NAMI On Campus High School (NCHS)

Tuesday, December 9, 2014

Beth Wolf, Programs Director
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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
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
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
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
Questions?
Contact Information

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NCHS email, namioncampusclub@namicalifornia.org
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.

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.