NAMI Basics Evaluation Summary

NAMI Basics is an 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 mental health needs.

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 54 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 23%** 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.

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.”

For more information: Contact Michele Watson at mwatson@NAMINH.org or visit www.naminh.org

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