



C14 Collaborating for Youth Programs: NAMI on Campus High School

Wednesday, June 15, 2016, 3:30-5:00 p.m.

Beth Wolf

Barcelona

NAMI on Campus High School (NCHS) Club

CA Mental Health
Advocates for
Children & Youth
(CMHACY)
2016 Promising Program

What are NAMI on Campus High School (NCHS) Clubs?

NCHS Clubs are student-led clubs that raise mental health awareness and reduce stigma on campus through peer led activities and education. Student Leaders will be empowered with toolkits, materials, templates and resources to make running the club a fun and educational process. Student Leaders attend training to learn about mental health and being advocates on campus. The Club is open to all students-those with mental health conditions, those with family members with a condition, or students who are interested in the field or in advocacy.

What is the program format?

Training – Student Leaders and Advisors attend a training with their local affiliate. Trainings are scheduled through a school district so multiple schools from a single district attend. Training schedules are dependent on funding available.

Student Leaders and Advisors take part in a full day of training, where they will learn:

- How NCHS can help to reduce stigma on campus
- The mission and goals of NCHS Clubs
- Ways students can get involved with bringing mental health awareness to campus
- How to talk about NCHS with other faculty, administrators, students and parents
- The hands on support and extensive resources that are provided to schools that implement NCHS Clubs
- How NCHS Clubs promote acceptance and teach ways for students to be supportive of others

Student Leaders and Advisors are then ready to begin running the Club on their campus. Monthly coaching webinars will be hosted by NAMI California to provide continued support and guidance.

Activities – The NCHS curriculum provides many ideas for Club activities. Club activities could include:

- Passing out green ribbons for mental health awareness
- Creating and displaying posters showing celebrities and other public figures who have mental health conditions
- Bringing an Ending the Silence presentation to campus with help from the local Affiliate
- Screening a movie on campus with a mental health theme
- Coordinating stress-relieving activities like yoga on campus during finals week

Resources – Each Club is provided with a detailed manual and toolkit for students, and an advisor manual for advisors. These manuals contain all the information covered at the training, as well as worksheets, templates, and resources on where to get help.

Support – NAMI CA and your local affiliate are here to help every step of the way. Each Club will be connected with their local NAMI Affiliate and learn about local resources, programs and services that can help if they or someone they know ever experiences a mental illness. Clubs may also get involved with their affiliate's events and programs held in their communities.

For more information, please contact Beth Wolf at beth@namica.org



California's Mental Health Movement

We are a community of individuals and organizations dedicated to a new understanding of mental wellness and equality, starting here in California. Early support and help for mental health challenges can reduce suffering and save lives. We all have mental health; our minds deserve the same respect as our bodies.

WHY LIME GREEN?

Lime green has emerged as the national color of mental health awareness, and **EACH MIND MATTERS** has adopted this vibrant color - symbolic of vigorous life and flourishing health - to represent our efforts to overcome the stereotypes, stigma, and discrimination associated with mental illness. Wear the lime green ribbon to take the movement everywhere you go.



Nearly 9 out of 10

Californians who are experiencing a mental health challenge have been discriminated as a result.

California Well-Being Survey, 2015
RAND Corporation

An average of 6 to 8 years passes after the onset of symptoms of a mental health challenge before many people actually reach out for help. Often, this hesitation to seek help is the result of the stigma that surrounds our notions of mental health, as well as the fear and pain of discrimination associate with these beliefs.

Join us and learn more at EachMindMatters.org

Speak Up!

Now is the time to change the conversation.

Each Mind Matters wants more people engaging in the conversation about mental health in a new way. One way you can do this is by sharing your **LIME GREEN STORY**.

Lime Green Story

It's not just what you say, but how you say it...

By sharing your story, you let others know that it's okay to talk about mental illness- in talking openly, we offer each other support and can break down the barriers that prevent people from seeking help.

Tools You Can Use

We've got everything you need to get started.

EachMindMatters.org has many resources ready for use, from messages and toolkits to stories of recovery and promotional items to help share the message.



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Funded by counties through the voter-approved Mental Health Services Act (Prop 63).