



National Alliance on Mental Illness

Ramsey County

NAMI Ramsey County

What is NAMI Ramsey County?



Support
Educate
Advocate

- We are an affiliate of the National Alliance of Mental Illness (NAMI) Minnesota
- We are governed by a voluntary board made up of individuals living with mental illness, friends, family, and professionals
- We respond to mental health and mental illness concerns specific to Ramsey County, Minnesota.
- We support, educate, and advocate for those in our community who live with a mental illness and the people who care for them.

Support:

Peer Connections

- NAMI Ramsey County Peer-led support groups
- For adults living with a wide range of mental illnesses
- Online and In-person
- Weekly
- FREE!

Additional support groups available through NAMI MN for all ages and family members:

<https://namimn.org>

FUTURE Support :

Mental Health Clubhouse

International, evidence-based, strengths-based, shared responsibility model can break the cycle of hospitalization, struggle, and relapse.

Provides Free:

- Social Connection
- Education and Employment Assistance
- Housing Information
- Resources and Support

- First in Ramsey County
- Launch Committee has been formed with broad representation
- Designing for diverse membership, including BIPOC and LGBTQ+
- Partnering with Vail Place to operate (Hennepin County)
- Process of educating decision-makers stakeholders

Education

Webinars

- Spring Series in partnership with Ramsey County Library
- Topics:
 - Mental Health Clubhouse
 - Clozapine
 - Anosognosia
- Recordings found at:
www.namiramseycounty.org/

Childhood Trauma and Healing

Thursday, June 1st

6:30-8:00 p.m.

Panel discussion and Q & A on childhood trauma: stories of healing and helpful resources. Intended for adults recovering from childhood trauma, their family and friends, and individuals in health care, mental health, education, research and policy.

To register:

https://zoom.us/webinar/register/WN_NT54bC9kSQymXBZhXyY80A

Education

Book Club

- Mental Health themes
- Learn through compassionate conversation
- Monthly Zoom Discussions

NAMI MN education found at:

<https://namimn.org/education-and-public-awareness/>

Sinkhole: A Legacy of Suicide
Juliet Patterson

June 8

7:00 PM

Juliet Patterson will appear at the end of the book discussion for a presentation and Q&A.

Register at:

www.namiramseycounty.org/bookclub.htm

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Advocacy Umbrellas

Federal:

NAMI National

State:

NAMI Minnesota

Mental Health Legislative Network (MHLN)

County/Municipal:

NAMI Ramsey County

NAMI Ramsey County

Advocacy: 2023-2024 Policy Priorities

Launch Ramsey County's first-ever Mental Health Clubhouse

Greater Implementation of Voluntary Engagement

Training and use of LEAP by practitioners county-wide

Seek Accountability for Enforcement of Civil Commitments

Get Involved

- Participate in Peer Groups, Book Clubs, and Webinars
- Become a member of NAMI Ramsey County
 - Annual fee: \$60 Household, \$40 Individual, \$5 for those with limited income
 - Automatic membership to NAMI Minnesota and the national organization
- NAMI Walks, September 2023
 - Organizing Committee
 - Register to Walk
 - Donate
- Join NAMI Ramsey County Board or Committee
 - DEIA
 - Club House
 - Accessing Ramsey County Services

Contact Information

www.namiramseycounty.org

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