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 that 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!
**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

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**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

“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

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**Call today to schedule a presentation:**

209 558-4555

NAMI Stanislaus

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