



 **NAMI Homefront**
National Alliance on Mental Illness

NAMI Homefront is a free, six-week class for loved ones of Military Service Members and Veterans who experience symptoms of a mental health condition. The class is taught by specially trained volunteers with lived experience.

Topics include:

- PTSD, bipolar disorder, depression, anxiety, schizophrenia and more.
- Handling crisis and relapse.
- Navigating the VA medical system and DOD.
- Communication and empathy skills.
- Self-care, advocacy, and fighting stigma.

Dates: October 13 - November 17, 2021

Schedule: Wednesdays, 6:00 PM - 8:30 PM

Location: Online via Zoom

More details: www.namimultnomah.org/homefront



VA



U.S. Department of Veterans Affairs

Veterans Health Administration
VA Portland Health Care System

Call 503-228-5692 or email info@namimultnomah.org to register

Program Overview

NAMI Homefront was developed to meet the unique needs of families of our Service Members and Veterans who are living with mental health conditions. Prior to the development of this program, there was very little available for family members that specifically addressed the emotional toll of loving a Service Member or Veteran with a mental health condition and the impact those symptoms can have on everyone around them. No one talks about these issues as frankly as NAMI, or with as much love and respect for everyone involved.

Core Components of NAMI Homefront

- Recognition of mental illness as an ongoing traumatic event for the individual and the family
- Sensitivity to the subjective emotional issues faced by family caregivers and others in the family
- Recognition of the need to improve the day-to-day challenges of care and symptom management
- Gaining confidence and stamina for what can be a life-long role of family understanding and support
- Empowerment of family members as effective advocates for their Service Members and Veterans

NAMI Homefront Program Goals

- Provide fundamental information for the family to understand what the Service Member or Veteran is experiencing
- Help the family cope with the impact that mental illness has on their loved one and the entire family
- Provide tools for the family that will assist them in responding effectively to challenging situations and crises
- Help family members learn to take care of their own needs in addition to those of their family
- Provide information on how to access programs, benefits, and resources for Service Members or Veterans