



National Alliance on Mental Illness

**NAMI**

**Howard County**

**We are NAMI Howard County.**

*We help individuals and families affected by mental illness work towards the process of recovery, rebuild lives and promote a better understanding of mental illness.*

# AUTISM AND MENTAL HEALTH CONDITIONS

- Individuals with autism can also develop mental health conditions such as Anxiety Disorders, Attention Deficit Hyperactivity Disorder (ADHD) or depression.
- Research shows that children and adults with ASD are at higher risk for some mental health conditions and even suicidal ideation than those without autism.
- These co-occurring conditions can be improved with medications or behavioral therapy.

# EDUCATION CLASSES

- ▶ **Family-to-Family**: 8-session course for family members
- ▶ **Peer-to-Peer**: 8-session course on recovery for individual living and coping with mental illness
- ▶ **Basics**: 6-session course for parents and caregivers of school-aged children at [nami.org](https://www.nami.org)

# EDUCATION

## (Continued)

- ▶ **Educational forums:** Bi-monthly programs on mental illness open to the general public
- ▶ *In Our Own Voice:* Trained presenters who live with chronic mental illness share their stories of the recovery process
- ▶ **Crisis Intervention Training (CIT)** with Police and Corrections Officers
- ▶ Mental health programming for schools, faith-based and other community organizations

# SUPPORT

*NAMI HC offers ONLINE support groups for Families:*

- **Family Support Group** (Family members, friends and caregivers of an adult)
  - Third Friday of each month from 7:30-9pm
- **Parent Support Group** (Parents and caregivers of a school-aged child)
  - Second Monday of each month from 7:30-9pm
- **Transition Age Youth (TAY)** (Parents and caregivers of youth age 16-26)
  - Third Thursday of each month from 7:30-9pm

# **SUPPORT**

## **(Continued)**

*For Adults living with Mental Illness*

### ▶ **Connection Support Group**

- ▶ Second and Fourth Monday of the month from 6:30-8pm

### ▶ **Connection Support Group for Veterans**

- ▶ First Monday of the month from 6:00-7:30pm

# ADVOCACY

- ▶ Public Policy agenda: determined by state and national NAMI
  - ▶ Advocacy Day in Annapolis: Usually late February
  - ▶ S.M.A.R.Ts. Training

## **We advocate for:**

- ▶ *Better medical services, equal insurance coverage of mental health, legal rights, housing and employment opportunities*

# What to say to the 911 operator if your loved one is in crisis:

- Request a CIT-trained officer
- ▶ Your relationship with the mentally ill relative
- ▶ Current problematic behavior
- ▶ Diagnosis
- ▶ Tell if they are in treatment NOW
- ▶ Medications?
- ▶ History of alcohol or street drugs? Currently? Which?
- ▶ History of self-harm?
- ▶ History of violence toward others? Specific people or types?
- ▶ Any known triggers to avoid
- ▶ Access to weapons or history of use (knives, broken glass, etc.)
- ▶ Age, height, weight
- ▶ Weight training?
- ▶ Preference of hospital (this can sometimes be accommodated)



# 911 Flagging

- ▶ Howard County Police Department program
- ▶ Police routinely respond to calls for persons with an identified intellectual, physical, or degenerative disability
- ▶ Way for family members to provide information about their loved one ahead of a crisis
  - ▶ Officers are provided with valuable information and ways to help before they arrive.
- ▶ Community Outreach Division at the HCPD:
  - ▶ 410-313-2207 or website: [HCPDOutreach@howardcounty.org](mailto:HCPDOutreach@howardcounty.org) to request forms.

# Resources for Parents/Caregivers

- ▶ [Parenting a Child with Mental Illness](#)
- ▶ [NAMI: Navigating a Mental Health Crisis](#)
  
- ▶ [Maryland Coalition of Families - TAY](#)
- ▶ [Humanim -- Healthy Transitions Program](#)
  
- ▶ [HC Police Department MH Crisis Brochure](#)



**nami**

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# Howard County

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