

LIVES improving LIVES

The NAMI Peer-to-Peer Education Program

This program is taught by people who have achieved a significant level of recovery in their own lives. The free 10-week course provides individuals with empowerment, peer support, communication skills and general health knowledge. The Peer-to-Peer class follows a structured format in a relaxed and confidential setting.

“NAMI of Erie County’s Peer-to-Peer program is a great program for people who are working towards recovery.”

Peter Ostrander, Peer-to-Peer Graduate

“NAMI has made a huge impact in my life. I feel both privileged and blessed to be a part of this organization and all it does for our community.”

Emily Burkhart, Peer-to-Peer Graduate & Teacher



*Helping individuals,
children and families
in Erie County.*





1^{IN}4 FAMILIES HAVE A LOVED ONE WITH A MENTAL ILLNESS

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI of Erie County offers education and support to those impacted by mental illness.

The History of NAMI of Erie County

NAMI of Erie County was founded in 1984 to help parents and caregivers who have a loved one with a mental illness. Today, the agency helps over 6,000 individuals, children and families. NAMI offers programs such as Family-to-Family for caregivers, Peer-to-Peer for individuals with a mental illness, and family support groups that empower family members.



NAMI's Peer-to-Peer program is proudly sponsored by United Way.



you are **NOT ALONE**

The NAMI Family-to-Family Education Program

Despite gains in the treatment and opportunities for recovery, there are difficulties that many people encounter when caring for a relative or friend with mental illness. The NAMI Family-to-Family education program is a free 12-week course for family members and caregivers of loved ones with mental illness. Participants gain valuable information, insight and understanding of their loved one that many describe as life-changing.

“I know I speak for countless families when I say that NAMI is a valuable community resource for families. I will be forever grateful for all that our local chapter has done for me, my son, and my family.”

Missi Berquist, Family-to-Family Graduate & Teacher

“NAMI of Erie County's Family-to-Family program is not only a great way to show families they are not facing these challenges alone, but also an effective way to provide them with tools they need to help their loved ones.”

Lin Parco, Family-to-Family Graduate & Teacher



Benefits of the NAMI Family-to-Family Education Program

Course Goal: To guide children and families to an emotional understanding, healing, and insight into mental illness.

1. Understand the biological basis of brain disorders and treatment.
2. Learn coping skills, listening, and communication techniques.
3. Handle periods of crisis and relapse.
4. Learn self-care and stress management techniques.
5. Find basic information about medications and strategies for medication adherence.
6. Locate current research related to the biology of brain disorders and treatment.
7. Discuss national, regional and local resources.
8. Learn about the appropriate mental health policies – including private and public.