

NAMI Lexington was founded in 1985 to provide education, support and advocacy for persons whose lives are affected by serious mental illness. NAMI Lexington has been a front-runner in family education, consumer program development and peer-empowerment, collaboration, inclusiveness, diversity, cultural competence, and scope of services.

**NAMI Signature Programs offered free by NAMI Lexington:**

- ***In Our Own Voice*** – people with a mental illness share their powerful personal stories
- ***NAMI Connections*** - a recovery support group program for people living with a mental illness
- ***Sharing Hope*** - African American and Hispanic Faith-based community outreach
- ***Family-to-Family*** - 11-session course taught by trained family members
- ***Family Member Support Groups*** - a peer-led support group for family members, caregivers
- ***Basics*** - 6-week course for parents and caregivers of children and teens living with a mental illness
- ***Hearts and Minds*** - an online, interactive program promoting wellness in both mind and body
- ***NAMI Walks*** – annual mental health awareness and fundraising event

A sampling of **other significant programs and trainings offered free by NAMI Lexington:**

- ***Participation Station***, a Peer-operated recovery center co-sponsored by bluegrass.org
- ***Kentucky Advanced Psychiatric Directive*** Training
- ***QPR Suicide Prevention*** Training / Gatekeeper Suicide Prevention Training
- ***WRAP*** (Wellness Recovery Action Plan) Trainings and Workshops
- ***Warm Line***, a Peer operated non-emergency phone line for anyone who "just needs someone to talk to" co-sponsored by bluegrass.org
- ***Multicultural Action Committee (MAC)*** provides culturally competent advocacy, education, outreach and support to African American and Hispanic communities
- ***Eastern State Hospital*** – Kentucky Peer Specialist team providing education and support daily
- ***Fayette Mental Health Court*** - based on therapeutic jurisprudence and restorative justice principles
- ***Double Trouble in Recovery (DTR)*** Support Groups for individuals with co-occurring addiction and mental health disorders
- ***NAMI Introductions*** – Overview of NAMI programs, information, and supports
- ***KYSTARS*** – Statewide Recovery Support Groups, Recovery Oriented Training and Technical Assistance, Leadership Academy Peer Leadership Skills Training
- ***Guest speakers*** for local Nursing, Psychology and Social Work classes at UK, ECU, Midway College, Asbury, Georgetown College, and Kentucky State University
- ***Intern programs*** - Partner with regional Universities to provide field education for student interns

**NAMI Lexington** also offers ***affordable staff and employee training programs*** such as ***Mental Health First Aid***. The Mental Health First Aid program is an interactive 8 hour educational program. It can be conducted in one full day or two half-day events. Mental Health First Aid certification must be renewed every three years, and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews common treatments.

For more information on NAMI's free programs and affordable mental health training, please see <http://namilex.org> or call 859-272-7891.