

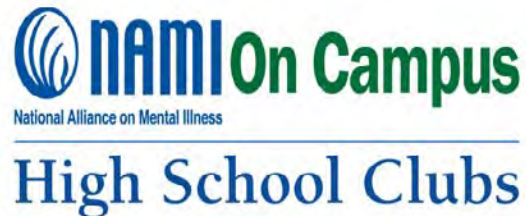
NAMI On Campus High School (NCHS)

Tuesday, December 9, 2014

Beth Wolf, Programs Director

Kelly Boyles, Programs Coordinator

Lauren Hee, School Liaison Coordinator



Webinar Housekeeping

- Everyone is in “listen-only” mode.
- Two listen options: phone or web (phone tends to be better!)
- Call in #: 415-655-0003, Access Code: 661 720 983
- Type questions in the sidebar to the right and there will be time for questions throughout.
- The webinar is being recorded.
- The powerpoint and supporting materials will be emailed to you and available on our website.



About California School-Based Health Alliance

The California School-Based Health Alliance is the statewide non-profit organization dedicated to improving the health and academic success of children and youth by advancing health services in schools.

Our work is based on two basic concepts:

- Health care should be accessible and *where kids are*, and
- Schools should have the services needed to ensure that poor health is not a barrier to learning

What We'll Cover

- NCHS Funding
- NCHS Goals
- What does NCHS look like?
- Benefits of NCHS
- NCHS Is/ NCHS Isn't...
- Resources
- How to get involved



NCHS Funding

CalMHSA

Prevention and Early Intervention (PEI) Programs

Proposition 63: Mental Health Services Act (MHSA)

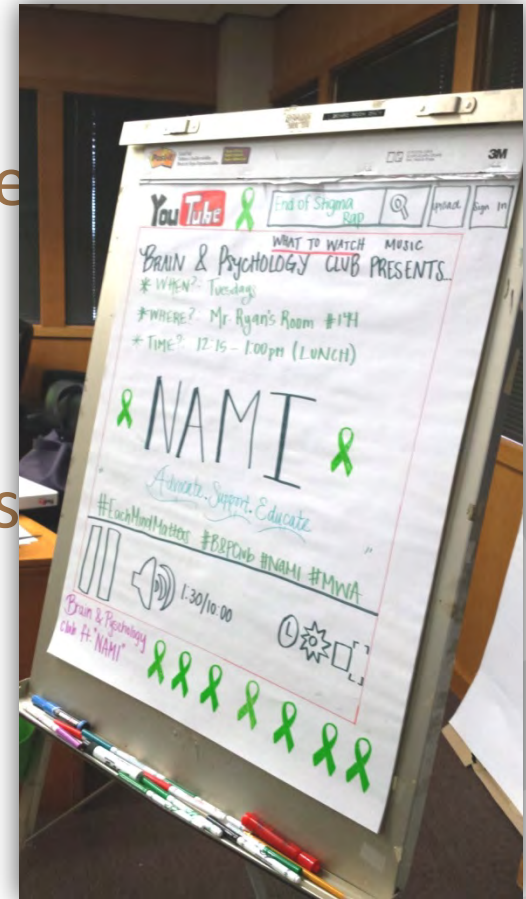
Imposes 1% tax on individuals who earn more than 1 million/year

Partnership with the California Department of Education (CDE) and Placer County of Education (PCOE)

Pilot-testing the program in Year 2014/2015

NCHS Goals

- Promote the voices of students within the high school environment
- Increase awareness
- Inspire advocacy
- Promote acceptance for students experiencing a mental health condition
- Improve school climate and student mental wellness



What Does NCHS Look Like?

- High school club open to all grades
- At least one advisor with a mental health background
- Promotes mental health and wellness
- Plan meetings, activities, and outreach to campus




Benefits for Students

- Reduce stigma on campus
- Become a mental health advocate
- Have a positive impact on peers
- Develop leadership skills
- Provide students with resources regarding mental health beyond high school



Benefits for Administration

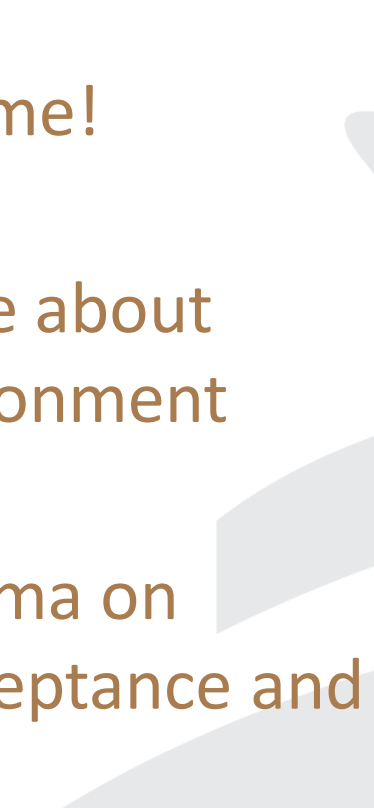
- Establish or strengthen a relationship with local NAMI
 - Support mental health in students and faculty
 - Provide resources to teachers
 - Create a safe and supportive school environment
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Benefits for Campus

- Establishing themselves as a school that values the mental wellness of students
- Promoting a campus of student leaders
- Having a club on campus that focuses on raising mental health awareness
- Creating an accepting and safe environment for students with a mental illness or who know someone who has one

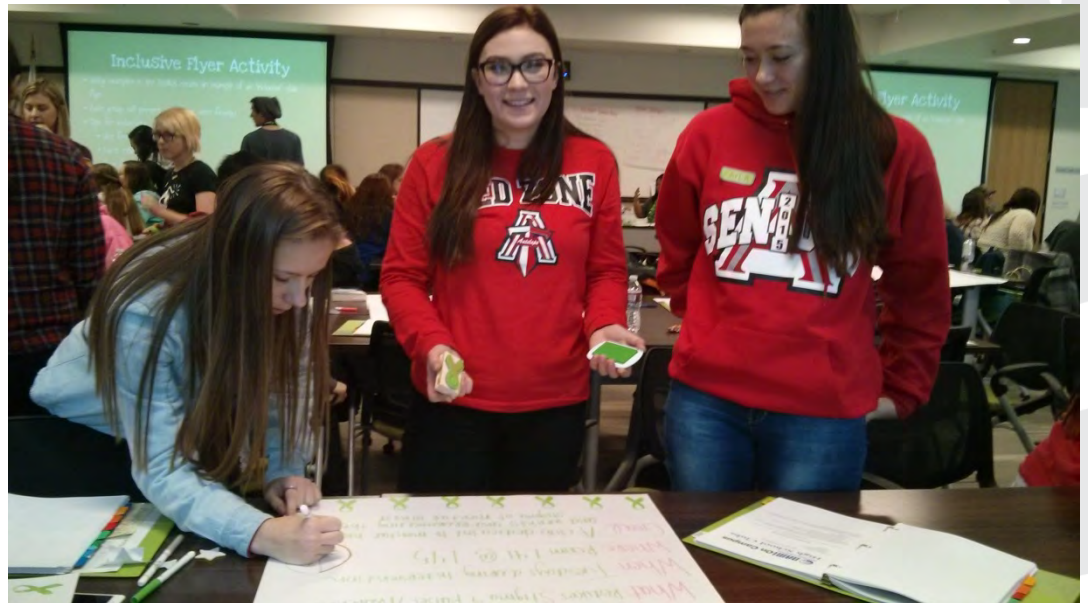


NCHS Is...


- A place to learn about mental health and wellness
 - An inclusive club-everyone is welcome!
 - A group of young people passionate about creating a safe and supportive environment
 - A group that works on reducing stigma on campus by being role models of acceptance and supportive behavior towards others
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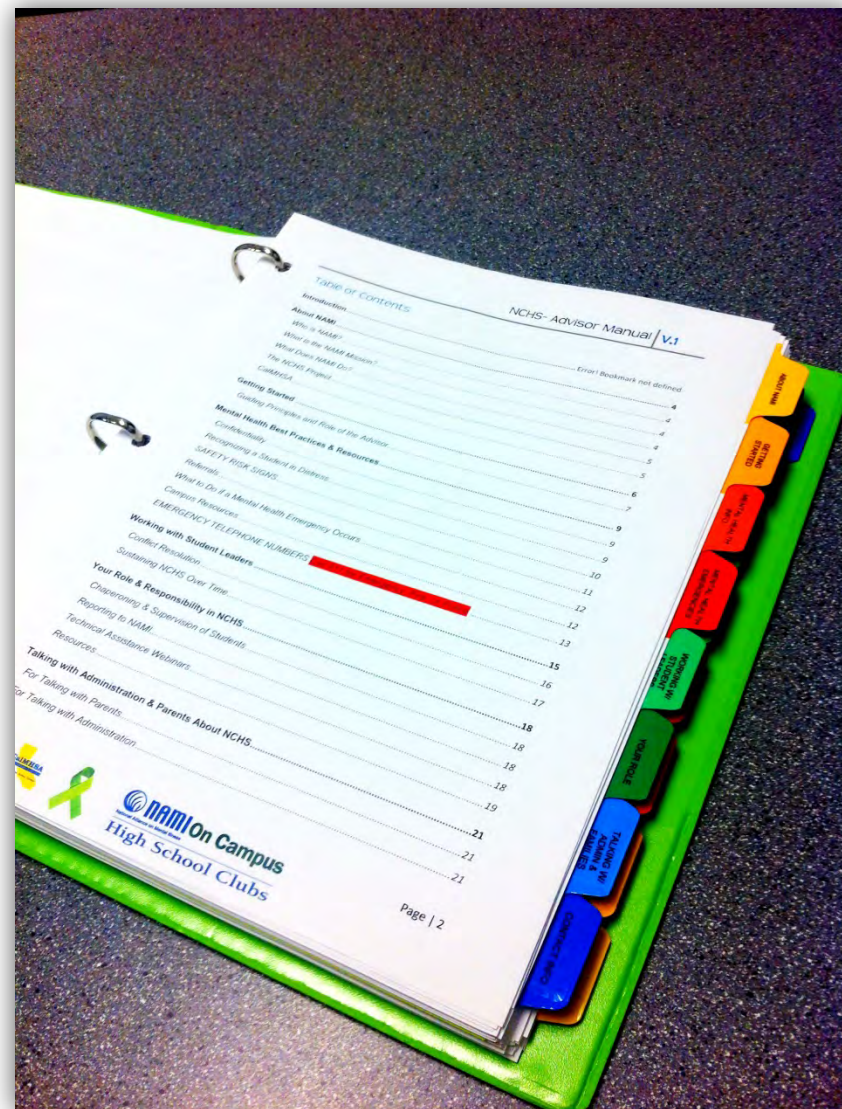
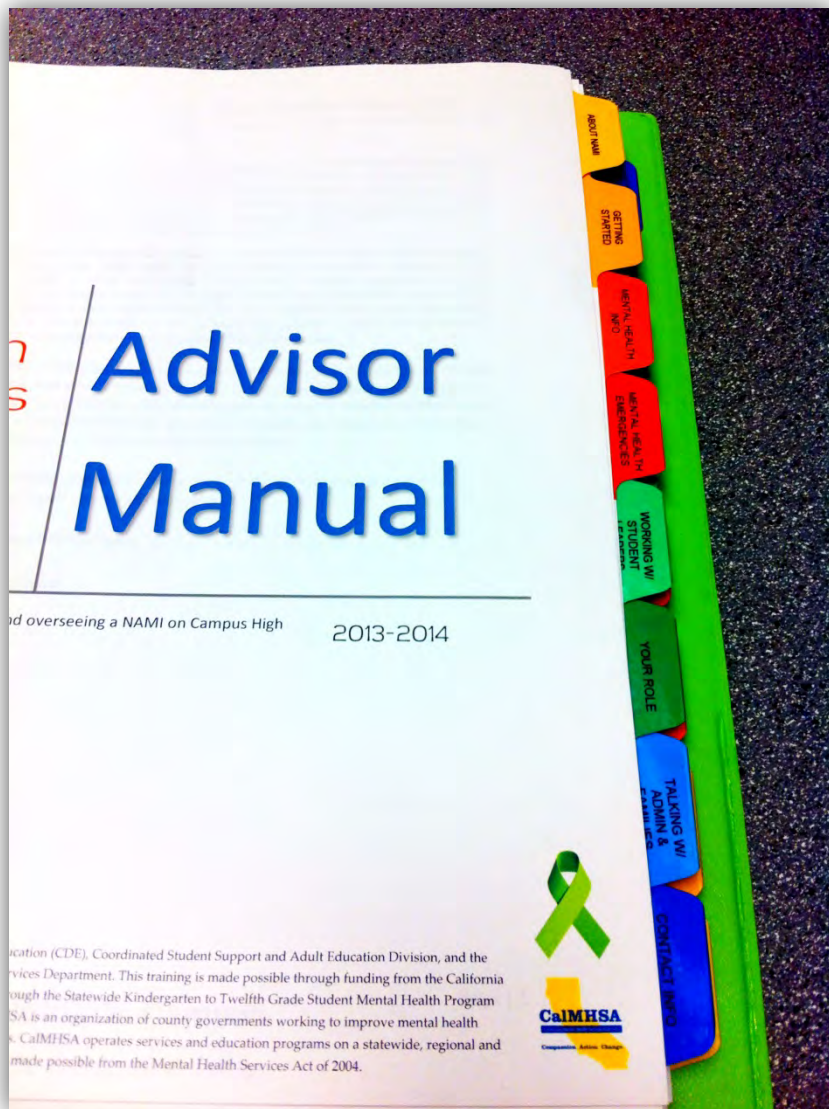
NCHS Isn't...

- A support of therapy group
- A place to get diagnosed
- About identifying or labeling others who may or may not have a mental illness



NCHS Resources

- Advisor and Student Manuals
 - Advisor Technical Assistance/Coaching Webinars throughout the year
 - NCHS Toolkit: Flyer templates; sample agendas and meeting minutes; meeting ideas, etc...
 - Mental Health Resource Guide
 - ✓ Addresses mental health disorders
 - ✓ Symptoms
 - ✓ How you can help
 - ✓ What to do in an emergency situation
 - ✓ Worksheets for clubs to identify on campus, local and national resources that can help those in need of services
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Student
Manual

The complete guide to running (successfully!) a NAMI on Campus High School Club

2013-2014

by the California Department of Education (CDE), Coordinated Student Support and Adult Education Division, and the Office of Education, Educational Services Department. This training is made possible through funding from the California Health Services Authority (CaMIEA) through the Statewide Kindergarten to Twelfth Grade Student Mental Health Program contract with the CDE. The CaMIEA is an organization of county governments working to improve mental health for individuals, families and communities. CaMIEA operates services and education programs on a statewide, regional and local basis. Original funding made possible from the Mental Health Services Act of 2004.



RESOURCES

NCHS- Student Manual | V.3

HIGH SCHOOL CAMPAIGNS WILL BENEFIT, BUT

- o **Establishing themselves as a school that values the mental wellness of their students, and takes a proactive approach to early prevention and intervention of students in need of services or support.**
- o **Creating an environment that addresses bullying of and by students with mental health conditions, and is accepting of all students.**

NCHS IS/ NCHS Isn't

NCHS Is/ NCHS Isn't

Sometimes, there might be confusion from students, parents or teachers about what exactly a NCHS Club is all about. Use this comparison chart to help answer any questions and review it often to remind yourself as well.

NCHS IS...

- ⑦ a place to learn more about mental health and wellness, not just mental illnesses
- ⑧ a group of young people passionate about creating a safe and supportive school environment
- ⑨ an opportunity to see if the mental health field is a possible career path
- ⑩ a way for students to work together
- ⑪ to combat stigma and discrimination against people with a mental illness
- ⑫ a place for students to develop leadership skills that will help them the rest of their lives
- ⑬ a club that is open to all students
- ⑭ about learning how to be a supportive friend to someone who is in distress, and recognizing the signs of when someone needs help

NCHS isn't...

- a support or therapy group
- a place to get diagnosed or medication
- about identifying, or labeling others who may or may not have a mental illness.
- a place to promote medications or treatments
- a group just for people who have a mental illness or who have a family member with a mental illness.



NAMI On Campus
High School Clubs

Sample Training Agenda

- Welcome/Introductions

Student Intros

Who is NAMI?

- Stigma Activity
- What is NCHS

Who can join?

Purpose of club

NCHS Mission Statement

NCHS Club and Procedures

School Policies and Confidentiality

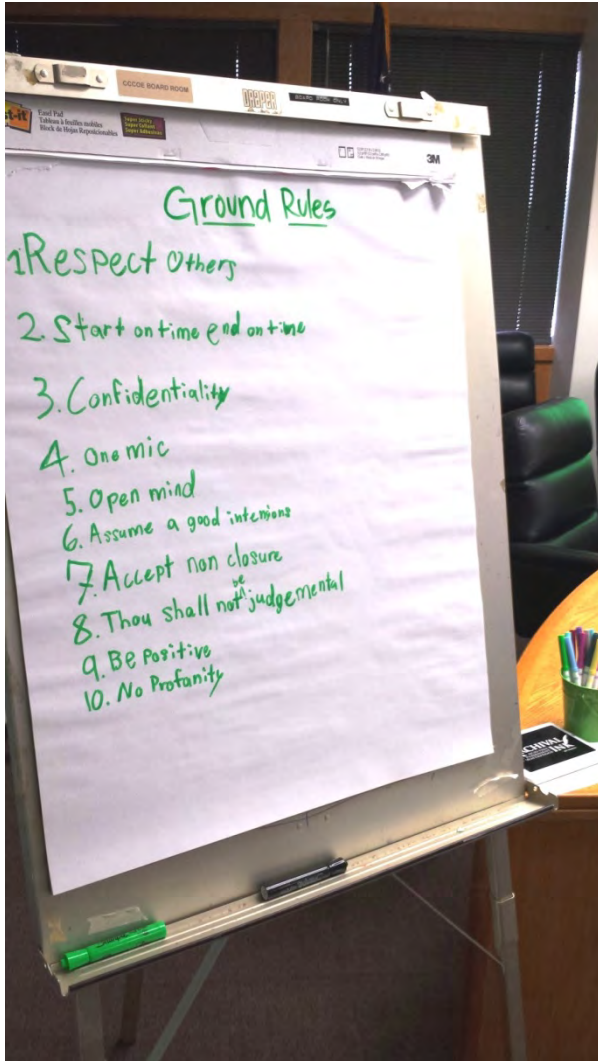
- NCHS Toolkit

Toolkit samples

- Inclusive Flyer Activity
- Questions/Wrap-up

Icebreakers and group activities throughout the day

Policies and Confidentiality



- Clubs are required to follow ALL school and district policies
- Advisors are mandated reporters so no promise of confidentiality
- Advisors and students are given resources and guidance on what to do if an emergency occurs

Fall NCHS Trainings

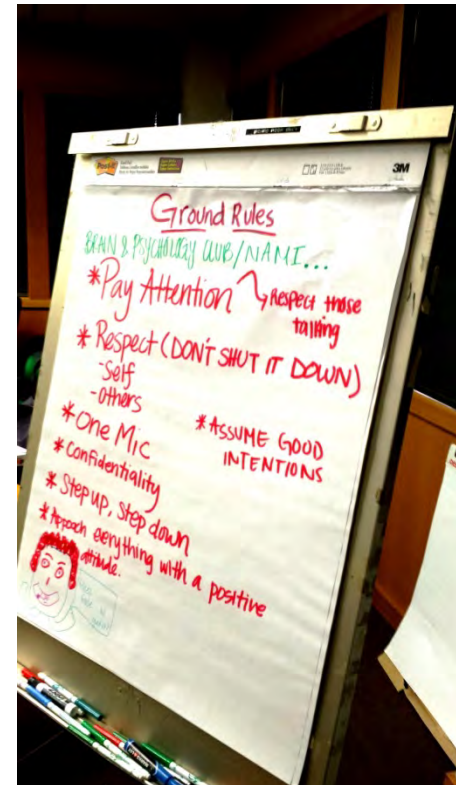
- Outcomes and success of our 3 Fall Trainings

Contra Costa (Nov. 13th)


Placer County (Nov. 18th)

San Bernardino (December 1st)

- Next steps for trainings



Get Involved!

- Know of a school that may be interested?
Contact Beth or Kelly
 - Local Affiliate, NAMI California and school take part in a 1 day training
 - Schools must either have attended EBL training
OR
 - Have an advisor with a mental health/social work background
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Questions?



Contact Information

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Additional School Health Resources

Join Us in sunny San Diego April 30 & May 1, 2015, for *Advancing Equity in Education & Health Care*, our statewide annual conference.

More information at www.schoolhealthcenters.org.



Additional School Health Resources

Get popular education and school health materials online through our special ETR School Health Catalog.

Go to

http://pub.etr.org/ecatalogs/CA_Alliance-ETR_Catalog

or our homepage www.schoolhealthcenters.org.

