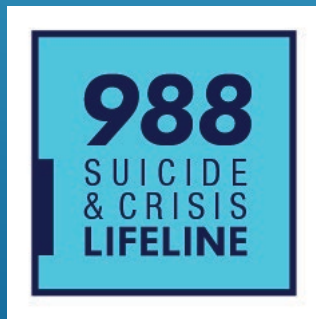
Educate
the public
to
eliminate
stigma

Reimagining Crisis Intervention

Someone
to talk to

Someone
to respond

Somewhere
to go



Mental
Health
Urgent Care

Mental Health Advocacy Day

January 29, 2025 – 8:00 am-4 pm

Join advocates, peers, providers and family members across Vermont to RAISE AWARENESS among our elected officials and share your experience as a peer, family member or professional with Vermont's mental health system of care.

Co-Sponsored by 50+ mental health organizations every year!

Organized by NAMI Vermont, Vermont Care Partners, and VAMHAR



How Can You Help?



BECOME A MEMBER!

- ✓ Household membership: \$60/yr
- ✓ Individual membership: \$40/yr
- ✓ Open Door membership: \$5/yr

VOLUNTEER!

- ✓ Train to become a facilitator, teacher, or presenter
- ✓ Help with advocacy & outreach
- ✓ Serve on a committee
- ✓ Volunteer to help with an event



DONATE!

- ✓ Set up a local fundraiser
- ✓ Create a Facebook fundraiser
- ✓ Donate on our website:
www.namivt.org



THANK YOU!!

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