

## NAMI BASICS EVALUATION SUMMARY

**NAMI Basics** is a 6 session educational program that provides parents and primary caregivers the opportunity to learn, share and connect with others who face challenges in caring for children/adolescents with serious emotional and behavioral disorders. This program provides tools, strategies and information to help parents and caregivers meet the challenges of parenting/taking care of a child with emotional and

### The goals of NAMI Basics are to:

- Develop a community of support
- Provide practical, current information about mental health conditions
- Provide tools to effectively advocate for the child within school and mental health systems
- Develop problem-solving and communication skills
- Give participants the information they need to be more effective caregivers
- Help participants take care of their entire family — especially themselves

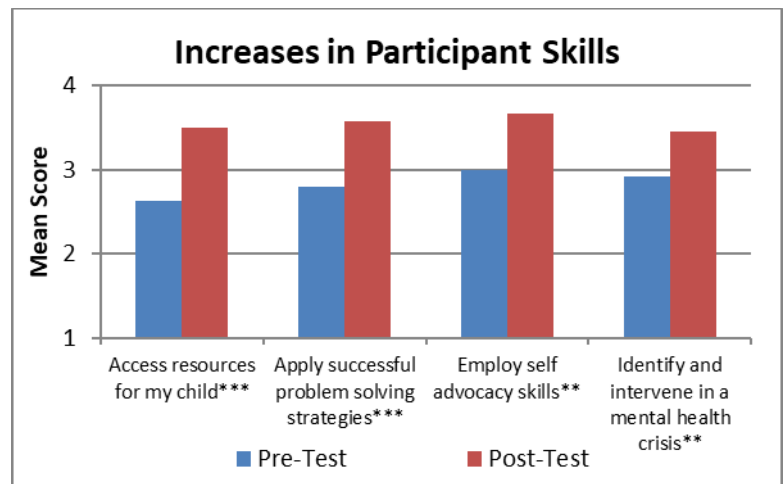
### EVALUATION RESULTS

The **NAMI Basics** program is evaluated using a pre-test administered during the first class, a post-test administered during the final class, and a three month follow-up evaluation sent to participants by mail and/or email. The survey focuses on knowledge and the application of skills covered during the course.

More than 68 family members have participated in the evaluation while attending the **NAMI Basics** program since the spring of 2021.

Upon completion of NAMI Basics, participants displayed:

- An average increase of 26%\*\*\* on ratings of participant knowledge.
- Significant increases in their ability to access resources, apply problem solving and self-care skills, and the ability to identify and intervene in a mental health crisis.



Significance Levels: \*p<0.05, \*\*p<0.01, \*\*\*p<0.001

### QUOTES FROM PARTICIPANTS

- *“I suggest that every family with similar challenges take this course. It’s been an excellent resource.”*
- *“You are not alone and there are people with a lot of information and resources that want to help you.”*
- *“The sense of shared experience and broad based understanding of mental health support landscape in my area.”*
- *“How much NAMI can help with information and support. I tell people this all the time!”*
- *“You’re not as alone as you think you are. You are stronger than you think you are. There is help just ask for it.”*

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