



National Alliance on Mental Illness

# New Hampshire

## IN OUR OWN VOICE EVALUATION SUMMARY

**In Our Own Voice** is a NAMI NH recovery education presentation given by trained presenters who themselves have struggled with mental illness and are in recovery. The presentation includes a video, personal testimony and discussion to enrich participant understanding of how people with these serious disorders cope with their symptoms, recover and lead productive lives with hope, meaning and dignity. The program also empowers those who are faced with mental illness and provides living proof that recovery is an ongoing reality. Presenters gain confidence and self-esteem while serving as role models for the community.

### The Goals of In Our Own Voice are:

- To help audiences understand the consumer perspective on mental illness.
- To reduce the stigma associated with mental illness and to demonstrate recovery is possible.
- To bring hope to individuals affected by mental illness and their friend/families.
- To educate communities about NAMI NH, its mission, services and the benefits it provides.

### EVALUATION RESULTS

The **In Our Own Voice** program is evaluated using a brief post-presentation survey collected by the presenter. The survey focuses on the belief that recovery from mental illness is possible, the knowledge that mental illness affects individuals from all walks of life, and improves attitudes towards working with individuals with mental illness.

Following an **In Our Own Voice** presentation:

- 96 percent of the participants report believing that recovery from mental illness is possible.
- 97 percent of participants understand that mental illness can impact people from all walks of life.
- 88 percent of participants report they would now feel better about working with someone with a mental illness.
- 89 percent of participants now report they believe hope exists for individuals with mental illness.
- 95 percent of the participants feel favorable about the work NAMI NH is doing.

Audience Groups: July 2018 through June 2019	Evaluations Returned
College Students	543
Family Members and Mental Health Consumers	187
General Public	18
High School Students	108
Other Professionals	48
<b>TOTAL</b>	<b>904</b>

### QUOTES FROM PARTICIPANTS

- *“I could personally relate to the [presenter’s] struggles and was inspired by the progress she’s made in her own life and her willingness to share her story to help others.”*
- *“It shows how they live their every day life with the illness they have and it doesn’t make them different.”*
- *“It showed me how people with mental illnesses are still real people.”*
- *“Very eye opening and inspiring to learn how the presenter has coped with unimaginable challenges! My perception of mental illness and desire to advocate for others with it has grown.”*

For more information: Contact [info@NAMINH.org](mailto:info@NAMINH.org) or visit [www.naminh.org](http://www.naminh.org)