**NAMI Grand Rapids Area 2018-19 Activities/Events**

**(Funded by memberships and donations)**

* Raise awareness and reduce the stigma of mental illness with **NAMIWalks** each September in Minneapolis where we had 15 walkers and raised over $7,000
* Provide financial support to the Bigfork **“Make It OK”** effort to reduce stigma and educate their community about mental illness/mental health
* Provide free, confidential **Family Support Group** meetings every month, attended by families and friends of someone struggling with a mental illness
* Donate **34 holiday gift bags** to patients at the inpatient psychiatric unit at the Fairview Range Hospital
* Provide a free **“Hope for Recovery”** workshop in the spring
* **Fund NAMI memberships for 13 individuals in our area with a mental illness**
* Bring the **“Fidgety Fairytales”** theater production to over area 800 elementary students in order to raise awareness and reduce the fear & misunderstanding about mental health disorders in kids
* Bring Erin Walsh of *Mind Positive Parenting* to our area to do workshops for providers, teachers, those who mentor kids, parents/caregivers, and students. Her workshop, **“It’s Complicated: Children, Social Media and Mental Health”,** was attended by over 1,000 people.
* Host **free monthly NAMI Education Meetings** on mental health topics of interest including: Nature and Mental Health, Legislative Training, Mental Health Resources for Veterans, Mindfulness and Self Care, ACES (Adverse Childhood Experiences), Mental Health Services for Seniors, Emotion Codes, Children’s Mental Health and Medications, Provider Forum
* **Create awareness of mental health events and resources** with our web page, Facebook page, ICTV, new brochures, electronic billboards, and education materials.
* **Give Speaker’s Bureau presentations** to Itasca County Commissioners’ meeting (40 people), nursing staff at Grand Itasca Clinic/Hospital (150 people) and Itasca County Sherriff’s Department personnel (65 people). Topics included: NAMI, Mental Illness Across the Lifespan, and Dealing with Persons with Mental Illness in a Crisis.
* Staff an informational table at Itasca County **Community Connect** in October
* Provide activities focused on **self-care during May Mental Health Month**—yoga & art, nutritious eating, mindfulness, nature & mental health, wellness walk

*In collaboration with: Public Health, Itasca County Health & Human Services, Kiesler Wellness Center, Northhomes, Children’s Mental Health Services, area school districts, Community Education, MacRostie Art Center, Itasca County Sheriff’s Office, WELL*