

Fresno's Central High School-East's National Alliance on Mental Illness (NAMI) On-Campus Club: Raising the Bar for Mental Health Awareness

NAMI Club

Central High School - East Campus
Fresno, California



What is the NAMI Club?

**National
Alliance
Mental
Illness**

Mission Statement:

The purpose of this organization shall be to provide advocacy, education, support and public awareness with the continuous goal to cease stigmas as it pertains to mental health.

- Central Grizzlies NAMI Club Constitution

Our Amazing Club Advisors!

They advocate for students and provide support for behavioral, social-emotional, and well-being needs and destigmatizing mental health challenges



Mr. Mirmingos
Intervention Specialist



Ms. Monroy
School Psychologist



Mrs. Duong
Intervention Counselor

We Are Youth Leaders

Today's Presenters: Emily Avila and Shaelyn Yang



Beginning of NAMI on Campus

- Club Initiation Date: March 2019
- Started with only board and advisors, no club members
- No social media presence
- Attended a training workshop at Washington Union High School in December 2018, prior to officially establishing club

Club Growth

- Club continued with a few members in 2019
- Started social media presence in 2019
- 2019: Gained more than 100 followers
- Currently have 238 followers as of January 29, 2021
- Currently have more than 50 club members
- Set up training workshops with NAMI Fresno staff
- Recognized by NAMI Fresno and Fresno County Department of Behavioral Health

NAMI Organization

- NAMI Mission Statement: “NAMI provides advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can build better lives.”
- Started as a small group of families in 1979 that grew into the nation’s leading voice on mental health!
- They are in alliance with 48 state organizations who work to raise awareness and provide support.
- “At NAMI, we believe a diverse, inclusive and equitable organization (or Alliance) is one where all employees, volunteers and members — regardless of gender, race, gender identity, ethnicity, national origin, age, sexual orientation, education, disability, veteran status or other dimension of diversity — feel valued and respected.” (Statement from NAMI)

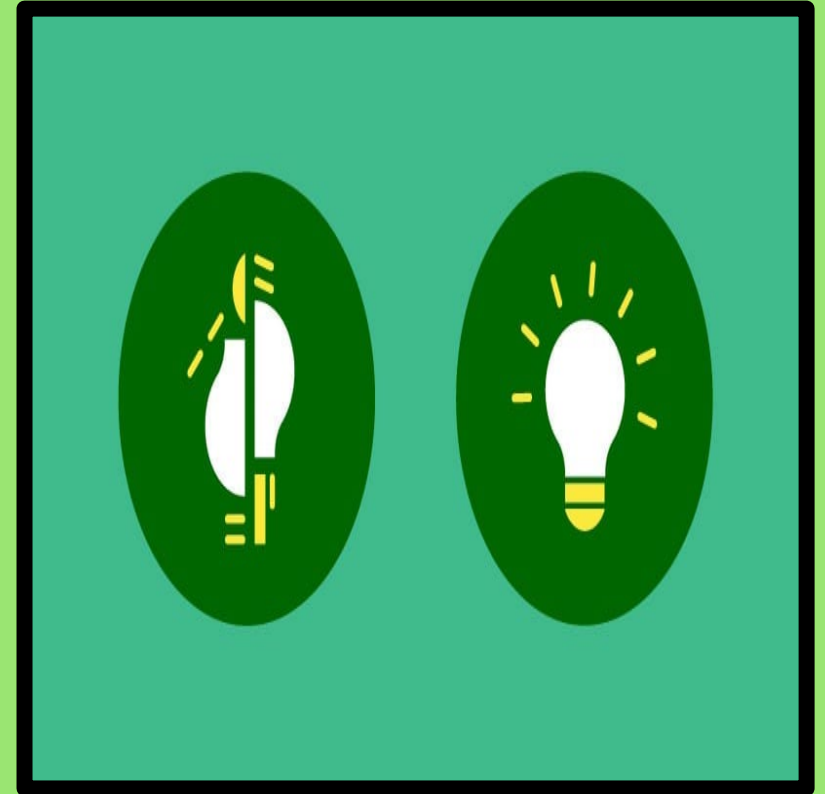
NAMI Fresno

- NAMI Fresno is the local affiliate supporting Central's NAMI Club. Our support to school clubs ensures a connection to the community resources. It also provides the families of the students and staff a direct resource of support.
- We were founded as a grassroots organization originally known as the Family Alliance for the Mentally Ill, using the national NAMI's curriculum and structure locally. In the early 1990s, we officially became an affiliate.



So Why NAMI on Campus?

- NAMI started with two great ideas
- Proactive rather than reactive
- The NAMI Club promotes mental health awareness
- Stopping the STIGMA



What is STIGMA?

DISCRIMINATION

LABELING

GET
OVER IT!

EMBARRASMENT

SHAME

USELESS

GROW
UP

SNAP OUT
OF IT

CRAZY

YOU'LL
BE
FINE

What Happens in the Month of May?

Mental Health Awareness Month: Calendar of Activities

		Survivors Wall Interview students	Survivors Wall Corn hole game	
6	7	8	9	10
Positive Messages Posted around school	Survivors Wall	Survivors Wall Scavenger Hunt	Survivors Wall Corn hole game	Gift/Info for staff to be distributed by students
13	14	15	16	17
Positive Messages Posted around school	Survivors Wall	Survivors Wall Scavenger Hunt	Survivors Wall Corn hole game	Gift/Info for staff to be distributed by students
20	21	22	23	24
Positive Messages Posted around school	Survivors Wall	Survivors Wall Scavenger Hunt	Survivors Wall Corn hole game	Gift/Info for staff to be distributed by students
27	28	29	30	31
Positive Messages Posted around school	Survivors Wall Follow up Interviews	Survivors Wall Scavenger Hunt	Survivors Wall Prize winners	Gift/Info for staff to be distributed by students

Survivors' Wall

- A place where students and staff can show their support for mental health and make a pledge
- They can also remember those who have lost their battle with mental health challenges
- Activities were held during lunch and were led by Club members



Department of Behavioral Health Visit



Visit to the Middle Schools

- NAMI has begun reaching out to our three middle schools and teaching inclusion and fighting stigma for all ages
- A huge turn out with many students signing up for the new year!



El Capitan Middle School Freshman Fair

Scavenger Hunt

- Students would answer questions based on informational posters located around the school and would win their choice of pizza or Gatorade.
- Sample of questions:
 - What is the percentage of students with a mental health condition that drop out of school? _____
 - Stigma refers to..... Circle one answer: A B C
 - Write one emotional and one physical symptom of Anxiety Disorder
a. _____ b. _____
 - What is the third leading cause of death in youth ages 10 - 24? _____
 - Mental Health Refers to..... Circle one answer: A B C
 - Without treatment, how long will depression episodes last?

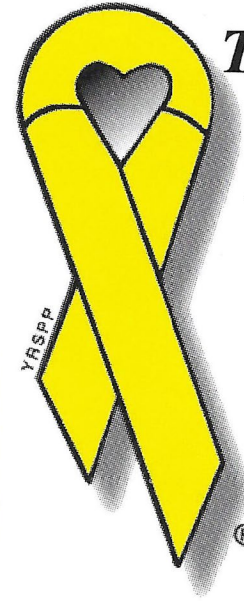
 - What is the meaning of OCD and what are the causes of OCD?

Mental Health Month, Scavenger Hunts, May 2019



Skits

Students visited classrooms to perform a short skit about someone in need. They provided informational pamphlets and yellow cards.



THIS RIBBON IS A LIFELINE!©

It carries the message that there are those who care and will help! If you are in need and don't know how to ask for help, take this card to a counselor, teacher, clergy, doctor, parent or friend and say:

“I NEED TO USE MY YELLOW RIBBON”

The Yellow Ribbon Program is in loving memory of Michael Emme

Lunch Time, Game Time



An ongoing activity that began in May 2019. It was held during lunch and students would participate in games and learn information about NAMI in order to promote inclusion.

NAMI Fresno Presentation to Students



Reaching Out to Our Community During COVID-19

Monthly Mental Health Goody Bags:

- Pamphlets from NAMI
- Pens and positive comments notebooks
- Charm bracelets
- Stress balls
- Candy
- Positive comments stickers
- Positive comments and quotes from teachers

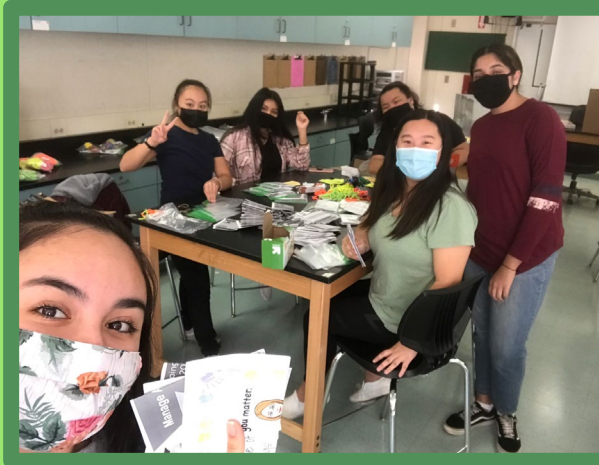
Mental Health Goody Bags/Wellness Bags: September 2020

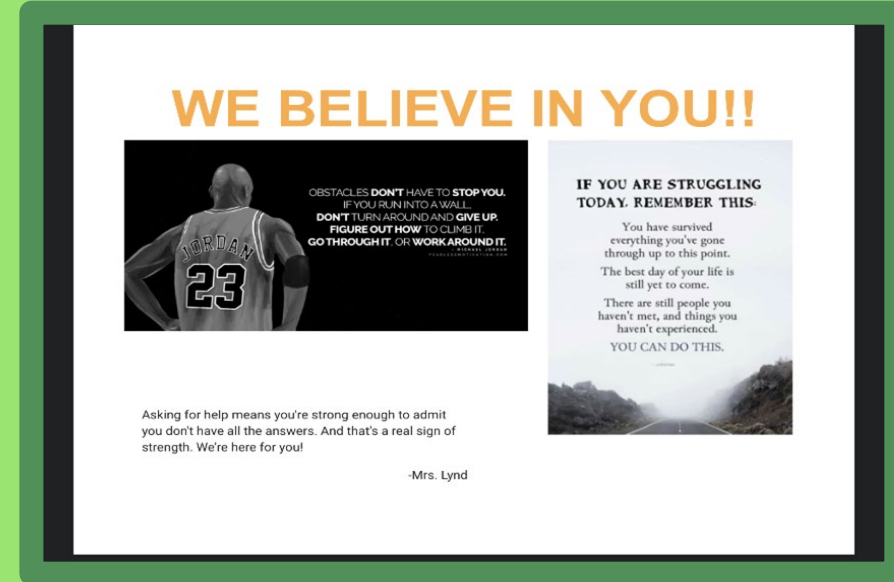


For September Suicide Prevention Month

**SEPT 14, 2020
12:30-2:00 P.M.
CENTRAL HIGH SCHOOL EAST
CAMPUS
IN FRONT OF THE CAFETERIA**

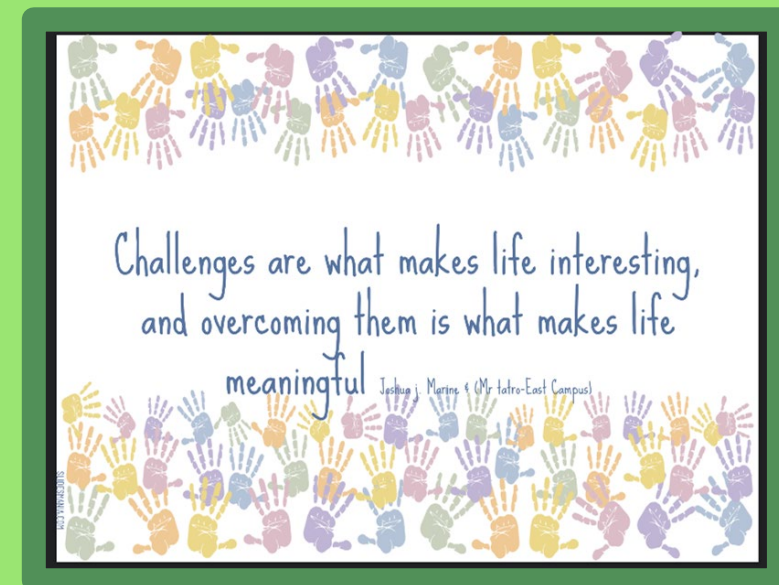
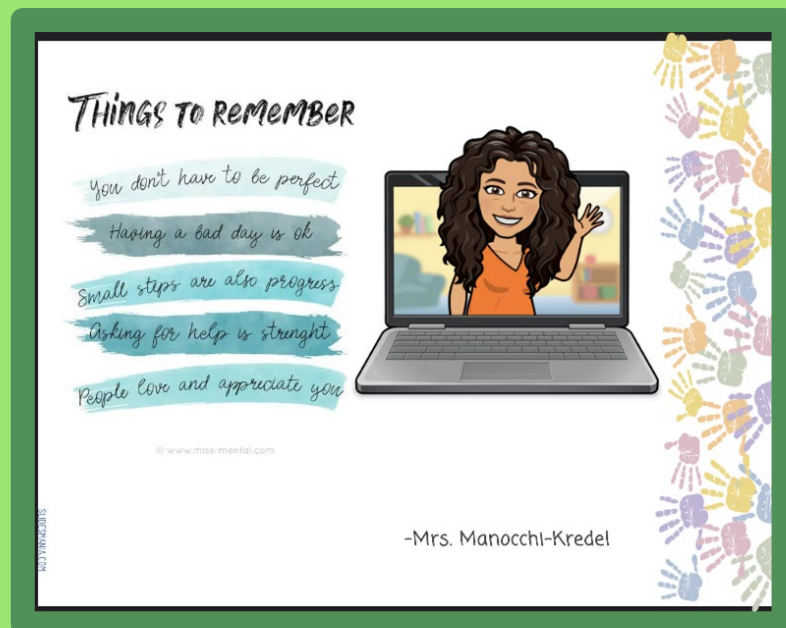
The Goody Bags will be handed out through a drive thru. Please wear your masks! We have 300 bags first come, first serve!





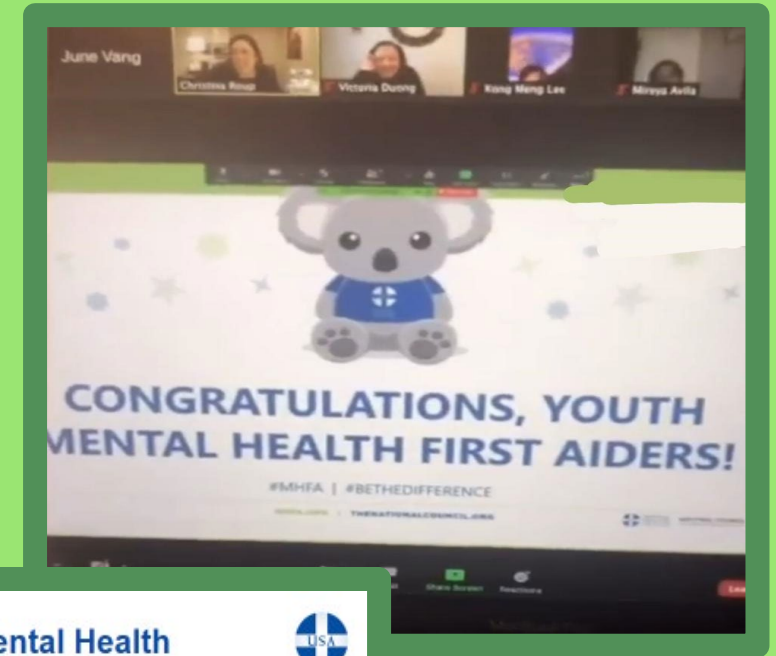
Positive Quotes: September 2020 –February 2021

teacher-to-student
student-to-teacher
student-to-student



Mental Health First Aid Training: December 2020

- Students and advisors took part in an online zoom training with NAMI Fresno, December 2020 (12 students + 4 advisors)
- Learned about ALGEE: Assess, Listen, Give Resources, Encourage appropriate professional help, and Encourage self-help
- Students learned how to identify the signs of suicide and harm, and how to approach their peers



Sharing Circles

Starting in February 2021, we:

- Invited any Central student to come and talk/vent about various topics.
- Offered Sharing Circles led by students who attended the Youth Mental Health First Aid training.
- Helped navigate our peers through the remainder of the school year while also listening to their stresses and challenges.

The image displays two mobile app screens side-by-side, showing a survey for 'Sharing Circles'. The app has a dark green header and a light green background. The survey is divided into two main sections, each with a white background and a light green border.

Left Screen:

- Question 1:** "On a scale from 1-7, how stressful has this year been for you? (1 being no stress, 7 being very stressful). *"
- Scale:** 1 2 3 4 5 6 7. Below the scale are seven circles. The first circle is filled with green, and the others are empty.
- Labels:** "Little to no stress" on the left and "Very stressful" on the right.
- Question 2:** "On a scale from 1-7, did you feel enough support was available to you? *"
- Scale:** 1 2 3 4 5 6 7. Below the scale are seven circles. The first circle is filled with green, and the others are empty.
- Labels:** "Little to no support available to me" on the left and "Enough support was available to me." on the right.
- Text:** "The sharing groups will encourage members to discuss a variety of topics. For example, self-care, managing stress, and teen talk. Do you have any recommendations for discussion topics? *"
- Input:** A text field labeled "Your answer" with a green outline.

Right Screen:

- Question 3:** "First and Last Name *"
- Input:** A text field labeled "Your answer" with a green outline.
- Question 4:** "Would you participate in a Sharing Circle? *"
- Options:** Three radio buttons labeled "Yes", "No", and "Maybe".
- Question 5:** "What would be your preferred day to attend? *"
- Options:** Five radio buttons labeled "Monday", "Tuesday", "Wednesday", "Thursday", and "Friday".
- Question 6:** "What is your preferred time to attend? *"
- Options:** Three checkboxes labeled "12:30 PM - 1:15 PM", "1:20 PM - 2:00 PM", and "2:00 PM - 2:50 PM".

Student Support Groups

Meeting ID: 308 737 5321

Passcode: SAP

M-Th 11:30 - 1:00

C.S.I. Self Referral

Sharing Circles

Central Valley Suicide

Prevention

1-888-506-5991

NAMI Fresno

559-224-2469

Exodus Recovery

4411 E. Kings Canyon Rd.

559-453-1008

Fresno Dep. of Behavioral Health

559-600-6899

1-800-6543997

Everyone needs a little help sometimes...

Call the NAMI Helpline at

800-950-NAMI

Crisis

text "NAMI" to 741741

GRIZZLIES CRISIS HOTLINE

559-825-5299

Monday and Thursday

7:30 am - 3:00 pm

Suicide

1-800-273-8255

1-800-784-2433

Self Harm

1-800-366-8288

Families Anonymous 800-736-9805

Mental Health

1-800-959-6264

National Youth 800-442-HOPE

Domestic Violence

1-800-799-7233

Grief

1-800-445-4808

COVID

CDC.gov

Bullying

1-800-420-1479

Substance Abuse

1-800-262-2463

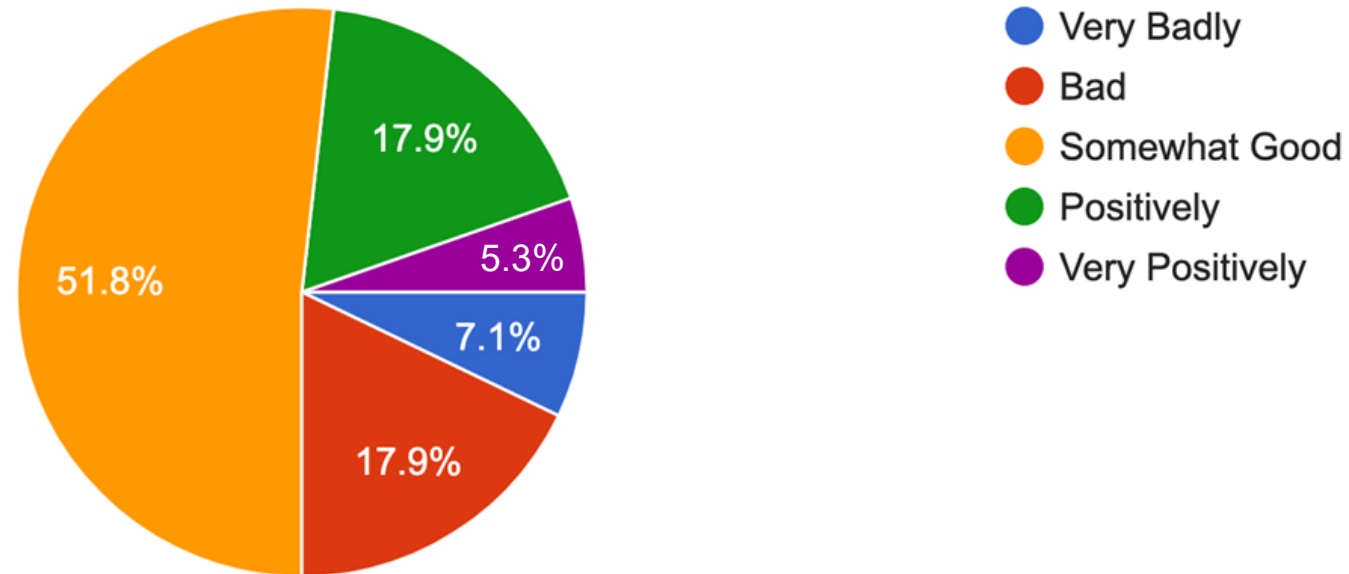
LGBTQ+

1-800-48873876

Surveys Sent to Teachers and Students

How has the last year of 2020 impacted you?

56 responses



The NAMI Club's Impact From Teachers' Perspectives

1. How has N.A.M.I. impacted the school community (students, staff, families)?

“NAMI-developed presentations have been very helpful on Grizzly connect days, more of these would be awesome.” – Mr. Balmanno, Social Science Instructor

“NAMI has impacted our school community by advocating for students, staff, and families to express their feelings, to know they are not alone in their experiences, and that there are people willing to talk and support them. N.A.M.I. has helped to lessen the stigma associated with mental health.” – Mrs. Ruggiero, English & Debate Instructor

“NAMI has impacted the school community by providing an outlet for them. I really love how NAMI has an online presence, and is constantly seeking ways to engage with the community.” – Mrs. Vincent, Social Science Instructor

The NAMI Club's Impact From Teachers' Perspectives

2. How has N.A.M.I. impacted you personally?

“Reading positive comments from NAMI materials that were sent in by Central Staff has been very helpful.” – Mr. Balmanno, Social Science Instructor

“I have been able to connect with students and staff to support their mental health needs so that they can give their best in my class and in their own classes. It has also helped remind me that I have support when I need it.” – Mrs. Ruggiero, English & Debate Instructor

“I love the purpose of NAMI and love that its mission is to educate the community about the significance of mental health.” – Mrs. Vincent, Social Science Instructor

The NAMI Club's Impact From Teachers' Perspectives

3. Where did you first hear about N.A.M.I.?

“I first heard about NAMI a couple of years ago when the club was founded on our Central East campus.” – Mr. Balmanno, Social Science Instructor

“I first heard about NAMI through Paul Mirmingos and my own students who are involved in the club.” – Mrs. Ruggiero, English & Debate Instructor

“I have actually known about NAMI since I was in college, as I have a degree in psychology from Fresno Pacific.” – Mrs. Vincent, Social Science Instructor

Social-Emotional Learning Weekly Check-Ins

- Grizzly Connections
- Every Monday
- How are they feeling?
- Zones of Regulation
- Support services provided for students

What Zone Are You In?			
Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

How do you see the N.A.M.I. Club positively reduce stigma on campus?

- Wellness Bags not only to students but to the community around us
- Grizzly Connections
- Sharing circles
- Positive quotes from teachers to students
- Classroom skits portraying mental health with talks and handing out pamphlets
- Survivors Wall
- NAMI Fresno on campus



How Has Our Club Influenced Other Schools?

- Leadership Collaboration with Mendota at Central-East Campus
- NAMI on campus regional training
- Central's NAMI Club were guest panelists
- Central-West Campus also started their own NAMI Club
- Sharing of ideas that other schools can incorporate into NAMI on their campus
- Advised Sanger Collaborative at the start of their Club



NAMI Presentation to Central and Mendota NAMI Club members

NAMI Outreach Video for Club Fairs



The NAMI Club's Impact on the School Community

- NAMI wellness bags picked up by students and parents every month
- NAMI shirts promote mental health awareness
- Many students asked about our club
- Central families are being provided with many mental health resources from NAMI virtually and in person
- Providing an avenue to reach out for support services through trusted adults on campus and throughout the Fresno community

**THANK YOU FOR
JOINING US!**

**WE ARE
CENTRAL GRIZZLIES N.A.M.I. CLUB**

WE ARE STRONGER TOGETHER