

Resources

Our **website** provides information about mental health, housing, Social Security, local resources and services.

www.namioc.org

The **NAMI-OC Resource Handbook** (included with paid membership) lists information about mental illness, OC emergency numbers, hospitals, care providers, residential services, legal and legislative resources, support groups and more.

We also have an E-mail list where you can receive up-to-the minute information, news and events about the topics that are of concern to individuals and families facing mental health challenges. E-mail us at: info@namioc.org to be added to the E-mail list.

Services provided by National Alliance on Mental Illness (NAMI) Orange County funded by donations & grants. WarmLine funded by the Orange County Health Care Agency, Behavioral Health Services, Prevention and Intervention Division, MHSA/Prop 63, Didi Hirsch/Cal-MHSA. Speakers Bureau funded by Cal-MHSA, MHSA, Prop 63



Important Facts About Mental Illness

- One in four adults - approximately 57.7 million Americans experience a mental health disorder in a given year. One in 17 lives with a serious mental illness such as schizophrenia, major depression or bipolar disorder and about one in 10 children live with a serious mental or emotional disorder.
- Major depressive disorder affects 6.7 percent of adults, or about 14.8 million American adults. According to the 2004 *World Health Report*, this is the leading cause of disability in the United States and Canada in ages between 15-44.
- An estimated 5.2 million adults have co-occurring mental health and addiction disorders. Of adults using homeless services, 31 percent reported having combination of these conditions.
- Suicide is the eleventh-leading cause of death in the United States and the third-leading cause of death for people ages 10-24 years. More than 90 percent of those who die by suicide have a diagnosable mental disorder.
- In July 2007, a nationwide report indicated that male veterans are twice as likely to die by suicide as compared with their civilian peers in the general United States population.
- Twenty-four percent of state prisoners and 21 percent of local jail prisoners have a recent history of a mental health disorder. Seventy percent of youth in juvenile justice systems have at least one mental disorder with at least 20 percent experiencing significant functional impairment from a serious mental illness.

*Facts and Figures come from NAMI National Website:
http://www.nami.org/Content/NavigationMenu/Inform_Yourself/About_Mental_Illness/NAMI_MI_FactsandNumbers2009.pdf*

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NAMI Orange County

Program Overview

“The Community’s Voice on
Mental Illness”

Administrative Office

1810 East 17th Street
Santa Ana, CA 92705

Phone (714) 544-8488

Fax (714) 544-0791

Email: info@namioc.org
Website: www.namioc.org

WarmLine

(714) 991-6412 (Local)
(877) 910-WARM or via
LiveChat at www.namioc.org.

**In an EMERGENCY call:
Centralized Assessment Team
(Emergency Psychiatric Evaluation)
1-866-830-6011**

NAMI Orange County is a charitable,
501(c)(3) tax-exempt corporation
(Tax ID # 95-3726369)
affiliated with NAMI California,
and NAMI.

Founded in 1980, the mission of NAMI-OC (National Alliance on Mental Illness, Orange County) is to provide emotional support, education and resources for families, and those affected by mental health conditions. In collaboration with the entire community, we advocate for a life of quality and dignity, one without discrimination, for all those persons affected by mental illness. NAMI-OC (an affiliate of NAMI National & NAMI California) receives funding from its membership, MHSA and from the community.

All programs and services are offered free to the public.

The Warmline is a confidential 7-day a week telephone support service which has reached over 31,000 people thus far. This service is for anyone who has concerns about mental health, substance abuse, is lonely or confused, or who needs information about available mental health services.

The WarmLine can be reached at:

(714) 991-6412 (Local)

(877) 910-WARM or via

LiveChat at www.namioc.org.

WarmLine Hours: Mon-Fri 9 a.m.-3 a.m.

Sat-Sun 10 a.m.-3 a.m.

Basics Education Program - Taught by trained volunteers, NAMI Orange County provides a six-week program designed to foster learning, healing, and empowerment among families of children and adolescents with emotional/mental/neurobiological disorders.

Family-to-Family Education Program - Taught by trained volunteers, this class provides an intensive 12-week program for families providing them with knowledge and teaching them the required skills to cope with loved ones who have been diagnosed with a mental illness, facilitate the treatment process, and contribute to their return to health. **Available in Spanish, Korean, Farsi, Arabic and Vietnamese.**

In Our Own Voice - Interactive presentations by individuals in recovery that are designed to raise awareness and reduce stigma by providing an honest dialogue on issues related to recovery from a severe mental health diagnosis.

Peer to Peer Education - A 10-week course on recovery for any person with mental illness who is interested in establishing and maintaining wellness. The course is taught by trained “mentors”, who are them-selves experienced at living well with mental illness.

Providers Education Course - The NAMI Provider Education Program is a 5-week course that presents a penetrating, subjective view of family and consumer experiences with serious mental conditions to line staff and supervisors who work with mental health consumers.

Mano a Mano (Hand to Hand) is similar to the Basics program, but is a 9-week program and is offered in Spanish.

Speakers Bureau schedules presentations of various programs throughout the community working to increase awareness and reduce stigma.

Support Groups- Support groups meet weekly throughout Orange County and are attended by over 400 family members each month. The complete support group list can be found on our website at: **namioc.org**

NAMI Connection - A weekly recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.

Education - Speakers who are knowledgeable on specific mental health issues speak at these monthly presentations. **Meetings are open to everyone, no reservation required.**

Better Together- A one hour presentation by a family member and client sharing their experience living with mental illness. Includes the impact on the family and importance of family involvement in treatment and stigma reduction

FaithNet - Faith and spirituality can be essential elements of healing and recovery from any serious medical illness, including mental illness. FaithNet works to educate clergy and congregations about mental health issues.

Outreach Programs - In our **School Outreach** program, trained volunteers provide lessons in schools to help students, parents, and teachers identify the symptoms and treatments of mental illness and their impact on society. The monograph, **Parents and Teachers as Allies** provides the basis for an in-service for educators. **Ending the Silence** is a transformational program presented to high school audiences.