



Mission Statement

The National Alliance on Mental Illness Jeffco is a non-profit, all volunteer organization established in 1987. We are affiliated with the National Alliance on Mental Illness (NAMI) and NAMI Colorado. Our mission is to gain a comprehensive and effective system of care and treatment for people experiencing a mental illness, and their families, by promoting community support programs.

Board of Directors

President
Leona Paul

Treasurer
Karen Keeran

Secretary
Vacant

Education Night Coordinator
Maggie Torley

Special Events Coordinator
Red Torley

Board Member
Margaret Elmer

If you are interested in becoming a board member of NAMI Jeffco, please contact us at namijeffco2015@gmail.com.

Become a Member!
[NAMI Jeffco Membership](#)
Indicate NAMI Jeffco as your affiliate.

President's Corner

Greetings and Happy New Year!

We are beginning a new year filled with great potential but it's important to talk a little about what we accomplished in 2018. Here are some of the highlights:

1. Delivered four family-to-family classes.
2. Continually provided family and connection recovery support groups in two locations.
3. Strengthened our commitment to CIT (crisis intervention team) training by making presentations during their three classes held this year. And by participating in their CIT Steering Committee as a member.
4. Provided representation and support to family members who have loved ones in the Jefferson County mental health court.
5. Delivered wellness programs on topics such as art therapy, nutrition, writing for wellness, and yoga.
6. Delivered lectures on various topics as part of our Education Night program.
7. Started the new NAMI Ending the Silence program and delivered six presentations at Arvada West High School.
8. Applied for two financial grants and received \$12,000 with one specifically earmarked for Ending the Silence.

Now what will we be doing in 2019? To begin, the board of directors will meet in January to set our budget for the year and discuss where our focus should be for the coming year. We welcome comments or suggestions on what you think the priorities should be for 2019.

One commitment we made in 2018 was to hold our first, hopefully annual, awards banquet for CIT officers and partners who support the CIT program. We believe CIT officers and their partners deserve recognition for all they do to treat persons living with mental health conditions and/or addictions fairly and with compassion. Our Board is now working on a plan and budget for this event. **If your family has been helped by a CIT officer or wish to support this effort by volunteering to make this banquet a success, please contact me at namijeffco2015@gmail.com.**

Lastly, I want to thank all of the teachers, facilitators and presenters who have helped us bring these programs to the community. They are so appreciated!

Leona Paul, President

Quarterly Updates



Our new program Ending the Silence is now in progress; however, we need help! We have delivered six presentations at Arvada West High School and based on evaluations from the students we are doing well. We have reached 100 students with the help of three wonderful teachers. But this program will not continue without the support and help of volunteers! We need volunteers!

If you are interested in helping by becoming an adult presenter (age over 35) or a young adult presenter (age 18 to 35) please contact us right away at namijeffco2015@gmail.com. The training to become a presenter is easy, online and all the materials you will need are provided by NAMI.

This program is effective in changing high-school students' knowledge and attitudes toward mental health conditions and help-seeking. Our first presentations have indicated to us that students are willing to talk about their own experiences and those of family members and friends. It also tells us they are willing to work toward ending the stigma surrounding these mental health conditions, as well as potentially seeking help for themselves or others.

Please help us make this program available to every student in the counties we serve and contact us now.

Urgent Need for Board of Directors Members

NAMI Jeffco has played a vital and important role in the counties we serve since 1986. The organization has stayed strong through the dedication and experience brought by so many over the years. This year we are in urgent need of more people who are willing to sit on our board. We need more people with good ideas and

different skill sets to keep this organization alive and effective.

We know that nonprofit organizations play a vital role in improving the quality of life for people living in communities. NAMI Jeffco is the voice of the people we serve. We understand the needs of our community because of our own firsthand experiences. And, as board members, it's a wonderful opportunity to be able to meet those needs by working together, thinking strategically, and acting creatively. The passion and commitment of nonprofit board members often transcend any challenges they face, which usually means being able to do more with less.

Regardless of who you are or where you come from, nonprofit board members are known for their willingness to roll up their sleeves and get to work. So, whether you believe you have the skills to be a board member, everyone has something to offer and has ideas to sustain/improve this important organization.

Please contact us at namijeffco2015@gmail.com for more information. We need your help!

New Website Coming Soon!

With the awesome work of Jennifer Bierbauer, who volunteered to help us move our current website to a new platform with a new and improved look, we will be releasing our new website in the next few weeks. The website address will remain the same – <https://www.namijeffco.org> – but it will have more information, more connections to research and other resources, as well as easy ways to find out what is happening in NAMI Jeffco. The new website brings it more in line with other NAMI Colorado affiliate websites in terms of look and feel. We hope you like it and find it easy to use.

Upcoming Events

Education Night – February 6 – Trauma and How It Affects Mental Health

It is sometimes said that traumatic reactions are normal reactions to abnormal situations. As true as this statement is, it's also true that individuals' coping reactions post-trauma remain poorly understood. Join us for this informative discussion on topics such as What is Trauma, Trauma and Development, Reactions to Trauma, Impact of Trauma, Statistics and Risk Factors, Vicarious Trauma and What Can I Do?

Jamie Schlichenmayer is a Trauma clinician at JCMH. She will be leading the presentation. Jamie holds a Master degree from Pittsburg State University in Kansas.

Join us at the Jefferson Center for Mental Health, 4851 Independence Street, Wheat Ridge CO, 7 pm to 8:30 pm. The front doors lock at 6 pm. We will have someone at the front door from 6:30 to 7 pm so please plan to arrive between those times.

NAMI Convention 2019



Registration is open. Early bird registration ends February 23 so register now for a great rate. You may register at <https://www.nami.org/Get-Involved/2019-NAMI-National-Convention/Registration-Information>

NAMIWalks 2019

Saturday, May 18, 2019 at:

Centennial Center Park

13050 E. Peakview Avenue

Centennial, CO. 80111

Join NAMI Jeffco on this important day to walk in support of raising mental health awareness. Soon NAMI Jeffco will have their NAMI Walks page online where you can join a team, create a team, and help raise money and awareness for this important event. Look for more information coming soon on our new website!



We want to hear from YOU!

As part of this newsletter, we would like to invite you to share your experiences with mental health conditions and how NAMI Jeffco has made a difference in your life. If you would like to contribute and be featured in the next newsletter, please send us an email to namijeffco2015@gmail.com with the subject *My Voice Matters*. We will not publish your story, or any photographs, without your consent, so please provide your consent along with your email. Every story is unique, and we would love to hear yours!

Do you want to stay current on the latest NAMI Jeffco updates?

Check out our website at www.namijeffco.org and for current schedules and classes!

And be sure to connect with us on Facebook:



NAMI Support & Education Programs



NAMI Family-to-Family Classes are free, 12-session educational program for family, significant others and friends of people living with mental illness taught by NAMI-trained facilitators. These programs provide critical information and strategies for taking care of the person you love, taking care of yourself and you'll come to discover that you're not alone. Recovery is a journey, and there is hope.

We typically hold two classes at both locations once in the early part of the year and once in the fall. **Due to the impact of this transformational course, the registration is already closed for our classes that begin in January 2019. But, please stay tuned in our future newsletters for announcements about our fall classes**

Registration is required for the course. Starting dates vary, and registration can be done on our website.

First Location

Thursday evenings, 6:30 to 9:00 pm
Jefferson Center for Mental Health
Clear Creek Conference Room
4851 Independence Street
Wheatridge CO 80033

Second Location

Tuesday evenings, 6:30 to 9:00 pm
9200 West Cross Drive
Between Southwest Plaza and Target
via West Bowles
Littleton CO 80123



NAMI Family-to-Family Support Group is an important resource for families who have a loved one with a mental illness. Knowing that others have had the same experience is a relief to families who have seldom spoken about mental illness to neighbors, friends, or often, even relatives. Learning that other have been able to work out some common issues can inspire hope. Through the NAMI Family Support Groups, you will find a network of friends who care and understand, ideas that help you take care of yourself and your family, and a chance to share your experience and learn from others who have been there.

First Location
 Third Wednesday of every month
 7:00 to 8:30 pm
 Jefferson Center for Mental Health
 Clear Creek Conference Room
 4851 Independence Street
 Wheatridge CO 80033

Second Location
 First and Third Thursday of every month
 6:30 to 8:30 pm
 Red Rocks Fellowship Church
 11195 W Belleview Ave
 Littleton CO 80127.
 (The church is between Simms and
 Kipling on W Belleview.)

Join our Wheatridge Meeting Up Group at <https://www.meetup.com/NAMI-Jeffco-Family-to-Family-Support-Group-WR/>

Additional NAMI Jeffco Programs

For dates and details visit our website at www.namijeffco.org

EDUCATION NIGHT

The first Wednesday of every month, except July, August, December and January, we host a free education night on a wide variety of topics. The doors to the Jefferson Center are locked at 7 pm. For late arrivals contact us at 720-809-5060.

Location and Time

7:00 to 8:00 pm
 Jefferson Center for Mental Health
 4851 Independence St.
 Coal Creek Conference Room
 Wheat Ridge, CO 80033
 (Doors to the building lock at 7 pm. Call us at 720-809-5060 for late arrivals)

Join our Meeting Up Group at <https://www.meetup.com/NAMI-Jeffco-Education-Night-Meetup/>

WELLNESS PROGRAM

In 2016, NAMI Jeffco began a new program centered around the belief that wellness is more than being disease free but is a process of becoming aware of and making choices toward a healthy and fulfilling life. We are partnering with other community businesses and the Jefferson Center for Mental Health to bring classes such as mindfulness/meditation, nutrition/cooking, writing for wellness, and weight management.

Join our Meetup group and see what classes and events are happening!
<https://www.meetup.com/Wheat-Ridge-Fitness-Meetup/>

7:00 to 8:00 pm
 Jefferson Center for Mental Health
 Clear Creek Conference Room - First Floor
 4851 Independence Street
 Wheat Ridge, CO 80033