



NAMI Colorado
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Founded in 1980, NAMI Colorado developed as a grassroots effort in response to deinstitutionalization. Family members of adults released from institutions lacked knowledge and resources to assist their ill family members appropriately. Community mental health centers had neither the expertise nor the funding to develop necessary family support services. NAMI Colorado worked to fill these gaps and to complement existing services by organizing support groups and providing family/consumer education about mental health issues.

- Local Connections groups, FREE, throughout state. Join to discuss mental health issues with others. Some in Spanish. NAMI Connection is a recovery support group program for adults living with mental illness that is expanding in communities throughout the country. These groups provide a place that offers respect, understanding, encouragement, and hope.
http://www.nami.org/template.cfm?section=nami_connection
- Libraries can promote NAMI meetings.
- Flyer distribution, especially around commemorations
- May is Mental Health Awareness Month and October is Depression and Suicide Month
- [Family to Family](#) since 1999. Support and resources through the classes. Would need commitment for 12 weeks and library pledge support through meeting space, promotion, etc. The "Family-To-Family" Education Program consists of a series of twelve weekly classes designed specifically for the families and caregivers of persons with serious and persistent brain disorders (mental illnesses). The course balances education and skill training with self-care, emotional support, and empowerment.
- General community awareness of services around the state.
- [Online links](#) to resources with overviews of broad areas of illnesses.
- National site has multi-cultural resources (Vietnamese, Spanish).
- If having problems with patrons, feel free to call them, too. Helps them address stigma around mental illness. Mental illness is still hidden and shameful. We need to get it out in the open.
- Specially trained police officers—caller can request a Crisis Intervention Training (CIT) officer. 2,300 officers in the field. People need to know this exists. Goal is to get them into treatment not jail.
- [Colorado Visions Education Program](#): Since February 2001, NAMI Colorado has offered an education program to parents and caregivers of children and adolescents with mental illness and/or serious emotional disorders collectively described as "brain disorders". The Colorado Visions program provides five weeks of education and support to these family members and caregivers