

## What is an IOOV Presentation?

- **It is delivered by Consumers.**  
Two consumers tell their stories creating an awareness of what is involved in recovery from mental illness.
- **It is an Anti-Stigma tool.**  
The presentation is a powerful anti-stigma tool that changes hearts, minds and attitudes about mental illness.
- **It is Living Proof that recovery is possible.** There is nothing more powerful than hearing from individuals that have overcome overwhelming obstacles to achieve recovery.

### The Presentation Outline:

1. Consumers tell about their journey to recovery.
2. A brief DVD features more speakers.
3. A Question & Discussion session takes place.
4. Information and resources are made available.

"A powerful anti-stigma presentation that offers proof that recovery from mental illness is an ongoing reality."

## Facts About Serious Mental Illness

A mental illness is a brain disorder, and brain disorders, like epilepsy, are biologically-based medical problems. The newest medical technology shows there is a difference between brains with disorders and those without.

In any given year, about 5 million American adults suffer from acute episodes of one of five serious brain disorders; schizophrenia, bipolar disorder, major depression, OCD (Obsessive-Compulsive Disorder), and panic disorders. Even many of America's children — more than 3 million — suffer from these disorders.

Left untreated, serious brain disorders profoundly disrupt a person's ability to think, feel and relate to others as well as their environments.

The good news is — treatments can work! Although causes of most mental illnesses are unknown, symptoms can usually be controlled by medication, psychotherapy and other treatments. Remember to keep hope alive!



# In Our Own VOICE

NATIONAL ALLIANCE ON MENTAL ILLNESS



**In Our Own Voice** is a program developed by the National Alliance on Mental Illness to involve consumers in educating the public about mental illness. An IOOV presentation includes two trained consumers who tell the story of their journey in recovery.

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## **NAMI Stanislaus Provides:**

Understanding and compassion from families who have experienced mental illness first hand

Information on where to go and what to do in a crisis

Books on brain disorders as well as pamphlets, periodicals & more

Support Group Meetings where you can talk about your fears, stress, and how to cope with mental illness's effects

A place to make friends who care

The Family-to-Family class; a FREE 12-week course for family members where you will learn about brain disorders, medications and treatments

The Peer-to-Peer class; a FREE 10-week course for consumers taught by trained consumers. It covers major brain disorders, medications, and recovery plans

*"A powerful anti-stigma presentation that offers proof that recovery from mental illness is an ongoing reality"*



## **In Our Own Voice - A Powerful Message**

An hour presentation will:

- Raise community awareness about recovery from mental illness
- Empower Consumers by providing a Path to Recovery
- Present the real face of mental illness
- Combat the stigma of mental illness
- Provide supported employment for consumers
- Increase NAMI's visibility as a community resource

Call today to schedule a presentation:  
**209 558-4555**  
NAMI Stanislaus

"IOOV consumer education presentations are effective strategies for increasing audience knowledge about mental illness and improving attitudes toward those who experience psychiatric disorders." American Psychiatric Rehabilitation Journal

## **American Psychiatric Rehabilitation Journal**

IOOV Presentation audiences include:

- Consumers
- Family & Friends
- Health Care Providers
- Law Enforcement
- Faith Community
- Students of varying age levels
- Any Community or Civic Organization

