



## NAMI Humboldt 2009 Year in Review

Through the efforts of the dedicated volunteers of NAMI Humboldt, we have accomplished quite a bit in 2009:

**Family to Family:** This is a 12 week Family to Family class taught by trained family members (all volunteer). Fourteen people graduated who now have more information and skills regarding coping, empathy, medications, handling crisis, communication, advocacy, problem solving and support from others to help them and their ill family member with the challenges this disorder has given them.

**Peer to Peer:** This was the first class sponsored by NAMI Humboldt. It is a 9 week course taught by trained teachers/mentors. The first graduating class consisted of 8 people who have a diagnosed brain disorder. They were very enthusiastic about this course and some of them are on their way to becoming mentors. It was held at the Hope Center.

**CIT: (Crisis Intervention Training)** This intensive course is held for the first responders of Humboldt County; local law enforcement folks, mental health workers, EMT's. There have been 5 trainings since 2007 and around 200 people have graduated. NAMI Humboldt has supported this program by having members be on the family panels to provide information on what the family goes through. It has provided snacks and drinks and transportation to various sites around the community to the class members.

Redwood ACLU gave their Patriot Award to the CIT program.



We have marched in the May is Mental Health Month walk.

We have provided 100 sets of underwear along with gifts at Christmas time to 62 people in a variety of facilities.

**We had our Holiday Party potluck in December and presented awards to Lynn Sodderburg for her work with law enforcement and mental health issues, and Edith Fritzsche for her efforts in ongoing educational classes.**

Presentations were made to about 300 students in the Fortuna High School system on anxiety and depression.

Letters were sent to our state representatives on items of interest regarding Mental Health legislation.

**As you can see, for a very small group of people, our passion for the mentally ill is very strong, so we do as much as we can. We can always use more volunteers. It can be from as little as one hour at a time all year to as much as you wish to provide.**