



National Alliance on Mental Illness

New Hampshire

LIFE INTERRUPTED EVALUATION SUMMARY

Life Interrupted is a speaker program developed by the National Alliance on Mental Illness NH (NAMI NH). This program provides families with a way to educate their communities about mental illness recovery. Presentations are made by trained family members who have a loved one affected by mental illness. These families speak about their own recovery; how they learned about, coped with, and promoted their own health, the health of their family and that of their loved one with mental illness.

The Goals of Life Interrupted are:

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

EVALUATION RESULTS

The **Life Interrupted** program is evaluated using a brief post-presentation survey that is 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 whether or not there are improved attitudes towards working with individuals with mental illness.

Following a **Life Interrupted** presentation:

- 92 percent of participants report believing recovery from mental illness is possible.
- 94 percent of participants understand mental illness can impact people from all walks of life.
- 89 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.
- 96 percent of the participants feel favorable about the work NAMI NH is doing.

Audience Groups: July 2016 through June 2023	Evaluations Returned
College Students	50
General Public	72
Healthcare/Mental Health Professionals	137
TOTAL	259

QUOTES FROM PARTICIPANTS

- *“As a staff member who works with mentally ill people it can be easy to forget the stories of the parents/families.”*
- *“I had a roommate with mental illness, and this helped to put that situation into a better perspective”*
- *“A personal story is a million times more effective than textbooks. Learning about the progression in terms of the family unit gives a new dimension to mental illness.”*
- *“It helps me better understand bipolar disorder and understand how stressful it can be on not only the person with a mental illness, but the whole family”*

For more information: Contact info@NAMINH.org or visit www.naminh.org