



# Education Classes

In the following overview pages, costs for each program are calculated using the maximum number of participants allowed for each class. The cost of other materials that are available from the NAMI store are calculated using recommendations from the national program office. Purchase of all items is not mandatory but rather at your discretion for marketing as you need them. The cost of other program materials are not calculated as they fluctuate greatly depending where they are purchased, what region of the state you are in and whether you have some of these items on hand at the time of program offering.

All program related costs are subject to change based on updates to program structure and requirements, vendor costs for printing and/or binders and increases of material costs at the national level. Shipping costs have not been included in the overview and are the responsibility of the affiliate to reimburse NAMI Kansas unless other arrangements are made.

## Cost-sharing

Our goal is for our affiliates to cost-share on education programs, unless NAMI Kansas has designated grant funds to cover these costs.

Some affiliates are in a financial position to cost-share at 50% of cost or greater while other affiliates are not. Affiliates who share program costs help ensure that affiliates have less ability to cost-share are able to offer much-needed NAMI programs in their communities.

Cost-sharing creates **ownership** of program offerings at the affiliate level and helps affiliates to build their annual budgets based on projected program costs.

## Taking Ownership

Taking ownership is about taking initiative. Taking pride in what you deliver and placing value in the quality of your work. Being accountable for the quality of your programs, even when working with others. Caring about the success of the program.



**NAMI Family-to-Family Education Program** is for families, partners and friends of people with mental health conditions. The course is designed to help participants gain a better understanding of mental health conditions, improve their coping skills and empower them to advocate for their loved one. It was designated as an evidence-based program by SAMHSA (the Substance Abuse and Mental Health Services Administration) in 2013. The course consists of twelve 2.5-hour sessions and is offered in Spanish as De Familia a Familia de NAMI.

**Who can take the course?**

The course is open to any adult (18+) family member, partner or friend with a relative or loved one with a mental health condition, even if the condition was not diagnosed (including but not limited to: schizophrenia, bipolar disorder, major depression, borderline personality disorder, panic disorder, obsessive compulsive disorder, post-traumatic stress disorder and/or dual diagnosis).

**Who can teach the course?**

Any adult (18+) who has or had a family member with a mental health condition may apply to become a teacher. All potential teachers are screened to determine whether the opportunity is a good fit for them and for the organization. NAMI Family-to-Family teachers attend an intensive training to become certified. All teachers must be members of NAMI. Class is led by 2 trained teachers.

**What does it cost to maintain this program?**

ITEM DESCRIPTION	QUANTITY	COST PER UNIT (\$)	TOTAL (\$)
Family-to-Family participant manuals	20	21.00 each 10.50 each cost-share	\$210.00
Drinks and snacks			
Marketing materials - flyers		3.25 for pack of 25	\$3.25
Marketing materials - pass-along cards		2.50 for pack of 50	\$2.50
Marketing materials - brochures		4.50 for pack of 50	\$9.00
Name tags			
Tent cards			
		<b>TOTAL COST</b>	<b>\$224.75</b>



**NAMI Basics Education Program** is for parents and other caregivers of children and adolescents who have either been diagnosed with a mental health condition or who are experiencing symptoms. This course consists of six 2.5-hour classes and is designed to help participants gain a better understanding of mental health conditions and how they can best support their child. NAMI Basics is an adaptation of NAMI Family-to-Family and is offered in Spanish as Bases y Fundamentos de NAMI.

### **Who can take the course?**

Any adult who regularly cares for a youth (age 21 and younger) with a diagnosed mental health condition (or who are experiencing symptoms of a mental health condition) may participate. The child does not need to have an official diagnosis. Many types of people could benefit from NAMI Basics, such as:

- Biological parent
- Foster parents
- Adoptive parents
- Grandparents
- Aunts and uncles
- Other relatives/friends who are responsible for raising the child or who provide care on a routine consistent basis

### **Who can teach the course?**

Any adult who has been a parent or primary caregiver to a person who experienced symptoms of a mental health condition before the age of 13. The child doesn't need to have been diagnosed before age 13, and it doesn't matter how old they are now. All potential teachers are screened to determine whether the opportunity is a good fit for them and for the NAMI State Organization (NSO) and NAMI Affiliate (NA). NAMI Basics teachers participate in an intensive training to become certified. All teachers must be members of NAMI.

Class is led by 2 trained teachers.



**What does it cost to maintain this program?**

ITEM DESCRIPTION	QUANTITY	COST PER UNIT (\$)	TOTAL (\$)
Basics participant manuals	20	18.00 each 9.00 each cost-share	\$180.00
Drinks and snacks			
Marketing materials - flyers		3.25 for pack of 25	\$3.25
Marketing materials - pass-along cards		2.50 for pack of 50	\$2.50
Marketing materials - brochures		6.00 for pack of 25	\$12.00
Name tags			
Tent cards			
		<b>TOTAL COST</b>	<b>\$197.75</b>



**NAMI Homefront Education Program** is for families, partners and friends of military Service Members/Veterans who live with a mental illness. The course consists of six 2-hour classes designed to help military/Veteran families understand mental health conditions and improve their ability to support their Service Member. NAMI Homefront is an adaptation of NAMI Family-to-Family and was the first NAMI program available in an online format.

**Who can take the course?**

The course is open to any military/Veteran family member, partner or friend interested in learning about mental health conditions experienced by their Service Members and Veterans.

**Who can teach the course?**

Any family member, partner or caregiver of a Service Member or Veteran experiencing mental health symptoms may apply to become a NAMI Homefront teacher. All potential teachers are screened to determine whether the opportunity is a good fit for the individual and for the organization. NAMI Homefront teachers attend an intensive training to become certified. All teachers must be members of NAMI. Class is led by 2 trained teachers.

**What does it cost to maintain this program?**

ITEM DESCRIPTION	QUANTITY	COST PER UNIT (\$)	TOTAL (\$)
Homefront participant manuals	20	16.50 each 8.25 each cost-share	\$165.00*
Drinks and snacks			
Marketing materials-flyers		3.25 for pack of 25	\$3.25
Marketing materials - brochures		6.00 for pack of 50	\$12.00
Name tags			
Tent cards			
<b>TOTAL COST</b>			<b>\$180.25</b>

\*As part of the Veterans Administration and NAMI memorandum of understanding, the costs associated with books and materials may be incurred by the VA hosting the NAMI Homefront program.





**NAMI Peer-to-Peer Recovery Education Program** is a mental health, wellness and recovery program open to adults (18+) with a mental health condition. Participants learn new life skills, strengthen relationships, balance changing health care needs and better understand their mental health and recovery. It consists of ten 2-hour classes and is offered in Spanish as De Persona a Persona de NAMI.

**Who can take the course?**

Any adult (18+) with a mental health condition is eligible to attend NAMI Peer-to-Peer. No proof of diagnosis is required.

**Who can teach the course?**

Any adult with a mental health condition who makes mental health and wellness a priority in their daily life may apply to become a NAMI Peer-to-Peer facilitator. All facilitators are interviewed and screened to determine whether the opportunity is a good fit for the person and for the organization. NAMI Peer-to-Peer facilitators attend an intensive peer-led training to become certified and must be members of NAMI.

Class is led by 2 trained mentors and 1 volunteer “helper”.



**What does it cost to maintain this program?**

<b>ITEM DESCRIPTION</b>	<b>QUANTITY</b>	<b>COST PER UNIT (\$)</b>	<b>TOTAL (\$)</b>
Peer-to-Peer participant manuals	20	12.36 each 6.18 each cost-share	\$123.60
Drinks and snacks			
Marketing materials- flyers		3.25 for pack of 25	\$3.25
Marketing materials - pass-along cards		2.50 for pack of 50	\$2.50
Marketing materials - brochures		6.00 for pack of 25	\$12.00
Mentor stipends*		250 – 500 (optional)	
Relapse prevention grids		24.00 for pack of 25	\$24.00
Name tags			
Tent cards			
2 stopwatches			
Pipe cleaners			
Stickers			
Phone book			
Beach ball/stress ball			
Raisins			
CD with uplifting instrumental music			
2 flowers (exact same kind) in a vase			
Non-scented, non-allergenic hand lotion			
Sculpey clay			
Jar style unscented candle			
Unscented candles for each participant			
		<b>TOTAL COST</b>	<b>\$165.35</b>

\*NAMI Kansas covers these costs

# Presentations



**NAMI Ending the Silence Presentation** is a 50-minute in-school interactive presentation that helps teens, ages 13-18, learn about the warning signs of mental health conditions and what steps they can take to find support for themselves or their friends.

**Who can participate?**

NAMI Ending the Silence is designed for middle and high school-age youth. The program is typically presented in a health, science or psychology class, but may also be provided to youth groups, clubs and after-school programs.

**Who can present?**

The program is given by a two-person team, one of whom is a young adult with a mental health condition. Any adult in recovery with a mental health condition or family member of an individual who experienced or is experiencing a mental health condition may apply to be trained as a lead presenter. All potential presenters are screened to determine whether the opportunity is a good fit for the individual and for the organization. Potential presenters attend an intensive training to become certified. All presenters must be members of NAMI. Presentations are given by 2 trained presenters.

**What does it cost to maintain this program?**

ITEM DESCRIPTION	QUANTITY	COST PER UNIT (\$)	TOTAL (\$)
Marketing materials – brochures	25	6.00 for pack of 50	\$6.00
Wristbands*		4.25 for 25	\$4.25
Mood pencils*		285 for 1,000	\$7.15
Resource cards*		50.00 for 500	\$2.50
Presenter stipend*		30.00 per presentation (optional)	
Travel reimbursement*		.34 per mile	
		<b>TOTAL COST</b>	<b>\$20.00</b>

\*NAMI Kansas covers these costs



**NAMI In Our Own Voice Presentation** is a 60-90-minute presentation designed for the general public. It provides insight into what it's like to experience a mental health condition.

**Who can participate?**

NAMI In Our Own Voice is open to the general public.

**Who can present?**

Any adult in recovery with a mental health condition may apply to be trained as a presenter for IOOV. All potential presenters are screened to determine whether the opportunity is a good fit for the individual and for the organization. Prospective presenters attend an intensive training to become certified. All presenters must be members of NAMI. Presentations are given by 2 trained presenters.

**What does it cost to maintain this program?**

ITEM DESCRIPTION	QUANTITY	COST PER UNIT (\$)	TOTAL (\$)
Marketing materials – brochures	25	6.00 for pack of 50	\$6.00
Marketing materials – pass-along cards		2.50 for 50	\$2.50
Marketing materials – flyers		3.25 pack of 25	\$3.25
Presenter stipend*		30.00 per presentation (optional)	
Travel reimbursement*		.34 per mile	
		<b>TOTAL COST</b>	<b>\$11.75</b>

\*NAMI Kansas covers these costs

# Support Groups



**NAMI Connection Recovery Support Group** is a 90-minute weekly or bi-weekly support group for adults (18+) with a mental health condition. Participants gain the support of peers who understand their experience and gain insight into others' challenges and successes. It is offered in Spanish as NAMI Conexión, Grupo de Apoyo y Recuperación.

**Who can participate?**

NAMI Connection Recovery Support Groups welcome any adult (18+) with a mental health condition.

**Who can facilitate a group?**

Any adult with a mental health condition who makes mental health and wellness a priority in their daily life can apply to become a NAMI Connection facilitator. All potential facilitators are interviewed and screened to determine whether the opportunity is a good fit for the person and for the organization. Facilitators attend an intensive peer-led training to become certified and must be members of NAMI. All certified facilitators should commit to a minimum of one year of service with a co-facilitator.

2 trained persons facilitate. (1 trained facilitator may be allowed to facilitate a group)

**What does it cost to maintain this program?**

ITEM DESCRIPTION	QUANTITY	COST PER UNIT (\$)	TOTAL (\$)
Marketing materials – brochures		6.00 for pack of 50	\$6.00
Marketing materials – pass-along cards		2.50 for 50	\$2.50
Marketing materials – flyers		3.25 pack of 25	\$3.25
Snacks and drinks			
		<b>TOTAL COST</b>	<b>\$11.75</b>



**NAMI Family Support Group** is a 60-90-minute weekly or monthly support group for adult friends and family members (18+) of people with mental health conditions. Participants gain support from peers who understand their experience and gain insight into others' challenges and successes. It is offered in Spanish as Grupo de Apoyo para Familiares de NAMI.

**Who can participate?**

NAMI Family Support Groups are open to any adult family member, partner or friend of a person who experienced or is experiencing a mental health condition.

**Who can facilitate a group?**

Any family member of a person who is experiencing or has experienced a mental health condition may apply to become a NAMI Family Support Group facilitator. All potential facilitators are screened to determine whether the opportunity is a good fit for the individual and for the organization. Prospective facilitators attend an intensive training to become certified. All facilitators must be members of NAMI.

**What does it cost to maintain this program?**

ITEM DESCRIPTION	QUANTITY	COST PER UNIT (\$)	TOTAL (\$)
Marketing materials – brochures		6.00 for pack of 50	\$6.00
Marketing materials – pass-along cards		2.50 for 50	\$2.50
Marketing materials – flyers		3.25 pack of 25	\$3.25
Snacks and drinks			
		<b>TOTAL COST</b>	<b>\$11.75</b>



# “Off-the-shelf” training programs

## What is a NAMI “Off-The-Shelf” program?

These programs have been specifically designed and scripted by NAMI. The difference between a NAMI Signature Program and a NAMI “Off-The-Shelf” program is the training requirement.

While NAMI Signature programs require an intensive 2 or 3 day training with certification by state trainers, “Off-The-Shelf” programs are ready to use. These are self-guided presentations which can be learned at your own pace.

All of the required documents, videos, PowerPoint presentations and handouts are available at [www.nami.org](http://www.nami.org) or from your state program manager.



**FaithNet** is a resource network of NAMI members, friends, clergy and congregations of all faiths who wish to encourage faith communities who are welcoming and supportive of persons and families living with mental illness. NAMI FaithNet also encourages the role of faith in recovery for those for whom faith is a key component of their experience.

**NAMI Faithnet has two portions:**

***Reaching Out to Faith Communities***

Reaching Out to Faith Communities is a four-part, self-study training to equip NAMI members who want more instruction on how to engage with, educate and share and promote mental health awareness with faith groups in their community. The four sections of Reaching Out to Faith Communities are designed to be used consecutively, in order and as a whole. We strongly recommend reading it carefully if the speaker is not familiar with the unique challenges and questions one may encounter when educating religious groups. Reaching Out to Faith Communities is for training NAMI members.

The main sections include:

- Section I – Laying the Foundation
- Section II – Opening the Door to Understanding and Dialogue about Mental Health
- Section III – Sharing Your Story
- Section IV – Looking Ahead and Following Up

***Bridges of Hope***

The purpose of Bridges of Hope is to educate faith communities about mental illness so that they can create stronger safety nets and welcoming communities of faith for people affected by mental illness. Bridges of Hope is a PowerPoint presentation, about 30 minutes in length, with speaker's notes. The timing depends on the speaker's pace and amount of dialogue that is encouraged by the facilitator. It can be used in its entirety, or in sections, depending on the audience's familiarity with the subject matter, and time allotment. Bridges of Hope is for religious groups.

The main sections include:

- Section I - What is mental illness? How does it impact individuals, families, and communities?
- Section II - What is the role of the faith community in helping people and families touched by serious mental illness?
- Section III - Who is NAMI and what does it offer to individuals, families and faith communities?



#sayitoutloud

OK2TALK-ORG

**Say It Out Loud** is designed to get teens talking about mental health in faith-based, community and/or school youth environments. Say It Out Loud gives adults the tools they need to get these conversations started.

The Say It Out Loud toolkits includes:

- ❖ A short film showing the 10 common warning signs and 3 youth sharing their experiences
- ❖ A discussion guide on how to hold a successful group discussion
- ❖ A narrated presentation for the group facilitator to learn more about mental health conditions in youth
- ❖ Facts Sheets and information about how to connect with NAMI in the community

Raising awareness by sharing information and starting conversations about mental health are key in reducing these perceptions and increasing the likelihood that teens will seek mental health services and supports when they need them.

This guide and the facilitated presentation with it include everything you need to fully prepare for leading a discussion with teens about mental health. For this project, targeted for 14-18 year olds, we worked with a film maker in developing a short film, which runs about 5 minutes, that features the 10 common warning signs of mental health conditions and three youth talking about living with a mental health condition and why it is important to talk about it. The film is a terrific way to jump start a conversation with teens and, if they are experiencing a mental health condition or see the signs in a friend, to encourage them to not be afraid to talk about it and to **Say It Out Loud**.