Ending the Silence with Future Generations

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About NAMI CA

- Part of the largest grass roots mental health organization in the country

- 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

- Lived experience is key in the success of our organization and programs

- 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.
Multi Tiered Approach

STUDENTS/ YOUTH

SCHOOL STAFF

PARENTS/ FAMILIES

ETS

P&TasA

NCHS

DC

Training & Ed Resources

*Since 2011
Components of Success in Youth Programs

- Include personal stories of mental illness
- Designed for young adults/students
- Delivered in formats that are flexible
- Empower youth to be advocates for change and stigma reduction
- Clear path to youth
NAMI California’s Path to Reaching Youth

- Utilizing Affiliate networks
- Conferences/Events
- Reach the youth audiences first
Local
- Ocean View HS - before 2011, no mental health programs
- 1 ETS presentation/Semester
- Impact: 500 students

County
- NAMI Orange County
- Affiliate with strongest ETS program in CA
- 600 Schools in Orange County
- 126 presentations at 19 schools
- Impact: 4,209 students

State
- NAMI CA
- 22 Affiliates offer ETS
- Presented in 25 counties
- 769 presentations
- Impact: 24,671 students
NAMI National’s Programs
Reaching Youth
How can NAMI help?
What else does NAMI have?

• NAMI On Campus Clubs
• Raising Mental Health Awareness
• StengthofUs.org
• OK2Talk.org
• Say it Out Loud
• NAMI Air
NAMI On Campus Clubs

Raising Mental Health Awareness on College Campuses: North- American Interfraternity Conference and national Pan-Hellenic Council partnership to raise mental awareness among their member chapters
SAY ANYTHING.

It's time we talked about mental health. Share what's on your mind.

OK2Talk.org
Say it Out Loud

- Toolkit components:
  - Instructional webinar
  - Guide for Discussion Group Facilitator
  - Short Film
  - Fact Sheets
NAMI
Anonymous
Inspiring
Relatable
Questions?
Thank you!