

## Who participates in NAMI Provider?

The NAMI Provider program is intended for all professionals working in health care settings. Anyone who interacts with or will interact with people affected by mental illness is encouraged to participate.

- Health care providers
- Administrative staff
- Operational staff
- Students in medical school / health care training programs

## NAMI Provider Academic Version

Studies show that a contact-based education program like NAMI Provider, especially when offered following the first clinical year of undergraduate medical education, may significantly impact medical students and their ability to confidently provide care for individuals impacted by mental illness.\*

✓ "Overall, results demonstrate the efficacy of the NAMI curriculum in all three target domains at post-test and at three-month follow-up."\* Domains assessed include attitudes, beliefs and behaviors of medical students related to providing care for individuals with mental illness.

✓ Des Moines University (DMU) was the first medical school to partner with NAMI in offering students NAMI Provider as part of the medical school curriculum. DMU's initiative takes a three-phased approach through its implementation of the program:

1. **Educating students**
2. **Enriching the health care workforce**
3. **Serving individuals\***



"I really enjoyed the seminar and found it beneficial not only to my present learning experience, but also to my future career as a clinician."

-NAMI Provider participant

## NAMI Provider Program Details

The time commitment is intentionally robust to cover a lot of material.

**The program can be implemented in two formats\*:**



**15 hours** spread over five sessions



**Four-hour** seminar

### Credit

Continuing Medical Education (CME) credit may be offered in some locations.

### About NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives. NAMI [Affiliate Name] is an affiliate of NAMI [State]. NAMI [Affiliate Name] and dedicated volunteers work to raise awareness and provide essential education, advocacy and support group programs for individuals and families in our community who are affected by mental health conditions.

### Contact information

NSONA contact information

*\*References available at [NAMI.org/Provider](https://www.nami.org/Provider)*



A program for professionals in the health care field



# Introduction to NAMI Provider

- 1 NAMI Provider is a staff development program for health care organizations working directly with people affected by mental illness.
- 2 Combining the recovery model with the medical model of mental illness treatment, the program inspires a deeper understanding of lived experience that providers can then integrate into care plans for those they serve.
- 3 NAMI Provider sets health care providers up for success when providing care to individuals with mental illness and their families.

## Why it Matters

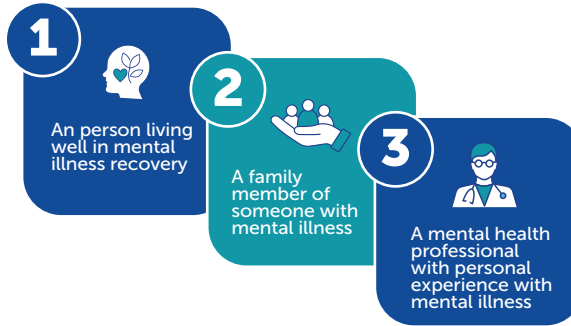
✓ **NAMI Provider** is intended to equip health care professionals with the tools they need to provide the best care possible to people with mental illness and their families. It promotes collaboration among people, their family and health care staff.



"Health care providers increasingly need a heightened sensitivity and deeper knowledge to meet the challenges of helping individuals and families dealing with mental health issues."\*



This **NAMI program** is presented by people who live and work locally. Program leaders are people with personal experience with mental illness who bring the perspective of those receiving and providing care:



"...hearing these experiences out of the context of an actual hospitalization removes bias..."

-NAMI Provider participant

"The class not only integrates the recovery model with the medical model of mental illness treatment – it provides a better understanding of family dynamics and how to integrate with compassion."

-NAMI Provider participant



Combining the leaders lived experience with an evidence-based curriculum allows NAMI Provider participants to "walk in their shoes," developing empathy and compassion for the challenges experienced by people living with mental illness and their families.



The program challenges participants to reexamine their thinking regarding mental illness and its treatment.



"When the NAMI Provider teachers share their stories about how mental health crises have touched their lives, and what helped and didn't help from the medical system, those stories are immensely powerful for our students. Our students know the technical information about diagnosis and treatment, and they want very much to help, but in the moment, in the middle of a crisis, they don't always know the best response. These stories that they hear stay with them and will hopefully guide them into more effective ways to connect with and support families in times of deep vulnerability."

-Lisa Streyffeler, PhD, Chair, Department of Behavioral Medicine, Medical Humanities & Bioethics, DMU.



Healthcare professionals participating in **NAMI Provider** have reported an increase in confidence and decrease in anxiety when caring for individuals with mental illness. The program has the potential to change health care professional career trajectories and, subsequently, individuals' lives.



"The program is powerful and is one of the key learning experiences helping us transition to an organization that values wellness and recovery for individuals living with mental illness."

-NAMI Provider participant



Participants reported improved attitudes and behavioral intentions in working with [people with mental illness]... Specifically in attitudes toward the field of psychiatry and delivering compassionate treatment during acute psychiatric emergencies.\*