

NAMI Urban Los Angeles



What does the NAMI acronym stand for ?

NAMI, the Nation's Voice on Mental Illness was founded in 1979 as the National Alliance on Mental Illness



nami

National Alliance on Mental Illness

What is NAMI ?

The National Alliance on Mental Illness is the nation's largest grassroots organization dedicated to improving the lives of persons living with serious mental illness and their families.

Founded in 1979, NAMI has become the nation's voice on mental illness. As a national organization, NAMI is in every state and in over 1100 local communities across the country.

NAMI MISSION

NAMI is dedicated to the eradication of mental illnesses and to the improvement of the quality of life of all whose lives are affected by these illnesses.

Dedicated NAMI members, leaders, and friends work tirelessly across all levels to meet a shared NAMI mission of support, education, advocacy, and research for people living with these illnesses,

What NAMI Does

- Public information and education activities
- Family and consumer peer education and support activities
- Advocacy on behalf of people living with mental illness and for the health of our communities
- Visible public events that raise funds and awareness while engaging the public.

Who is NAMI Urban Los Angeles ?

The National Alliance on Mental Illness Urban Los Angeles is a 501(c)3 nonprofit organization founded in 2000.

NAMI Urban Los Angeles has over 200 family members. Our mission is to help improve the lives of people affected by mental illness through education, support, and advocacy

The NAMI Urban LA Vision

The vision of NAMI Urban Los Angeles is to ensure acceptance of and treatment for all those with mental illness to facilitate recovery.

The Family as Caregivers / Resiliency

Caring for the mental health needs of the family and caregivers

Building Family Resiliency

Providing Support, Education and Advocacy

Who Is A Caregiver?

A person who provides care for someone who is not able to provide the care they, themselves, need to adequately function.

Compassion Fatigue

Caregivers commonly suffer from Compassion Fatigue a chronic condition of exhaustion which results from caring for another person with a serious illness over an extended period of time.

Compassion Fatigue is experienced mentally, Emotionally, physically, spiritually, or a Combination of these.

Compassion Fatigue

Underlying Dynamic: Compassion involves suffering with another person often with the accompanying desire to alleviate the suffering.

When Caregivers care for someone who is suffering, they participate in that person's suffering on some level whether the Caregiver is aware of it or not.

Compassion Fatigue Symptoms

- *Feeling Worn Out / Stressed Out/ Just Tired*
- *Overwhelmed / Unable to Cope*
- *Angry / Resentful / Irritable / Agitated*
- *Depressed / Withdrawn/ Isolated / Apathetic / Cynical*
- *Difficulty Focusing / Concentrating*
- *Disrupted / Poor Quality Sleep*
- *Relationship Problems / Inappropriate Relationships*
- *Compulsive Behaviors / Addictions*
- *Self Neglect / No time for self*

Reasons For Compassion Fatigue

- *Little or no Caregiver self-care.*
- *Unrealistic assumptions about Caregiver responsibilities.*
- *Inadequate support systems.*
- *Denial of the outcomes of the illness.*

Why Self-Care is Lacking

- *Guilt about using time and resources for self-care.*
- *Not setting or maintaining realistic expectations.*
- *Lone Ranger: Belief that only the Caregiver can provide care. Ashamed to ask for help.*
- *Misunderstood religious beliefs.*
- *Manipulation of the Caregiver by the person receiving care and others (frequently family)*

Self-Care Approach

Step 1

Caregiver Self-Assessment: What does the Caregiver need to live a healthy, meaningful, and productive life?

Step 2

Care Receiver Assessment: what does the person receiving care need to live a healthy, meaningful, and productive life?

Step 3

Assessments Alignment: Which needs of the person receiving care can the Caregiver respond to while continuing to meet their own needs?

Treatment and Outcomes

*Mental Illness is not curable in most cases
but it is treatable.*

*Goal of treatment is mental stability which allows a
person to live a meaningful and productive life.*

Importance of Caregiver Self-Care

- *Caregiver can enjoy a healthy, well balanced, and meaningful life.*
- *Person receiving care needs a Caregiver who can help them maintain a recovery lifestyle.*

Reducing Stress

Dr. Ellen Berman, <http://www.ellenbermanmd.com>

Hope with acceptance

Boundaries

Keep the house as calm as possible; fight only the necessary battles

Reducing guilt

Finding meaning

Friendship

Knowing your resources and your loved one's health care providers

Exercise

Yoga and meditation

Treat depression if it develops

Coping with Mental Illness

What Family Members Can and Cannot Do

By Rex Dickens of NAMI (revised by Michelle Di Sherman, Ph.D.)

What Family Members Can Do:

1. *Talk about your feelings and encourage other family members to do the same.*
2. *Talk to others who are also dealing with mental illness in the family.*
3. *Learn about mental illness.*
4. *Choose your battles carefully, prioritize what is most important to you.*
5. *Pay attention to your needs.*
6. *Remember that all family members are affected and that “well” family members also need your attention. Avoid making the individual with the mental illness the focus of all of the families attention.*
7. *Strive to respect the coping strategies different family members may adopt.*
8. *Seek to improve the mental health system so that treatment options are available.*
9. *Acknowledge your family member’s admirable courage in coping with mental illness.*
10. *Separate the person from the illness. Love the person even if you hate the disorder.*

What Family Members Cannot Do:

1. *Make the mental illness go away.*
2. *Meet your loved one’s needs all the time.*
3. *Lessen the impact of the illness by not talking about it.*
4. *Grieve (mourn) for others. Grieving involves many steps, including denial, sadness, anger, and acceptance. Everyone must complete the process in his/her own way and at his/her own pace.*
5. *Take away peer and societal stigma and judgments.*

Contact Us

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Thank You !



**Urban
Los Angeles**