



Charting the Course: A Deep Dive Into NAMI Hernando and the Road Ahead

NAMI Hernando's mission is
promote mental wellness in our
community through education,
support, advocacy, outreach and
empowerment.



***Serving Hernando County for
40 years!***



Hernando

Recovery Community Center



Who we are

NAMI Hernando, the local affiliate of the National Alliance on Mental Illness, is committed to providing free education, support, and advocacy for individuals and families affected by mental health and substance misuse challenges. We use the evidence-based practice of peer support — individuals with lived experience helping others on their recovery journey — to deliver compassionate, effective care. Through peer-led programs, support groups, outreach, and strong community partnerships, we work to reduce stigma, increase access to services, and promote recovery and wellness throughout Hernando County. Our mission is to ensure no one faces mental illness or substance misuse alone.

What we do

Education

Mental health and substance misuse education provides individuals, families, and communities with accurate information about mental health conditions, substance use disorders, and available treatment and recovery options. Its purpose is to increase awareness, reduce stigma, and empower people to recognize early warning signs, seek help, and support others effectively. Education helps create informed communities where individuals are more likely to engage in recovery, access resources, and experience better outcomes.

Classes

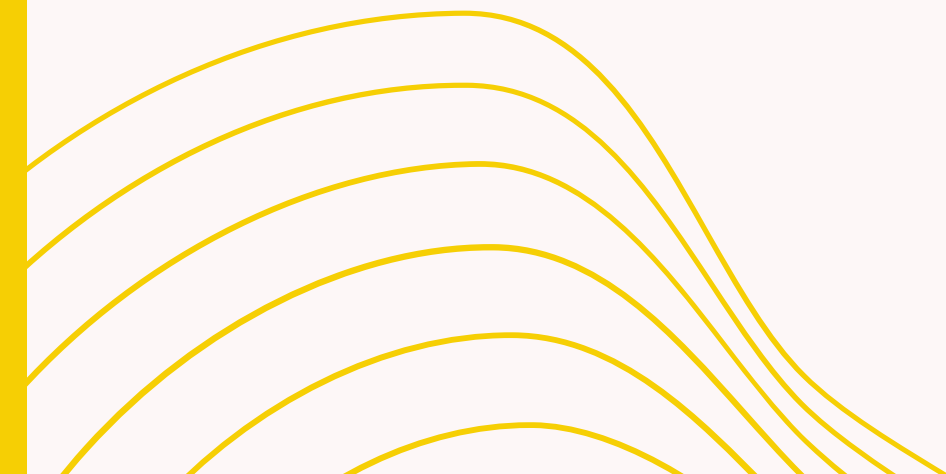
Peer to Peer
Family to Family
Basics
Evolve
CIT

Presentation

Faithnet
Stigma Free Company
Ending the Silence
In Our Own Voice
Family & Friends
Mind Matters
Sharing Hope

Workshops

WRAP
Recovery Capital
Youth MHFA
MHFA
QPR



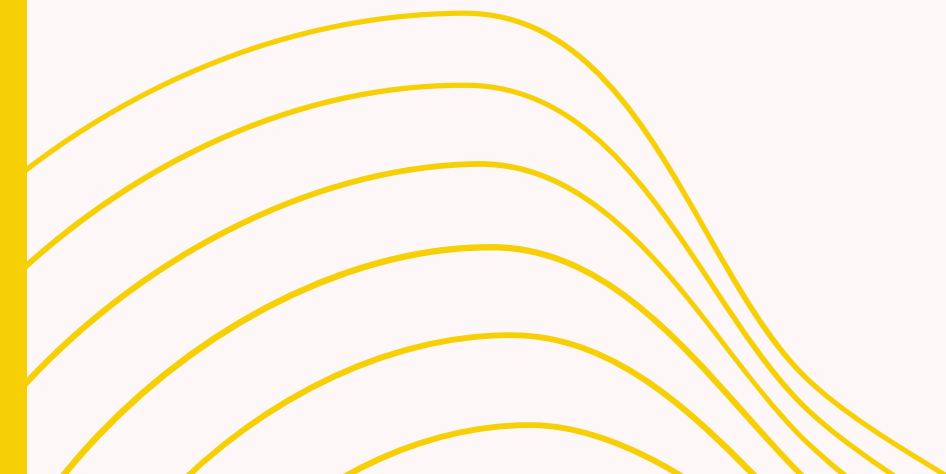
What we do

Individual Peer Support

Is a person-centered, one-on-one service where individuals receive guidance, encouragement, and practical support from a Certified Peer Specialist — someone who has walked a similar path and is trained to help others navigate recovery. This evidence-based approach fosters trust, builds hope, and helps individuals set and achieve their personal wellness goals.

**Individuals
Family
Youth**

Care Line 352-316-7783



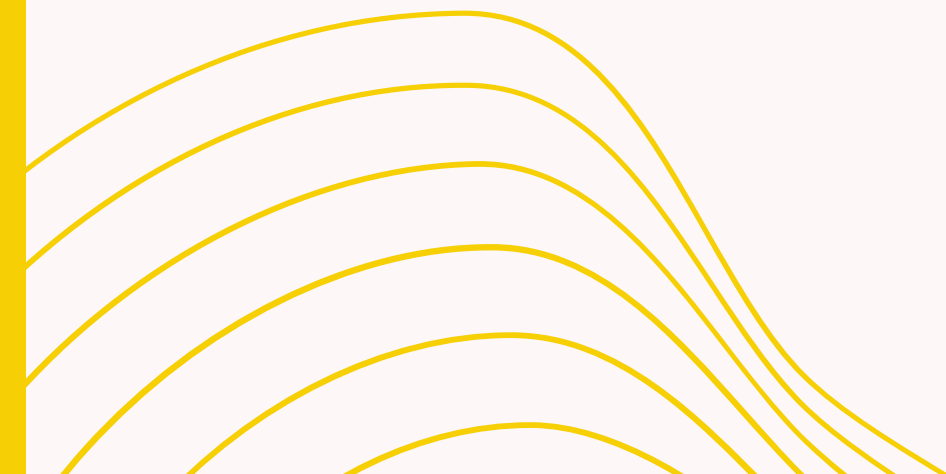
What we do

Support Groups

are facilitated gatherings where individuals with lived experience of mental health or substance misuse challenges come together to share their journeys, offer mutual support, and build a sense of connection and hope. Led by trained peer facilitators, these groups provide a safe, non-clinical environment where participants can talk openly, develop coping strategies, and feel empowered in their recovery.

Connection Recovery Support
Family Support
Grief Support
Suicide Loss Survivor
TTYs (Teen Talk Youth Support)
Family Links (Parents of Youth)

Recovery Dharma
SMART Recovery
Women in Recovery
Chair Yoga
Art
Literature
NA & Al-Anon



What we do

Advocacy

We advocate at the local, state, and national levels to improve access to care, strengthen behavioral health systems, and reduce stigma. We empower individuals and families to use their voices to influence policy, educate the community, and promote change that supports recovery and wellness for all.

**NAMI Smarts
Vote4MentalHealth Alerts
Candidate Forum
Florida Mental Health Advocacy
Coalition
CHIPP**

**Central Region Behavioral Health Interagency
Collaboration
Public Safety Coordinating Council
Hernando Homeless Initiative
DV Task Force
COAD**



What we do

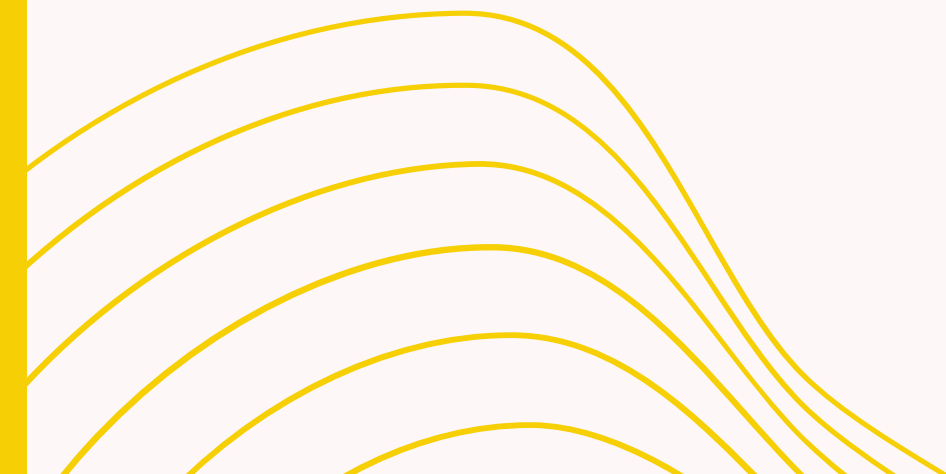
Outreach

The purpose of our outreach is to connect with individuals and communities who may be underserved, overlooked, or unaware of available mental health and substance misuse support. Through outreach, we raise awareness, reduce stigma, and build trust — ensuring that people know they are not alone and that help is available. We strive to meet people where they are, offer hope, and link them to education, peer support, and recovery resources that promote wellness and long-term stability.

Social Media
Mental Health Summit
NAMIWalks
NAMI on Campus

Resource & Referral

Kickin Addiction
HELP Network
Friendsgiving
Community Events



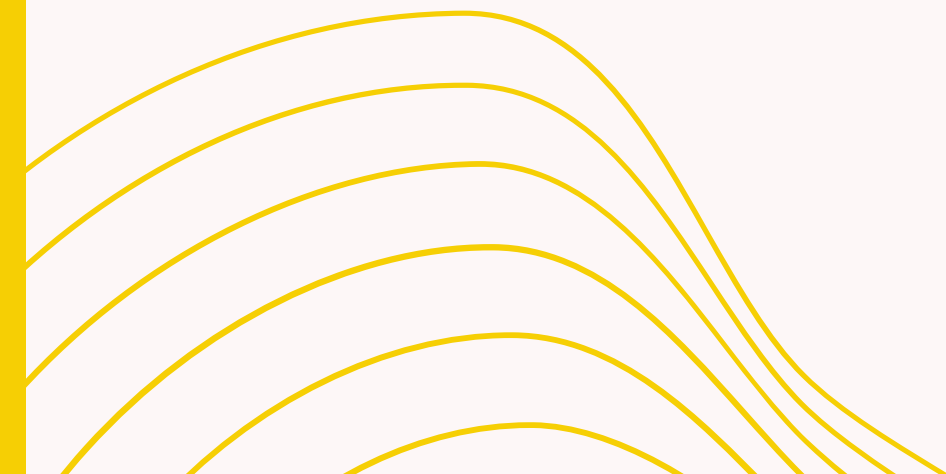
What we do

Empowerment

Empowerment at NAMI Hernando means equipping individuals with the knowledge, skills, and lived experience needed to become agents of change — in their own lives and in the community. We help people transform their recovery into purpose-driven opportunities by fostering confidence, building competencies, and creating pathways to personal and professional growth. Through empowerment, we strengthen the workforce and promote long-term wellness and recovery.

CRPS Internship
PHSC Interns
Saint Leo Interns
ATA
Jersey College
Career Source

Jail Bridge
Hospital Bridge
Specialty Courts
Probation
Hernando County Sheriff
Peer Program





Where we are

Recovery Community Center

4034 Commercial Way Spring Hill, FL 34606

A Recovery Community Center (RCC) is a welcoming, non-clinical space where individuals and families impacted by mental health and substance misuse challenges can access free peer support, resources, and recovery-focused programming. Staffed by trained peer specialists, RCCs provide a safe environment for connection, empowerment, and personal growth. Services often include support groups, life skills training, wellness activities, and linkage to community resources — all grounded in the belief that recovery is possible for everyone.

How we measuring impact

At NAMI Hernando, we measure impact through both qualitative and quantitative outcomes. We track participation numbers, support group attendance, peer support sessions, and outreach contacts. We assess individual progress through goal attainment, increased engagement in care, and self-reported improvements in wellness and recovery. In addition, we monitor reductions in crisis events, such as hospitalizations or interactions with law enforcement, as indicators of long-term stability.

We also gather feedback through participant surveys, testimonials, and partner evaluations to ensure our programs remain responsive, effective, and community-driven.

Key Indicator	Improved Engagement in Services	Increased Self-Sufficiency and Goal Attainment	Reduction in Crisis Events
	Measures the increase in individuals connecting with or staying engaged in treatment, support groups, or recovery-related services after receiving peer support.	Tracks progress toward personal recovery goals such as employment, housing stability, education, or reconnecting with family and community.	Evaluates decreases in hospitalizations, emergency room visits, or interactions with law enforcement among individuals actively receiving peer support.

Our impact in Quarter 3 2025

"As Executive Director of NAMI Hernando, I've seen firsthand how one act of support can change the course of a life. Through connection, compassion, and the power of lived experience, we are not just serving — we are transforming lives every single day."

— Tina Kinney, Executive Director, NAMI Hernando

1,445

People attended groups

53

CRPS Interns

287

Adults Peer Support

47

Youth Peer Support



What's next?

The Recovery Roadies Mobile Recovery Truck is what's next. This innovative outreach vehicle will bring peer support, resources, and hope directly to individuals in need — right where they are. Whether it's a rural neighborhood, homeless encampment, or community event, the truck allows us to expand access, break down barriers, and meet people on their road to recovery.



NAMIWalks Hernando

 **NAMIWalks**
www.namiwalks.org/hernando

 **NAMIWalks**

Hernand



I am
 **NAMI**
Walks

Saturday, November 8
Start time: 9AM
TomVarn Park
Brooksville, FL [Learn more at namiwalks.org/hernando](http://www.namiwalks.org/hernando)



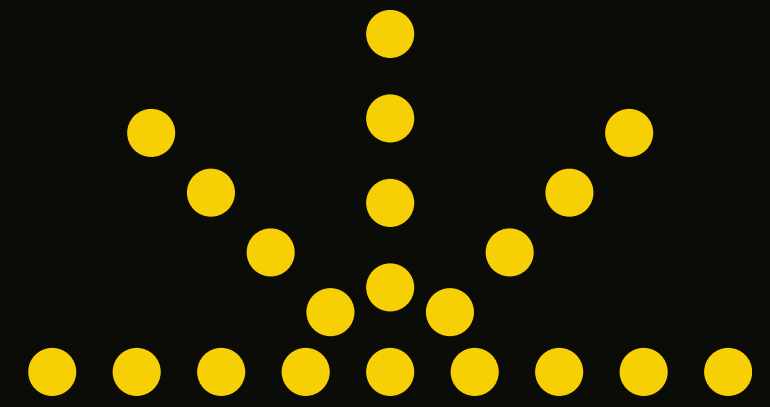


Contact us

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352-684-0004



Time for
Questions