

What is the NAMI Homefront Education Program?

NAMI Homefront is a no cost, six-session education program for family and friends of Military Service Members and Veterans with mental health conditions. It focuses on the unique needs of active duty and veteran communities, such as post-deployment and post-discharge transitions.

The course is designed to help family members understand and support their loved one while maintaining their own well-being. The teachers of this course are also family members who have experience with military culture and know what it is like to have a loved one living with a mental health condition.

NAMI Homefront is an adaptation of the evidence-based NAMI Family-to-Family Education Program, which has been used in VA health facilities since the late 1990s. This course is promoted by the Veterans Administration under a national Memorandum of Understanding with NAMI.



Six (6) Mondays
April 8th – May 13th
6:00 to 8:30 p.m.
Rock Island Arsenal, Illinois

ASC HQ Building 390
Garden Conference Room (Basement)
Registration deadline Friday, April 5th, 2pm.

To REGISTER for this program you may call or register online:

<https://bit.ly/2t09wro>

(563) 386-7477 x266 - 10 a.m. to 2 p.m. Monday – Friday
1035 W. Kimberly Rd, Davenport, IA 52806

Our sincerest thanks for program support from:

Rock Island Arsenal Welcome Club & The American Legion of Iowa



NEW! NAMI Homefront—for Service Member Families

This is an adaptation of Family-to-Family class designed for active duty and veteran service member families. NAMI and the VA have a Memorandum of Understanding to offer this education class at no cost to family members and caregivers of an adult loved one living with a serious mental health condition.

NAMI Homefront teaches you how to:

- Manage crisis, solve problems and communicate effectively
- Learn to care for yourself, including managing your stress
- Develop the confidence and stamina to support your family member with compassion
- Identify and access federal, state and local services
- Stay informed on the latest research and information on mental health, including posttraumatic stress disorder and substance abuse
- Understand current treatments, including evidence-based therapies, medications and side effects
- Navigate the challenges and impact of mental health conditions on the entire family



The class will be taught by long-time Family to Family teacher Suzanne Wiese and new NAMI volunteer Lloyd Kilmer. Both teachers have experience with military and veterans issues. They also have direct experience with loved ones living with a

serious mental health condition, so they understand the challenges that you may now be facing.

Help us Spread the Word about this class:

NAMI Greater Mississippi Valley is working directly with the Veterans Administration in Iowa City and other area veterans organizations to spread the word about this new class offering. We'd be happy to give a short presentation to your organization. Please contact Education Coordinator Vick Walters: education@namigmv.org.