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NAMI Mid Hudson Fact Sheet

Who we are

The National Alliance on Mental Illness (NAMI) is the nation’s largest grass-roots advocacy group for individuals suffering from mental illness and their loved ones. NAMI Mid Hudson (NAMI-MH), our local affiliate, is a 501(c)(3) organization serving the people of Dutchess and Ulster Counties in New York since 1981. We are a small, but growing, all-volunteer organization, currently numbering just over 100 members.

Our Mission

The Mission of NAMI-MH is to assist individuals with mental illnesses and their loved ones. Specific objectives include:

1. ADVOCATE for and support individuals with mental illnesses, family members and their loved ones.
2. ERADICATE stigma
3. SUPPORT research into causes and treatment of mental illnesses
4. EDUCATE the public about mental illnesses
5. WORK to improve public and private support systems for individuals with mental illnesses
6. PROMOTE NAMI signature programs

What we do

FAMILY-TO-FAMILY, a NAMI signature program, is a FREE *Evidence Based* 12-week course for families, partners and friends of individuals with serious mental illness. Many family members describe their experience in the program as life-changing. Classes offered in Poughkeepsie, Dover Plains and Kingston.

NAMI Basics, a NAMI signature program, is a free six-week, peer-directed education program developed specifically for parents and other family caregivers of children and adolescents (ages 5-18) who have either been diagnosed with a serious mental illness /serious emotional disturbance or who are experiencing symptoms but have not yet been diagnosed. Classes offered in LaGrangeville and Dover Plains NY.

COMMUNITY OUTREACH: NAMI-MH is striving to be active in our community. We constantly seek opportunities to educate the public and fight stigma about mental illness.

ADVOCACY: NAMI-MH actively works with the NAMI-New York State organization to lobby local and state government bodies in behalf of the mentally ill.

Family Support Groups

Poughkeepsie	Kingston	Dover
3 rd Tuesday of Every Month 6:30pm – 8:30 pm St. Francis Atrium, Thorne Conf. Room 241 North Road, Poughkeepsie, NY	1 st and 3 rd Monday of Every Month 6:00pm – 8:00pm 300 Aaron Court (Ring bell) Kingston, NY 12401	1 st Wednesday of Every Month 6:30pm – 8:30pm Dover High School Atrium Conf. Room 2368 Route 22, Dover Plains, NY 12522 (summer months call for location)

For more information please visit our website at www.namimidhudson.org