



# Supporting the Mental Health Needs of Your School Community

January 2020

## Today's Agenda

- 1 | Introduction
- 2 | Understanding Mental Illness
- 3 | NAMI Delaware in your Community
- 4 | Resources & Opportunities

# NAMI

**Founded in 1979**

The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness



## NAMI Delaware

**Founded in 1983**

NAMI Delaware's mission: to support, educate, and advocate until there is a cure for severe and persistent mental illness



**PSA**

Video

## Did you know?

### Mental Health

is something we all have  
because we are alive

### Mental Illness

is a real health condition  
that can develop

### Mental illness

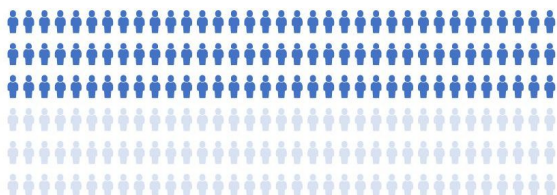
is common and treatable

### but...

it's also invisible and often  
misunderstood

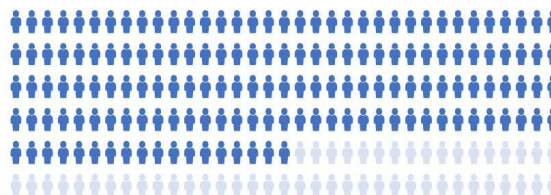
## 1 in 5 people live with a mental health condition

50%



of lifetime illnesses begin by  
the age 14

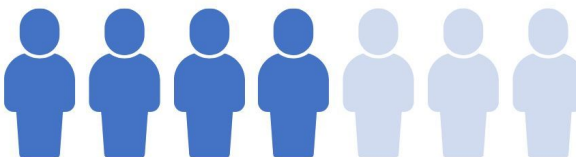
75%



of lifetime illnesses begin by  
the age 24

SOURCE: <https://www.nami.org/find-support/teens-and-young-adults>

## Did you know?

**56%** 

of those living with mental illness did not  
receive mental health treatment in past year

SOURCE: <https://www.mhanational.org/issues/state-mental-health-america>

## Delaware High School Statistics

- **nearly 1 in 3 students reported feeling sad or hopeless almost every day for more than 2 weeks**
- **16.1% seriously considered suicide**  
21% female/11% male
- **14% have experienced self-harming behaviors**

SOURCES: <https://www.cdhs.udel.edu/content-sub-site/Documents/2017%20Epi%20Report/2017%20DE%20HS%20Trend%20Report.pdf>  
Center for Disabilities Studies UDel

**What's the primary  
reason people don't  
seek treatment?**

**STIGMA**

SOURCE: <https://www.ncbi.nlm.nih.gov/pubmed/18444452>

## **Other barriers for youth include:**

- missed opportunities for prevention & early intervention by parents, school officials and medical providers
- lack of adequate and affordable health coverage
- shortage of providers trained with youth expertise
- poorly coordinated services (between schools, social services, medical providers, etc.)
- in schools, lack of funding & lack of training

SOURCES: [https://www.childtrends.org/wp-content/uploads/2013/04/Child\\_Trends-2013\\_01\\_01\\_AHH\\_MHAccessl.pdf](https://www.childtrends.org/wp-content/uploads/2013/04/Child_Trends-2013_01_01_AHH_MHAccessl.pdf)  
Center for Disabilities Studies UDel



## Let's Pay Attention & Watch for Warning Signs

NAMI Say It Out Loud  
video & discussion

## NAMI Say It Out Loud

Video

# What We Do at NAMI Delaware

“to support, educate, and advocate until there is a cure”



## Safe, Affordable Housing



- located in all 3 counties
- annually serving 300 people
- currently 66 properties



# Advocate



- Advocating for individuals and families
- Working with local & national policy makers

# Helpline

- Trained staff and trained volunteers offer resource suggestions to support callers
- HelpLine (888) 427-2643
- En Español (302) 415-4356



**\*\*NOT A CRISIS LINE\*\***



# Support



## Structured Support Groups

NAMI Family Support Group for loved ones

NAMI Connection for peers

Monthly meetings offered by trained volunteer facilitators with lived experience

# Social & Educational Gathering

Discover



## Monthly Social Meetings - supporting lives in recovery

Discover, Family and Loved Ones

Discover for Peers

Opportunities to socialize and learn from each other

# Educate



- Free education programs and presentations statewide

Serving: individuals, families, students, school staff, faith communities, veterans, law enforcement, community members

## Signature Education Programs

 **nami** Ending the Silence  
National Alliance on Mental Illness

 **nami** Family-to-Family  
National Alliance on Mental Illness

 **nami** Basics   
National Alliance on Mental Illness

 **nami** Family & Friends  
National Alliance on Mental Illness

# Classes for Loved Ones

NAMI Family and Friends

NAMI Family to Family

NAMI Basics for Caregivers

Hope for Recovery

NAMI Ending the Silence for Families

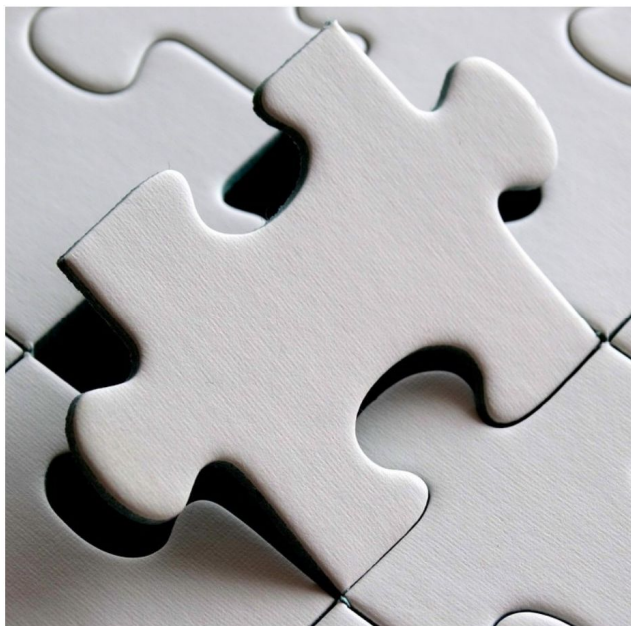


## For Youth

NAMI Say It Out Loud

NAMI  
Ending the  
Silence for  
Students





## Programs for School Staff

NAMI Basics for Professionals

NAMI Ending the Silence for School Staff

Let's Talk: Real Conversations about Youth Mental Health



## Community Awareness Presentations

NAMI Sharing Hope for African American Communities

NAMI Compartiendo Esperanza for Latino Communities

Mental Health in the LGBTQ+ Community





A black and white photograph showing the silhouettes of two people climbing a large rock. One person is on the rock, and the other is reaching up to help. The sun is low on the horizon, creating a bright glow.

## National Resources

- <http://suicidepreventionlifeline.org>
- <https://www.crisistextline.org>
- <https://nami.org/>
- <https://childmind.org/>
- <https://themighty.com/>
- <https://bringchange2mind.org/>

## Local Resources

- <https://www.namidelaware.org/>
- <https://www.helpisherede.com/>
- **Crisis Intervention Services 24/7**  
Northern Delaware: 800-652-2929  
Southern Delaware: 800-345-6785  
Child Crisis Response: 1-800-969-HELP (4357)

A photograph showing the silhouettes of three people standing and holding hands. They are positioned against a bright sunset or sunrise sky.

## Volunteer Opportunities

- Host a presentation, group, or program
- Train as a facilitator or presenter
- Lead a NAMI Walk team
- Advocate for mental health at Legislative Hall



## NAMI Delaware

2400 W 4th Street Wilmington

☎ 302-427-0787

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SAVE THE DATES:

Inspiring Hope Conference Oct. 7, 2020

NAMIWalks Event May 2, 2020