



National Alliance on Mental Illness

**NAMI**

**Wisconsin**

# **NAMI 101 & Becoming a Local NAMI Affiliate**

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**NAMI**

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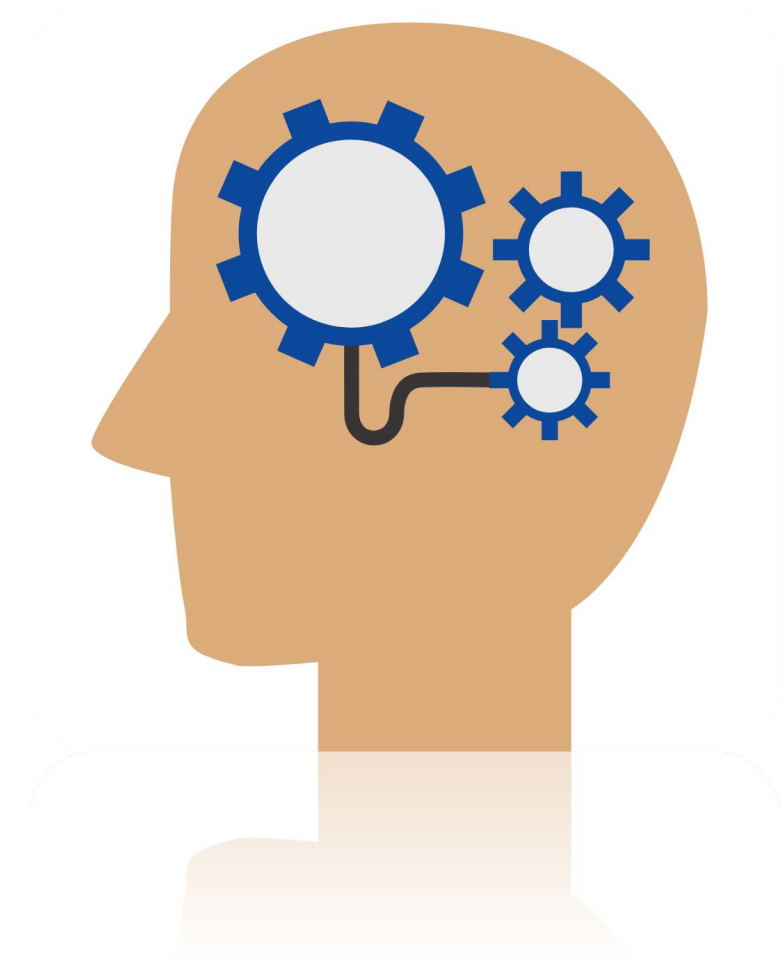
**Wisconsin**

# Introductions!



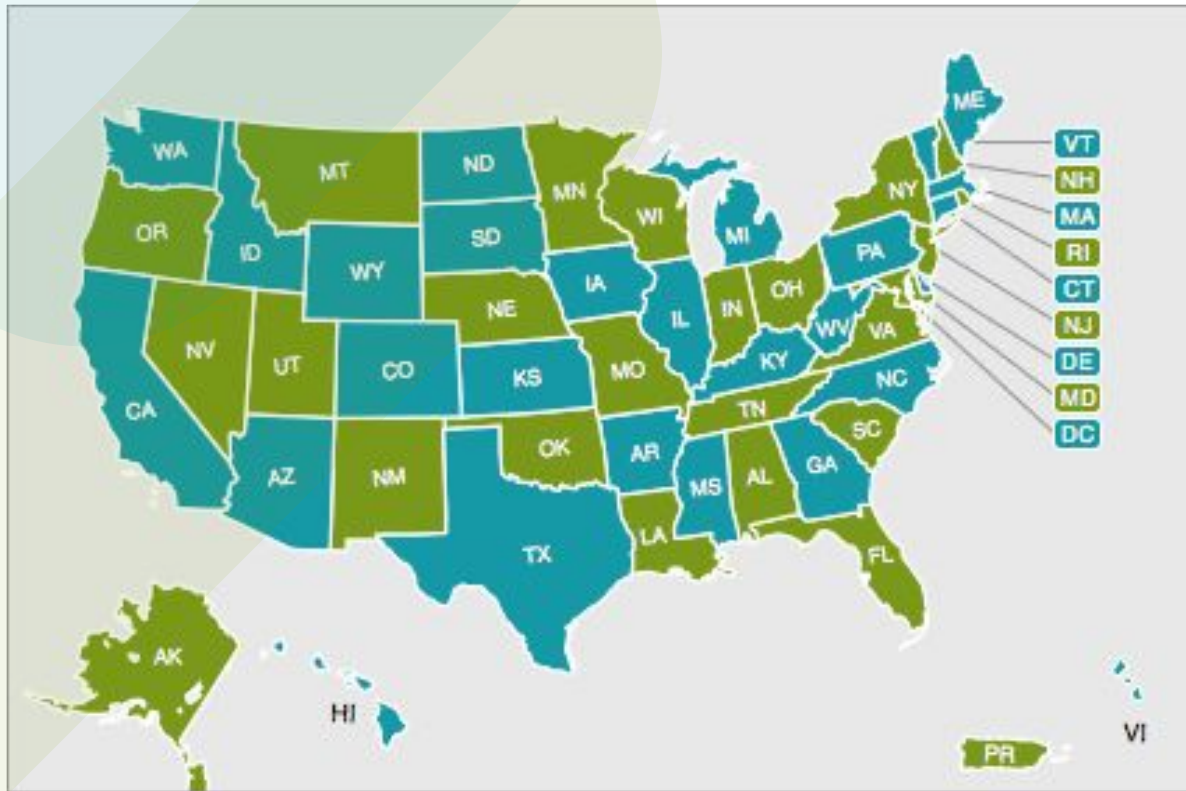
# WHAT ARE WE LEARNING TODAY?

- ❖ Who is NAMI: National, State & Local Affiliate
- ❖ NAMI Programming & State Trainings
- ❖ NAMI Affiliate Models & Responsibilities
- ❖ Support from the State Office
- ❖ Next Steps



# WHO IS NAMI?

# NATIONAL ALLIANCE ON MENTAL ILLNESS



Nation's largest grassroots nonprofit organization founded in 1979

Over 600 local affiliates and 49 state affiliates across the United States

Find your Local NAMI or State Chapter  
<https://nami.org/findsupport>



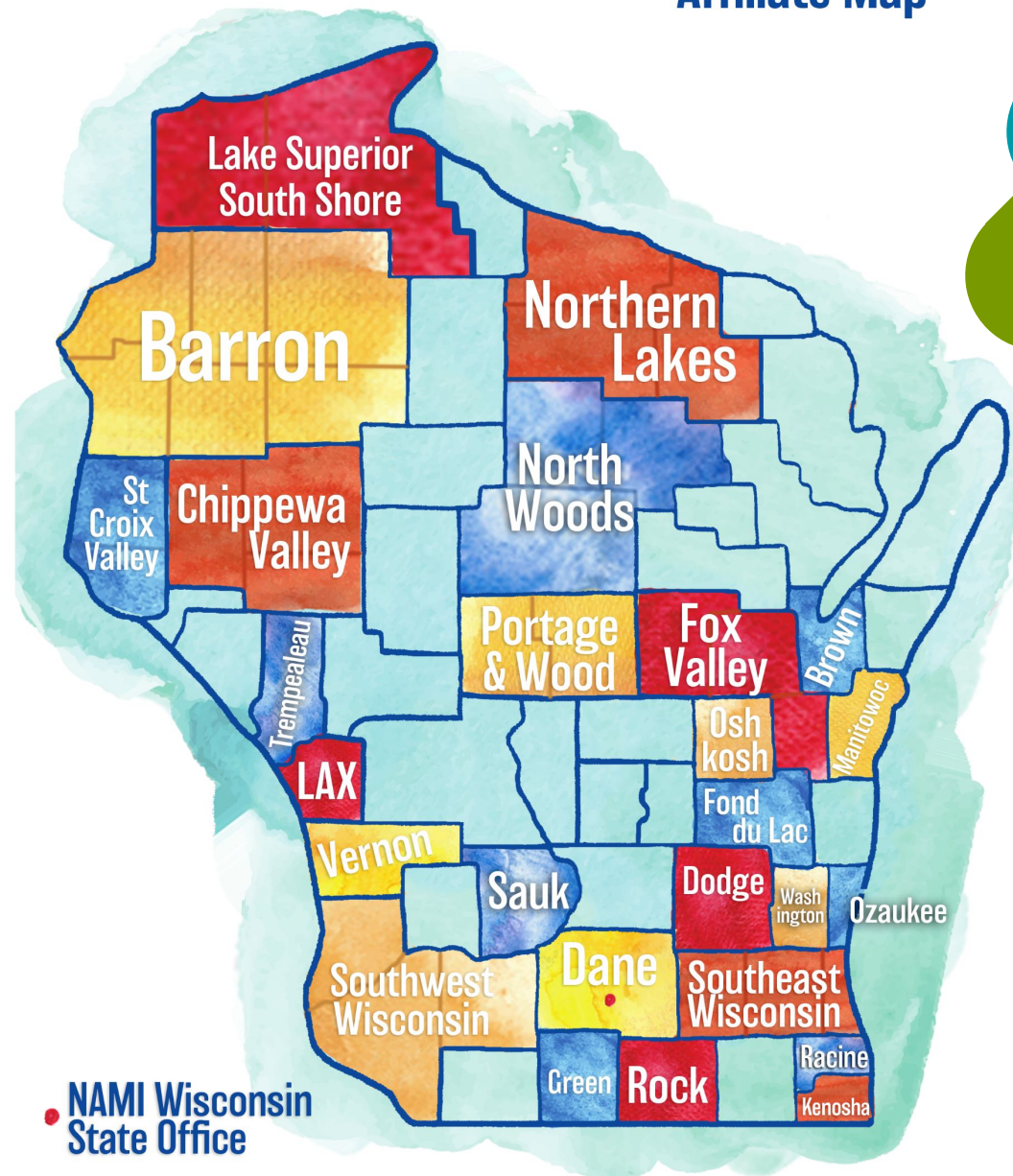




# WHO WE ARE...

## NAMI WISCONSIN

The mission of NAMI Wisconsin is to improve the quality of life of people affected by mental illnesses and to promote recovery.



**NAMI Wisconsin**  
State Office



**NAMI National**



**NAMI Wisconsin**



**NAMI WI Affiliates**





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# **NAMI PROGRAMMING & STATE TRAININGS**



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# NAMI's FOUR PILLARS

## Support

We provide no-cost, peer-led support groups offered by trained volunteers.

## Education

Our education programs ensure individuals get the support and information they need.

## Awareness

We work hard to promote public education and understanding of mental illnesses.

## Advocacy

We advocate at all levels of government to improve mental health care in Wisconsin.

# Peer, Family & Youth Defined

- NAMI is a grassroots organization based and rooted on lived experiences
- Peer: a person who identifies as living with a mental illness. No formal diagnosis is needed.
- Family: anyone who identifies as being a family member of someone living with mental illness
- Youth: identified as a person between the ages of 13-25 years old





# SUPPORT & EDUCATION FROM LOCAL NAMI AFFILIATES

## Support Groups



PEER SUPPORT GROUP 



BEING TOGETHER

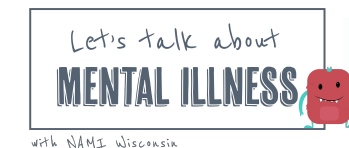
 **NAMI Wisconsin** State wide virtual mental health support groups



## Educational Classes



## Community Presentations



with NAMI Wisconsin

# NAMI WISCONSIN STATE TRAININGS

- 15-20 state trainings held annually
- Support groups, classes and presentations
- Virtually or in person, across WI
- NAMI WI Programming Team (4 staff) plan at the end of the year for the following year, based on needs from affiliates
- There are mentor models available for support groups if needed and we accommodate adding trainings for affiliates
- [\*\*NAMI Wisconsin State Training FAQ\*\*](#)



**Education Classes | Support Groups | Presentations**

# **NAMI AFFILIATE MODELS & RESPONSIBILITIES**

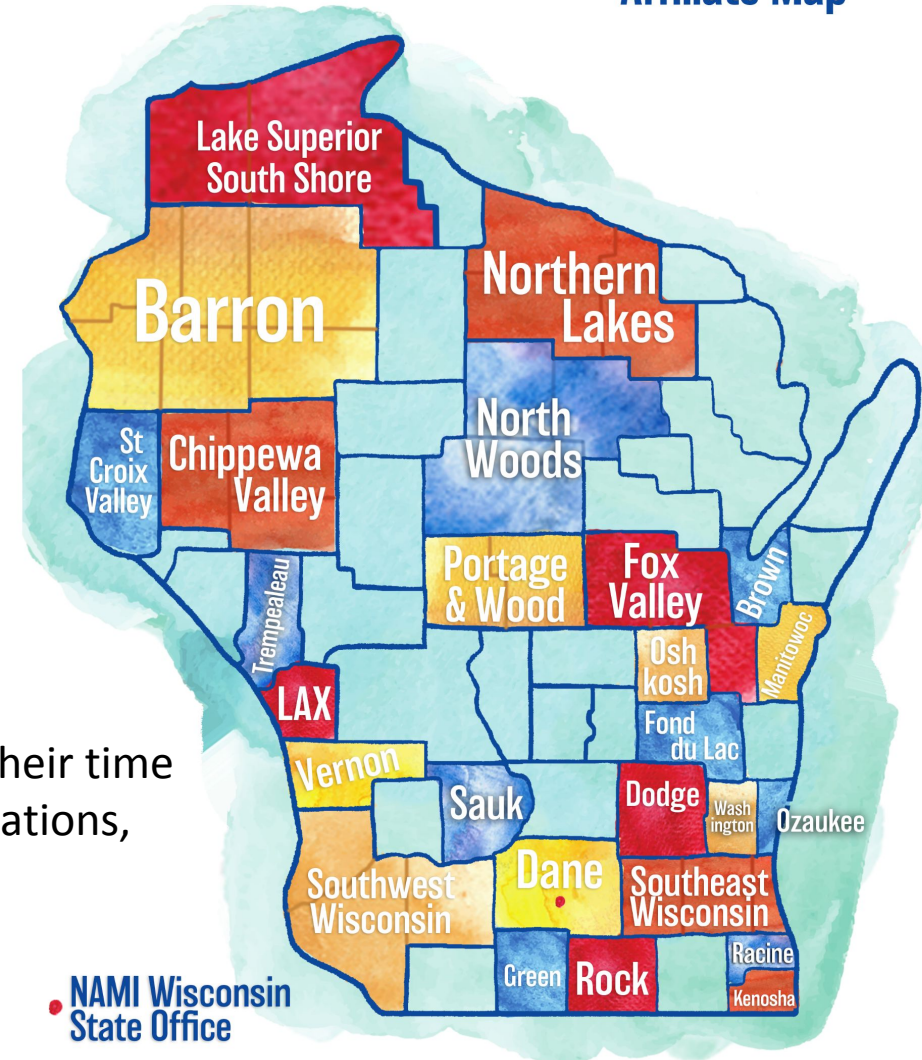


# LOCAL NAMI AFFILIATES IN WISCONSIN

- NAMI Fox Valley- ED and 15+ employees
- NAMI Oshkosh- ED, 1 admin staff
- NAMI FDL: ED & drop in center
- NAMI Washington: ED, Program Coordinator, drop in center
- NAMI Dane: ED and 4 Program Coordinators
- NAMI Racine: ED and 6 staff employees, 2 offices



**NAMI Wisconsin**  
Affiliate Map



- NAMI SE WI: ED and 20+
- NAMI Rock: ED and Program Coordinator 2, adult day center
- The remaining 14 local NAMI Affiliates have working boards who volunteer their time to their organization to provide support groups, educational classes, presentations, support and awareness to their counties or region.
- NAMI Northern Lakes: Just hired first ED in 2022
- NAMI Chippewa Valley: Just hired first ED in 2022
- NAMI Northwoods: Just hired first ED April 2023
- NAMI La Crosse: Hiring their first ED

# NAMI AFFILITE MODELS



- ✓ Established through requirements created by NAMI National for local NAMI Affiliates
- ✓ NAMI Wisconsin and other (NSOs) are responsible for ensuring that local affiliates adhere to the requirements in place, establishing local affiliates as either Model A or Model B
- ✓ Can reflect your capacity as a volunteer run organization

[\*\*\*NAMI Wisconsin Affiliate Models: Quick Guide & Comparison Chart\*\*\*](#)

# AFFILIATE STRUCTURE: MODEL A

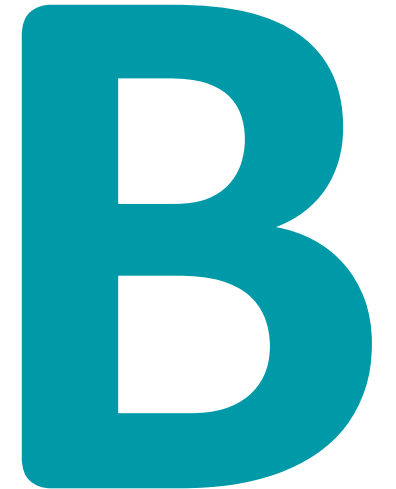
- ❑ Incorporated & operate independently as its own 501c3
- ❑ Own board of directors- must have at least 5 BODs and bylaws
- ❑ Policies and procedures in line with the NAMI Standards of Excellence (code of ethics, conflict of interest, DEI, etc.)
- ❑ Full financial oversight and operational responsibility
- ❑ Hold an annual meeting & vote in new board members
- ❑ Have at least 2 trained facilitators or teachers to offer programming

A large, stylized letter 'A' in a teal color. Above the letter, there are two overlapping, rounded rectangular shapes, one in teal and one in a darker green, suggesting a pen or pencil tip.



# AFFILIATE STRUCTURE: MODEL B

- All New NAMI Affiliates Start as a Model B and is the required model
- Has own name and logo, but not an incorporated 501c3
- Limit operational responsibilities to focus exclusively on programming and starting your NAMI affiliate
- Still represent the community they serve, have a volunteer advisory committee of affiliate leaders, but do not have a BODs, bylaws, financial and governing agreements and responsibilities
- All financial and operational oversight is the responsibility of NAMI Wisconsin

A large, stylized letter 'B' in a teal color, positioned on the right side of the slide. It is partially overlaid by a green and blue graphic element that looks like a stylized '1' or a similar shape.

# GETTING THINGS STARTED: NAMI AFFILIATE LEADERS & DEFINITIONS

# DEFINITIONS!

NAMI Affiliates need to have an advisory committee. This committee includes peers, family members and leaders in your community who volunteer their time to grow, sustain and provide knowledge to your local NAMI. This is beyond community stakeholders who support you new local NAMI. This group is known as Affiliate Leaders.

- Affiliate Leader: Anyone involved with their local NAMI affiliate, this is both volunteer or staff capacity
- Main Leaders:
  - ✓ Program Leader, required
  - ✓ Communication/Administrative Leader, required
  - ✓ Community Support Leader, optional (phone/email/in person)
  - ✓ Outreach Leader- social media, community outreach, optional
- General Affiliate Leaders

Capacity of an Affiliate Leader:

- Depends on your county, needs and goals
- Main Leaders- 4-8 hours/month
- General Affiliate Leader contributes 2-4 hours per month



# NAMI AFFILIATE BENCHMARKS

NAMI Affiliate Benchmarks are standards and goals that each NAMI affiliate needs to meet in Wisconsin to be considered either a Model A affiliate, a Model B affiliate, or, complete in the transition from a Model A to a B. NAMI Wisconsin will work with you to guide and support your affiliate leaders with this process. These benchmarks will be evaluated annually by NAMI Wisconsin and have been created to meeting the standards in place from NAMI National, NAMI Wisconsin and include best practices for affiliate operations, local programming, marketing and community outreach, and Wisconsin nonprofit policies.





# SUPPORT FROM NAMI WI



# Support from **NAMI Wisconsin**



## **AFFILIATE** *Resources*

- ❖ 1:1 technical support as needed
- ❖ Financial Support:
  - Scholarships to attend NAMI Wisconsin's Annual Conference
  - Zoom Plus Pro Account for your Affiliate
  - Ongoing mini grants for marketing collateral, programming and outreach
  - CIT/CIP training development and support
- ❖ Program support and road map
  - ❖ Affiliation Process: Meeting the standards of being an Affiliate Model A or B
  - ❖ Statewide Platform for virtual support groups and classes- [Being Together](#)
  - ❖ Local Advocacy and Public Policy Support
  - ❖ May Mental Health Awareness Month Support

# AFFILIATE Resources

- ❖ [NAMINet](#): Tools and resources for state and local NAMI affiliates, through NAMI National, categories include: Education, Marketing and Communications, Advocacy, Board of Directors, Operations and Governance, Outreach and Partnerships
- ❖ [NAMI 360](#): Membership and organizational database for programming, affiliation and more through NAMI National
- ❖ Monthly Affiliate Leader E-News: Sent from the NAMI Wisconsin office
- ❖ [NAMI Wisconsin's Resource Guide](#): provide hard copies for each affiliate
- ❖ [Iris Newsletters](#): Sent from the NAMI Wisconsin office via hard copy and electronically to all NAMI Wisconsin members.
- ❖ NAMI Wisconsin's Programming Team- [Programming Toolkit and Roadmap](#)
- ❖ Support/Referral Call Resources and Trainings:
  - [NAMI Wisconsin's Mental Health Support and Resources Training](#)
  - NAMI Helpline Training (connect with NAMI Wisconsin' ED to get signed up)
- ❖ [Local Affiliate Model Information](#)
  - Annual affiliation process support
  - Support in geographic expansion



# Support from NAMI Wisconsin: MEETINGS

**Monthly Affiliate Zoom Meetings:** affiliate leaders, program coordinators, staff, BODs, and dedicated volunteers meet, share and collaborate. NAMI Wisconsin gives updates, offers a time for affiliates to ask questions, talk through challenges, celebrate successes and create a platform to get to know each other, and open up opportunities across the state.

**Quarterly Program Coordinator Meetings:** Meet with staff and volunteers who oversee all programming at their affiliate, share, collaborate and brainstorm. Meeting invite sent from the NAMI Wisconsin Programming team.

**1:1 Meetings:** Meet with Associate Director and/or programming team as needed, or set up a reoccurring meeting schedule to discuss affiliate benchmarks, programming needs, administrative tasks, community needs, etc.





# Support from NAMI Wisconsin:

## PROFESSIONAL DEVELOPMENT

[NAMI Wisconsin Annual Conference:](#) a two-day event for everyone interested in mental health. The event hosts around 300 attendees including peers, family members, mental health providers, advocates, social workers, clinicians, government officials, and criminal justice partners.

**Affiliate Networking Session:** held the Friday evening of the annual conference, we welcome all affiliates leaders to attend for food, drinks and mingling.

**Affiliate Leadership Summit:** Annual one day conference specifically for NAMI Affiliate leaders, to learn, strengthen their organization, celebrate successes and network.

### **Action on the Square Advocacy Day**

[Representing NAMI Videos:](#) 4 videos created by NAMI Wisconsin outlining what it means to represent NAMI at your affiliate, in the community, as a staff, BODs, volunteer, facilitator, teacher and more.



National Alliance on Mental Illness

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**RESOURCES**

# NAMI RESOURCES

**Find your local NAMI Affiliate**

<https://namiwisconsin.org/find-my-nami/>

**Being Together Virtual Support Groups**

<https://namiwisconsin.org/being-together/>

**NAMI Wisconsin Resource Guide**

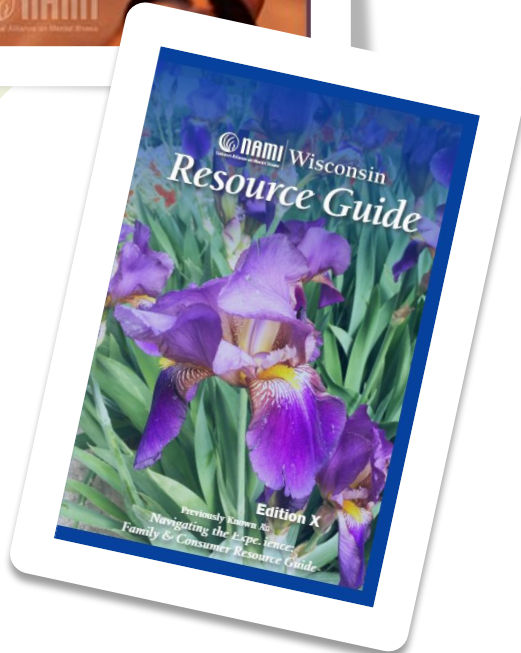
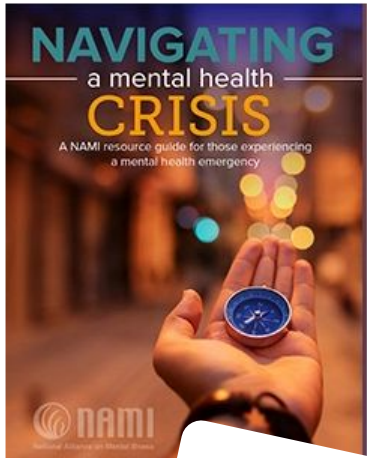
<https://namiwisconsin.org/resource-guide/>

**NAMI National's Navigating a Mental Health Crisis: (Spanish and English)**

<https://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis>

**NAMI National Resource Directory**

<https://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/2021-Resource-Directory.pdf>





# BEING TOGETHER



**NAMI** Wisconsin  
National Alliance on Mental Illness

State-wide virtual mental  
illness support groups

*Being Together - NAMI Wisconsin*, provides online support groups and classes for individuals across the state who do not have a local NAMI Affiliate or do not have certain support groups or classes provided by their local affiliate. This is a way to bring those in need of support together, regardless of their location. These support groups and classes are open to anyone in need within Wisconsin.

Click [here](#) to see the support groups available in Wisconsin.







**24/7 CALL, TEXT, CHAT**

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

The 988 Suicide & Crisis Lifeline provides free and confidential support for anyone experiencing a suicidal, mental health, and/or substance use crisis.

<https://988lifeline.org/>





# NAMI WISCONSIN WORKPLACE WELLNESS

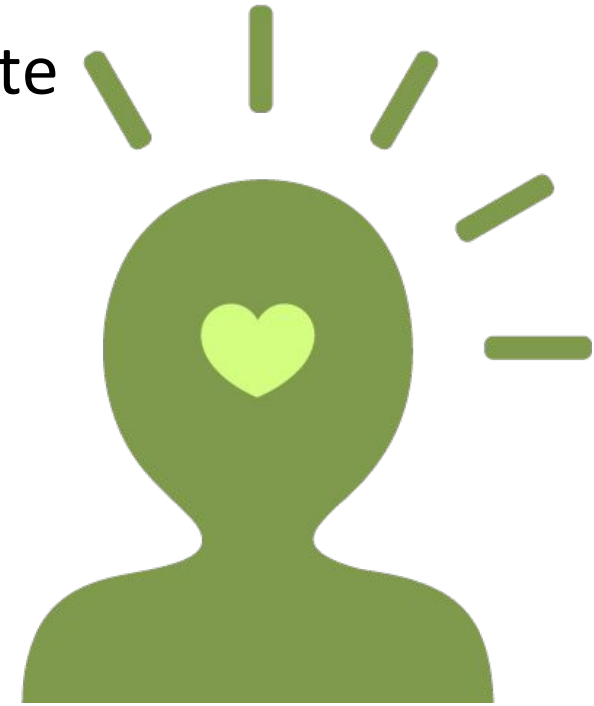
Workplace Wellness is a NAMI Wisconsin initiative that connects employers and employees of all sizes with presentations, resources, E newsletters and more, providing support for education on mental illness, mental health and wellness initiatives in the workplace.



<https://namiwisconsin.org/workplace-wellness/about-workplace-wellness/>

# Next Steps & Action Items

- ✓ Does this make sense for your county/region?
- ✓ Are there key people missing from this conversation?
- ✓ Volunteer to be a NAMI Affiliate Leader, working and locally and with NAMI WI to start this organization- create your main team!
- ✓ Work with Stacey to set up another meeting to dive into the NAMI application and NAMI Wisconsin Affiliate benchmarks
- ✓ Develop a plan with a timeline to complete all administrative needs to become a NAMI Affiliate
- ✓ Community Needs Assessment- what gaps are in our community that we can bring with NAMI?



Thank

you!

Questions?