



Get to Know NAMIOhio

House Community Revitalization Committee
February 11, 2025

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NAMI Ohio is a grassroots advocacy organization established in 1982 by a small committed group of mothers of children with serious and persistent mental illness.

Our mission is to enhance the quality of life and uphold the dignity and respect of individuals living with serious mental illness.

We advocate for improved mental health services and access to care, while also supporting policies and government funding that address mental health issues.



**About
NAMI Ohio**



WHY WE CARE

1 in 5 adults experience mental illness each year

1 in 25 adults experience serious mental illness each year

1 in 6 youth aged 6-17 experience a mental health disorder each year

Suicide is the **leading cause of death** among people aged 10-14 and the second-leading cause of death for Ohioans who are 15-24 years old

Mental Health in Ohio



1 in 5 U.S. adults experience mental illness each year.



1,906,000 adults in Ohio have a mental health condition.

That's more than **4X** the population of Cleveland.

It is more important than ever to build a stronger mental health system that provides the care, support and services needed to help people build better lives.



More than half of Americans report that **COVID-19** has had a **negative impact** on their mental health.

In February 2021, **43.2% of adults in Ohio** reported symptoms of **anxiety or depression**.

19% were unable to get needed counseling or therapy.



1 in 20 U.S. adults experience serious mental illness each year.

In Ohio, **478,000 adults** have a **serious mental illness**.



1 in 6 U.S. youth aged 6–17 experience a **mental health disorder** each year.

113,000 Ohioans age 12–17 have depression.

Ohioans struggle to get the help they need.



More than half of people with a mental health condition in the U.S. **did not receive any treatment** in the last year.

Of the **537,000 adults in Ohio who did not receive needed mental health care**, **35.4%** did not because of cost.

6.7% of people in the state are uninsured.



Ohioans are over **3x more likely to be forced out-of-network** for mental health care than for primary health care — making it more difficult to find care and less affordable due to higher out-of-pocket costs.

2,385,144 people in Ohio live in a community that **does not have enough mental health professionals**.

An inadequate mental health system affects individuals, families and communities.



High school students with depression are more than **2x more likely to drop out** than their peers.

51.8% of Ohioans age 12–17 who have depression **did not receive any care** in the last year.



10,655 people in Ohio are homeless and **1 in 5 live with a serious mental illness.**



On average, 1 person in the U.S. **dies by suicide every 11 minutes.**

In Ohio, **1,838 lives were lost to suicide** and 461,000 adults had thoughts of suicide in the last year.

1 in 4 people with a serious mental illness has been arrested

by the police at some point in their lifetime –



leading to over **2 million jail bookings** of people with serious mental illness each year.

About **2 in 5 adults** in jail or prison have a history of mental illness.



7 in 10 youth in the juvenile justice system have a mental health condition.



National Alliance on Mental Illness

NAMI Ohio is part of NAMI, National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

This fact sheet was compiled based on data available in February 2021. For full citations, visit: nami.org/mhpolicystats.

Because mental illness is a local issue, we have established a network of local NAMI affiliates to; **EDUCATE** individuals where they live, **ADVOCATE** with the local community mental health system to provide needed and quality care to their loved ones, and **SUPPORT** those living with mental illness and their families as they navigate the often-complicated mental health system.

80% of all caregiving is provided by family members. These families are many times ill-equipped to deal with the significant challenges of mental illness in their families.

Having an organization available to them is their lifeline.

Affiliate Service Areas



Ohio

NAMI Affiliates

Every day in the state of Ohio, NAMI is providing education and support to local communities.



Throughout Ohio, we have **39** local affiliates cover 85 of Ohio's 88 Counties. These affiliates are not-for-profit corporations with their own Boards of Directors, staff and volunteers.

All affiliates are required to meet the standards of excellence for the organization, as designated by NAMI National.

Affiliate Service Areas



**Find Local Affiliate
Contact Info:**
www.namiohio.org





EDUCATION

NAMI's education programs reach hundreds of thousands of families, individuals, and educators, offering the essential support and information they need.

ADVOCACY

NAMI collaborates with lawmakers to influence public policy in favor of individuals with mental illness and their families, providing leaders with the tools, resources, and skills needed to protect mental health.

SUPPORT

Our toll-free Helpline personally assists hundreds of thousands of people each year, offering free information and support.

NAMI Support Groups meet regularly throughout the state, offering free, confidential, in-person support to individuals, caregivers, and families.

A blurred, grayscale photograph of a person's hands held out in front of them, palms facing up, as if offering help or support. The background is out of focus, showing the person's face and upper body.

**How NAMI
Helps**

NAMI Signature Programs

"Before I took the course, I felt alone and overwhelmed dealing with my daughter's mental illness. By taking this course, I have met others who are going through the same things I am and have learned about many resources that I never knew existed."



NAMI Family-to-Family is a class for families, significant others and friends of people with mental health conditions.

The course is designed to facilitate a better understanding of mental health conditions, increase coping skills and empower participants to become advocates for their family members.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussions and interactive exercises.

In the program, participants learn about:

- How to solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Supporting your loved one with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- How to handle a crisis
- Current treatments and therapies
- The impact of mental health conditions on the entire family

NAMI

Signature Programs

Classes



NAMI Basics is a class for parents, guardians and other family caregivers who provide care for youth (age 22 or younger) who are experiencing mental health symptoms. This program is now being offered online.



NAMI Peer-to-Peer is a class for adults with mental health conditions. The course is designed to encourage growth, healing and recovery among participants.



NAMI Provider is a class for mental health professionals. NAMI Provider is designed to expand the participants' compassion for the individuals and their families and to promote a collaborative model of care



NAMI Homefront is a class for families, caregivers and friends of military service members and veterans with mental health conditions.

NAMI Signature Programs

Support Groups



NAMI Connection Recovery Support Group is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition.

Participants gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there.

- Designed for adults (18+) with mental health conditions
- 90 minutes long and meets weekly, every other week or monthly (varies by location)
- No specific medical therapy or treatment is endorsed
- Confidential



NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.

NAMI Family Support Group help's:

- Aim for better coping skills
- Find strength in sharing experiences
- Not judge anyone's pain
- Forgive ourselves and reject guilt
- Embrace humor as healthy
- Accept that we cannot solve every problem
- Understand that mental health conditions are no one's fault and can be traumatic experiences

NAMI Signature Programs

Presentations



NAMI Ending the Silence is a presentation designed for middle and high school students, school staff, and parents or guardians of middle or high school aged youth. Audiences learn about the signs and symptoms of mental health conditions, how to recognize the early warning signs and the importance of acknowledging those warning signs.



NAMI Family & Friends is a 4-hour seminar that informs and supports people who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. Seminar leaders have personal experience with mental health conditions in their families



NAMI In Our Own Voice is a presentation for the general public to promote awareness of mental health conditions and recovery.

Client Navigation

- Help & Referral Line
- Social Media
- Email
- Live Chat



Are you struggling with mental illness and don't know where to turn?

The NAMI Ohio HelpLine is a great resource to help get you connected to local services and answer your questions.

**Reach out today
(800) 686 -2646**



Many caring people at NAMI Ohio. They are there to help you. Contact them today!

NAMI Ohio Youth & Family Division



NAMI ON CAMPUS

National Alliance on Mental Illness

Student-led clubs that tackle mental health issues on college campuses and high schools by raising mental health awareness, educating the campus community, supporting students, promoting services and supports, and advocating.

NAMI Ending the Silence

National Alliance on Mental Illness

An in-school presentation about mental illness and suicide prevention for high school students by family members and young adults living with mental illness themselves.

NAMI NEXTGEN

National Alliance on Mental Illness

Programs that bring together the diverse experiences of youth and young adults to help address the mental health concerns of their peers and community through increased awareness, educational resources, and services.

NAMI Ohio Youth & Family Division



YouthMOVE Ohio is a youth and young adult led organization devoted toward improving services and systems to promote youth inclusion, mental wellness, positive supports, and healthy transitions. YouthMOVE empowers youth to advocate for themselves and live healthy, meaningful lives.



Family Peer Support Training

Certified Family Peer Support training shapes a parent's lived experience as the primary caregiver of a child for whom have engaged with multiple child-serving systems and aligning it with the standards required by the State of Ohio's Family Peer Certification process. The training ensures consistency in the core competencies of Family Peer Support and prepares individuals for employment opportunities.

**NAMI
Ohio's
Advocacy
Priorities**



A Person-Centered Approach - Cross System Collaboration

A new focus on services for those with serious and persistent mental illness beyond the typical community mental health treatment model will save lives by increasing access to care.

Crisis Services & Inpatient Care

Immediate access to services when someone is in crisis and adequate inpatient psychiatric beds with appropriate discharge planning.

Housing

Develop a wide range of housing options for those living with mental illness, including options with basic daily supports provided and independent living.

Day Services

Clubhouses, peer recovery centers, and supportive employment.

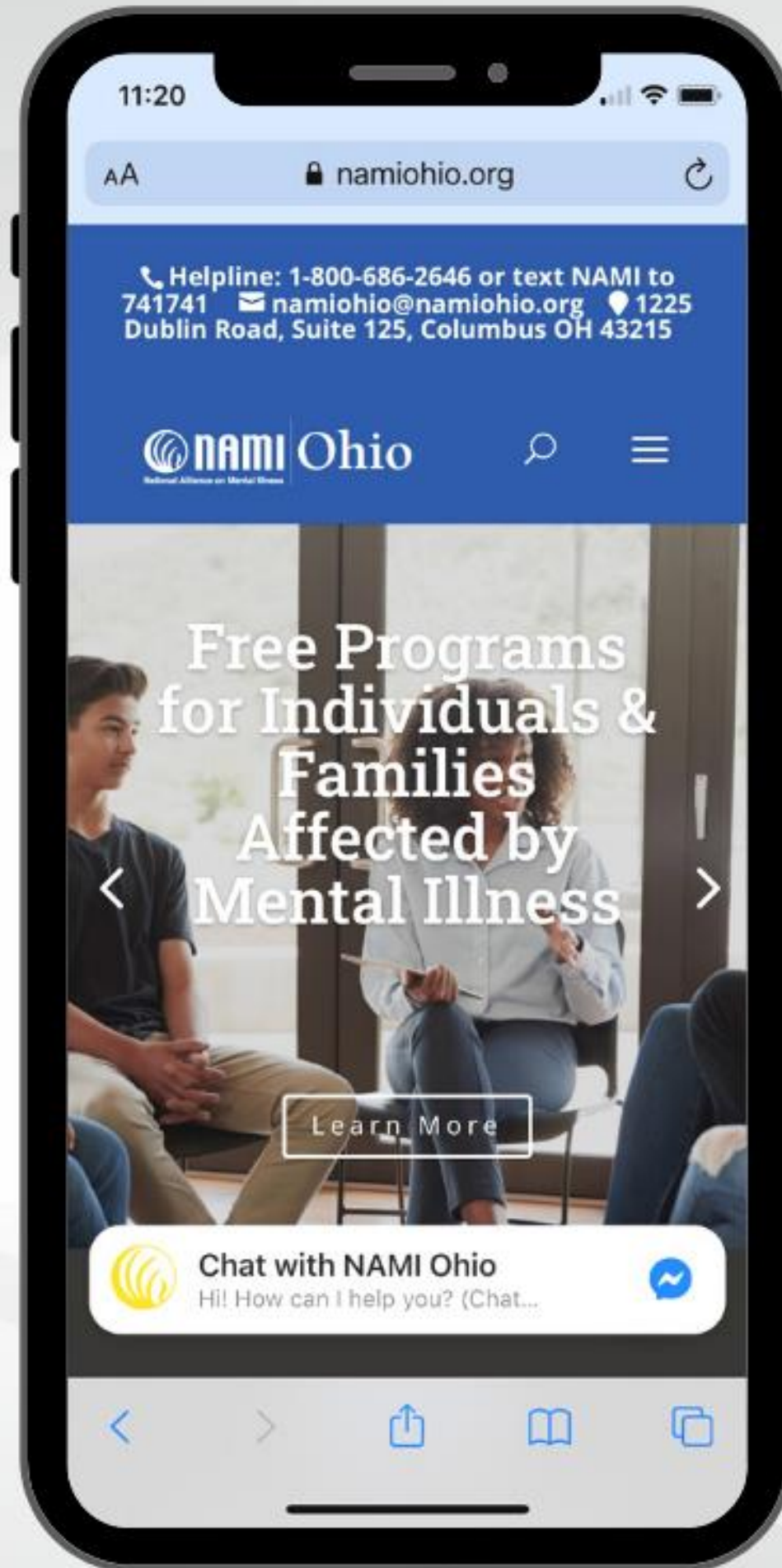
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NAMI Ohio works with many partners:



- Crisis Intervention Team Training – in partnership with Criminal Justice Coordinating Center of Excellence at NEOMED
- Ohio Stepping Up Initiative – Core Team Member
- Coalition of Health Communities – Collaborative of Statewide Behavioral Health Organizations
- RecoveryOhio Board Member
- Ohio Department of Mental Health & Addiction Services – committees and workgroups
- The Ohio Council of Behavioral Health Providers
- Ohio Association of County Behavioral Health Authorities
- Ohio Department of Rehabilitation and Corrections
- And many other agencies and organizations providing services and supports to individuals with serious mental illness and their families



Questions

**Contact
NAMI Ohio**

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