

**NAMI DuPage**, the DuPage County Illinois affiliate of the National Alliance on Mental Illness, is an energetic and innovative nonprofit organization which, since **1985**, has had a powerful and positive impact on the lives of individuals living with mental illnesses and their families.

NAMI DuPage operates without federal or state funding and with no direct financial assistance from NAMI's national and state organizations. All of our support and education programs are peer-led and offered free to individuals and their families. We are able to improve and expand our programming because of the generosity of the DuPage County community.

Funding from individuals, foundations, corporations, professional groups, faith-based groups and service clubs enable us to continue fostering **Recovery** by providing **Support, Education and Advocacy**.

## Recovery

**Mental illnesses** are medical conditions, not character flaws, which disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. Symptoms vary in type and range from mild to severe. Mental illness symptoms fall within classifications such as **Mood Disorders, Anxiety Disorders, Schizophrenia and Personality Disorders**. Within those classifications, examples of diagnoses include **bipolar disorder, major depression, panic disorder, post-traumatic stress disorder and borderline personality disorder**. As a result of symptoms, some individuals may struggle with co-occurring diagnoses resulting in substance abuse or dependency.

Recovery is an individual approach consisting of many pathways and is individually driven. **With treatment, recovery is not only possible, it is probable**. NAMI is committed to being peer- and family-driven, and recovery focused.

NAMI DuPage understands your challenge and is there for you.

## Support

When attending a NAMI DuPage support group, you can count on peer support in a safe, organized and supportive environment. All support groups are led by individuals living in recovery and family members, all of whom have trained to meet the standards of NAMI National policy.

### Support Groups for Individuals with Mental Illnesses

**"NAMI Connection"** is a free, weekly 90-minute recovery support group for individuals living with mental illnesses. Participants learn from one another's experiences, share coping strategies and offer mutual encouragement and understanding.

### Support Groups for Families

**"Family Support Group"** is a free, twice-monthly meeting of caregivers of individuals who have mental illnesses – held at four locations across DuPage County - where family members can speak openly about their challenges and help one another through their sharing of learned wisdom.

**"Parent Support Group"** is a free program specifically for parents of children under age 22 who have mental illnesses. "Parent Support Group" is held twice a month at NAMI DuPage's offices in Wheaton.

**"NAMI Resource Line"** is a free non-crisis information and referral help-line service which, 35 hours per week, provides a sympathetic and informed "listening ear" for individuals and their families who are living with mental illness and are in need of resources, referrals, advice or other information. Call (630) 752-0066.

**"Resource Library"** is open during office hours and includes free use of resource materials and computers.

### Drop-in Recreation Centers

**Adult Center (ages 30 and up)** – Weekly social events, held in the evening or on weekends in locations across DuPage County, in which participants enjoy food, fellowship and recreational activities.

**Young Adults Center (ages 18 to 30)** – A weekly social event held in Glen Ellyn on Wednesday evenings offering dinner, fellowship and a variety of recreational activities.

### Residences

NAMI owns three residential properties in DuPage County and, in partnership with the DuPage County Health Department, provides supervised intermediate-term residence for individuals with mental illnesses.

**"Individual Assistance Program"** provides emergency financial relief to purchase prescriptions or to pay rent, up to \$750 annually, for individuals with mental illnesses who are in active recovery under medical supervision, medication-compliant, and living in DuPage County. Upon approval, payments are made directly to pharmacies or to landlords.

## Education

Led by trained individuals and family members who have their own "lived experience" and personal journey with mental illness and recovery, NAMI DuPage educational classes provide a wealth of knowledge about mental illnesses and recovery that complements professional treatment.

### For Individuals

**"W.R.A.P" (Wellness Recovery Action Plan)** is a free eight-week program in which participants are taught to develop comprehensive, personalized plans that will help them achieve recovery goals, manage symptoms and improve their quality of life.

### For Families, Partners and Friends

**"Family to Family"** is a free twelve-week evidence-based program in which families, partners and friends of individuals are taught about many aspects of mental



illnesses and their treatment, including common emotional reactions and constructive responses to the trauma of mental illness.

“NAMI Basics” is a free six-week program for parents and other caregivers of children under age 18 who have been diagnosed with severe mental illness or emotional disturbance, or who are experiencing symptoms but have not yet been diagnosed.

“Recovery Connections” In-patient Hospital Programs “NAMI Nights” for Patients and Their Families are regularly scheduled, one-hour presentations held on the mental health unit, led by NAMI individuals and family members, in which patients and their families hear stories of hope and recovery and learn about the many services offered by NAMI DuPage.

### School Presentations to Students and Educators

“Ending the Silence” and “ETS 101” – Created by NAMI DuPage, these programs educate high school and middle school students on the early warning signs of mental illness, how to get help and recovery. Students hear the facts about mental illness as well as personal testimony from individuals who have their own lived experience and personal journey with mental illness.

“Parents and Teachers as Allies” School staffs learn to identify the key signs of early-onset mental illness in children and adolescents and hear stories from individuals with personal experience. This presentation is effective for teacher in-services and PTA sponsored evenings.

**Community Presentations** – NAMI staff and volunteer speakers – both individuals and family members – share their “lived experiences” and insights with medical school and nursing students, police and safety workers, service clubs and faith-based organizations.



NAMI DuPage is a  
United Way Agency

# Advocacy

NAMI DuPage, alongside the NAMI National and NAMI Illinois organizations, believes in advocacy and research.

For more legislative information – including past, present and future legislation – you can reference our Advocacy Toolkit at [www.namidupage.org](http://www.namidupage.org)

NAMI DuPage Advocates for a Better Future through:

- Increased supported employment for those individuals living with mental illness;
- Increased supported housing, and reduced reliance on nursing homes to house those with mental illnesses;
- Increased peer-run organizations within the mental health system;
- Increased use of alternatives to Emergency Room care, such as the “Living Room” model, to reduce stress and anxiety for recipients;
- Increased availability of community mental health services;
- Increased use of beneficial treatment and reduced use of punitive incarceration for individuals with mental illnesses;
- Increased public education and awareness to reduce stigmatization of mental illness;
- Increased early education in our schools on the signs and symptoms of mental illness;
- Increased social and vocational opportunities for individuals living in recovery; and
- Increased awareness of services needed for our returning veterans and their families.



Bringing hope, improving lives and promoting recovery.

## NAMI DuPage is about People

People who care...

People who understand...

People who teach...

People who listen...

People who want to eliminate stigma...

People who want to improve their lives.

**With NAMI DuPage, you have a voice!**

### Our Mission

To provide support, advocacy and education in order to improve the quality of life of individuals with mental illnesses and their families.



Donate Online

2100 Manchester Rd. Bldg. B, Ste. 925 Wheaton, IL 60187

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