



Stigma and Discrimination Reduction and Suicide Prevention Efforts in K-12

CalMHSA Statewide Coordination Workgroup

September 18th-19th, 2013



WELLNESS • RECOVERY • RESILIENCE

About NAMI California

- Largest grass roots mental health organization
- 67 Affiliates and 19,000 members in California made up of family members and individuals with mental health conditions
- About 75% Affiliates completely volunteer run
- Mission: We advocate for lives of quality and respect, without discrimination and stigma, for all our constituents. We provide leadership in advocacy, legislation, policy development, education and support throughout California.
- Lived experience is key in the success of our organization and programs

NAMI School-based SDR Programs

Ending the Silence (ETS) – A mental health education program for high school students

- Signs and symptoms of various mental illnesses
- How to help themselves, friends or family members in need of support
- Personal testimony from a person living with a mental health condition about their journey to recovery

Parents and Teachers as Allies (P&TasA) – An in-service mental health education program for school professionals

- Learn about the early warning signs of mental illnesses in children and adolescents
- Taught how to intervene so students in need of support receive treatment and services
- Includes the lived experience of mental illnesses and how schools can best communicate with families about mental health related concerns

NAMI School-based SDR Programs Cont.

All NAMI CA Signature School-Based Programs reduce stigma through:

- Education – provide accurate information about mental illness to promote understanding and dispel myths
- Personal contact – provide a human face to mental illness and hope that recovery is possible

Advantages of schools collaborating with NAMI

- All NAMI programs are provided at no cost to participants
- NAMI members and volunteers have the lived experience
- ETS provides a youth voice that students can relate to
- P&TasA provides a school professional/parent voice that school personnel and parents can relate to

Ending the Silence

What is Needed:

- Trained, young adult presenters
- Connections with schools, teachers, school districts
- Supportive school staff to be available to students following a presentation
- Class-size group of students; large assemblies not ideal
- Relationships with local NAMI Affiliates

Barriers Encountered

- “Getting the foot in the door”
- Finding qualified presenters

Parents & Teachers as Allies

What is Needed:

- Team of 4 trained presenters: An Educator, a Parent, and Moderator, and Young Person
- Connections with schools, teachers and school districts
- Audience of teachers, school staff and faculty, and parents for 1-2 hours
- Relationships with local NAMI Affiliates

Barriers Encountered

- “Getting the foot in the door”
- Finding qualified presenters
- Time availability

Impact - Ending the Silence

Fiscal Year 2012/2013 Outcomes

- Over 184 ETS presentations
- Over 5,600 young people reached

Fiscal Year 2013/2014 Projections

- 300 presentations (based on Year 2 data)
- HASPI School Partnership - 96 schools in California.
- Directing Change Donation – 141 Schools

Impact - Parents & Teacher as Allies

Fiscal Year 2012/2013

- 38 presentations conducted
- Over 798 school faculty and staff reached

Next Steps

- Recommendation for teacher credential requirements

Sustainability

Ending the Silence

- Funding for presenter training and stipends
- Materials are minimal; pencils and resource cards
- Coordination to ensure program is maintaining fidelity, undergoing routine review and being updated according to new statistics or data

Parents & Teachers as Allies

- Funding for presenter training and stipends
- Monographs (detailed handbooks that include information on mental illnesses in children, early warning signs at home and in school)
- Coordination to ensure program is maintaining fidelity, undergoing routine review and being updated according to new statistics or data

Counties that have implemented ETS

- Alameda
- Butte
- Chino Valley
- Los Angeles
- Orange County
- Sacramento
- San Bernardino
- San Diego
- San Luis Obispo
- Santa Clara
- Santa Cruz
- Sonoma
- Stanislaus
- Tulare
- Ventura

Counties that have implemented P&TasA

- Kern
- Lassen
- Los Angeles
- Merced
- Orange County
- Sacramento
- San Bernardino
- San Diego
- San Joaquin
- San Mateo
- Santa Clara
- Sonoma
- Stanislaus

Strategies & Supports for ETS

Strategies for implementing this resource

- Leverage relationships with schools
- Recruit passionate presenters
- Collaborate with local Affiliates

Additional support, resources needed

- Strong relationship with NAMI Affiliate
- Program Materials
- Coordination

Tips & Tricks

- Promote the program to school contacts and in community
- Scheduling presentations for schools is quick and easy
- ETS can be presented to teenage audiences in other capacities, other than schools: youth groups, after school programs, school clubs, etc.

Strategies & Supports for P&TasA

Strategies for implementation

- Leverage relationships with schools, teachers, parents and school districts
- Can be offered as part of a Back to School Night, Parent Education or other similar event.
- Include parents in the presentation so the home/school connection is made
- Offer to colleges classes
 - Teacher Credential program
 - Child Development courses
 - Social Work courses
 - Human Services courses

Additional support, resources needed

- Strong relationship with the local NAMI Affiliate
- Materials
- Coordination

Tips & Tricks

- Promote the program to school and parents contacts
- Schedule a presentations for a staff in-service day or staff meeting

What are students saying about ETS?

“... I can't even imagine how much courage you have for standing up in front of our class and sharing your experiences with us. You are an inspiration and I have so much respect for you... After school that day, I went home and told my mom: I told her I need help with this because it's not something I can fix myself; I've tried and tried. Your story really helped me... My friend also has depression and your presentation showed me what I can do to help her. Please continue to visit schools and share your experience with many people. I know you can help inspire many people, just like you inspired me.”

- Anonymous

“I know now that I am not alone. I felt connected.”

- Anonymous

What are people saying about P&TasA?

“I am a teacher. The in-service is a very powerful presentation. I will think twice before I blame or become upset with assertive parents.”

- Anonymous

“Our school requires a series of in-service programs and the NAMI Parents and Teachers as Allies hit a home run addressing the early warning signs of mental illnesses in kids, some of whom are here in our school.”

- Anonymous

“The in-service is excellent! All school staff should get training.”

- Anonymous

Contact Information

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