

The goals of IOOV are to meet the need for consumer-run initiative, to set a standard for quality education about mental illness from those who have been there, to offer genuine work opportunities, to encourage self-confidence and self-esteem in presenters, and to focus on recovery and the message of hope.

Anyone familiar with metal illness knows that recovery is not a singular event, but a multi-dimensional, multi-linear journey characterized more by the mindset of the one taking it than by his or her condition ay any given moment along the way.

Understanding recovery as having several dimensions makes its uneven course easier to accept. Recovery is the point in someone's illness in which the illness is no longer the first and foremost part of his or her life, no longer the essence of all his or her existence.

Ultimately, recovery is about attitude and making the effort .



Please contact us If you are interested in scheduling an In Our Own Voice presentation, in becoming an In Our Own Voice presenter or would like more information about our programs or services.

Resources

Our **website** provides information about mental health, housing, Social Security, local resources and services.

www.namioc.org

The **NAMI-OC Resource Handbook** (included with paid membership) lists information about mental illness, OC emergency numbers, hospitals, care providers, residential services, legal and legislative resources, support groups and more.

We also have an e-mail list where you can receive up-to-the minute information, news and events about the topics that are of concern to individuals and families facing mental health challenges. Email us at: info@namioc.org to be added to the email list.

A free presentation by people living with mental illness

**NAMI Orange County
1810 East 17th Street
Santa Ana, CA 92705
Phone (714) 544-8488
Fax (714) 544-0791**

Email: info@namioc.org
Website: www.namioc.org

The **In Our Own Voice** presentation demonstrates how individuals with severe mental illness experience recovery. The program is a unique public education program developed by NAMI, in which two trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery. Each program presenter has been through training to translate the story of his or her own struggles and successes. IOOV is an opportunity for those who have struggled with mental illness to gain confidence and to share their individual experiences of recovery and transformation.

Throughout the IOOV presentation, audience members are encouraged to offer feedback and ask questions. Audience participation is an important aspect of IOOV because the more audience members become involved, the closer they come to understanding what it is like to live with a mental illness and stay in recovery.

IOOV presentations are given to consumer groups, students, law enforcement officials, educators, providers, faith community members, politicians, professionals, inmates and interested civic groups.

All presentations are offered free of charge.

What you need to know about mental illness

Mental illnesses can affect persons of any age, race, religion or socioeconomic status and are not the result of personal weakness, lack of character or poor upbringing.

In the United States today, approximately 26 percent of adults struggle with a diagnosable psychiatric condition in a given year. The most serious and disabling conditions affect about 6 percent— or one in 17— adults and 9-13 percent of children.

An estimated 5.2 million adults have co-occurring mental health and addiction disorders. Of adults using homeless services, 31 percent reported having combination of these conditions.

Suicide is the eleventh-leading cause of death in the United States and the third-leading cause of death for people ages 10-24 years. More than 90 percent of those who die by suicide have a diagnosable mental disorder.

Twenty-four percent of state prisoners and 21 percent of local jail prisoners have a recent history of a mental health disorder. Seventy percent of youth in juvenile justice systems have at least one mental disorder with at least 20 percent experiencing significant functional impairment from a serious mental illness.

About recovery

With accurate diagnosis, effective medication, attention to health and wellness and peer and family support, most people living with mental illness can obtain relief from their symptoms and achieve satisfying and meaningful lives.

Dark Days are commonplace experience. Recovery from a serious mental illness may be a long and difficult journey.

Acceptance of the reality of having a mental illness can be a challenge. For those who are successful, acceptance is often the first step toward becoming well again.

Treatment. Clear and honest communication with health care providers aids in the development of a treatment plan that fits the individual.

Coping Skills. Developing a healthy lifestyle that includes routine, balanced periods of rest and activity and attention to nutrition is essential to recovery. A rich spiritual life provides many individuals with insight and meaning.

Successes, hopes and dreams. Recognizing even small successes, setting realistic goals and pursuing dreams helps people achieve fulfilling lives while living with mental illness.