

Ending the Silence with Future Generations

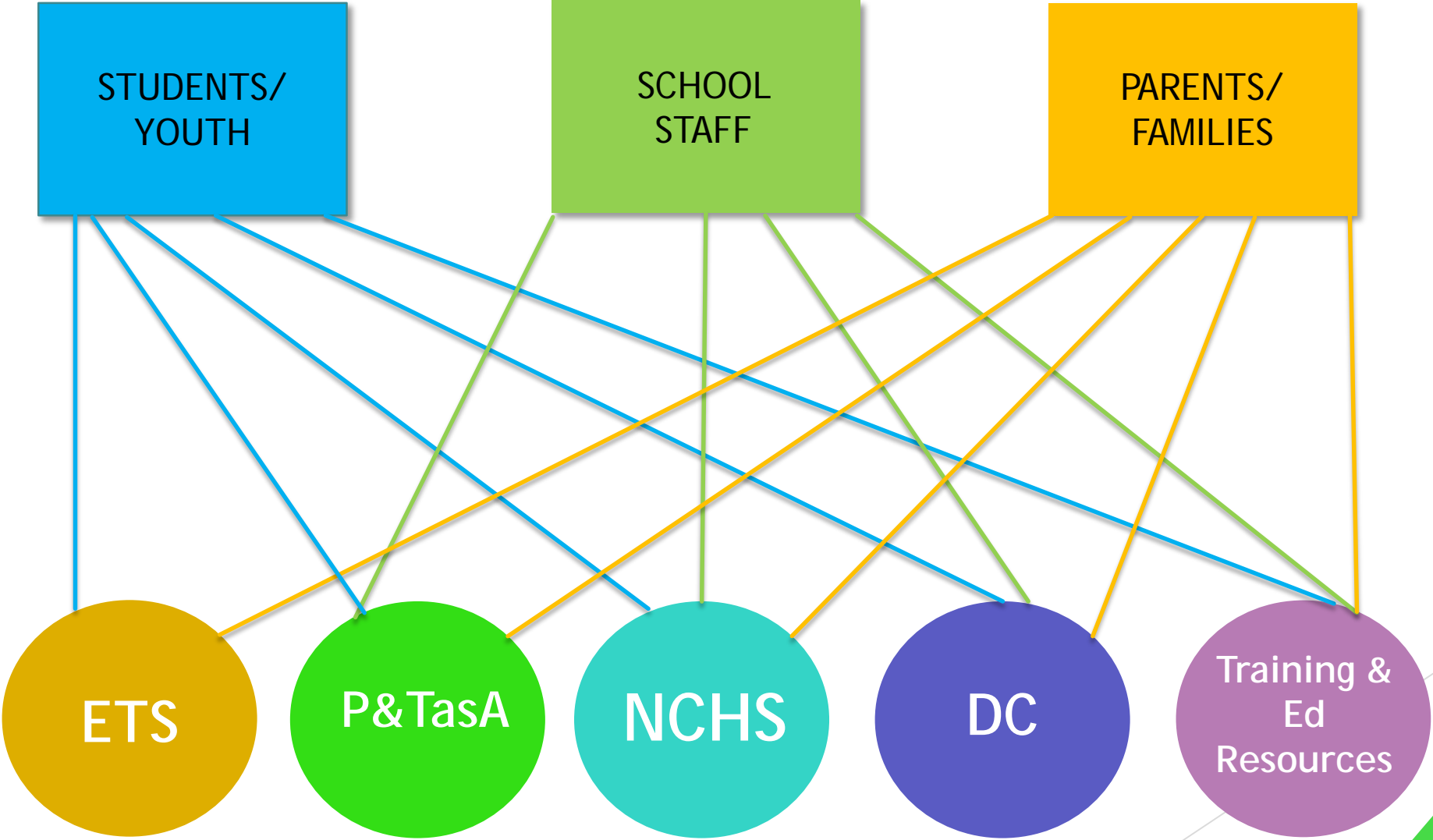
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NAMI California

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NAMI National

About NAMI CA

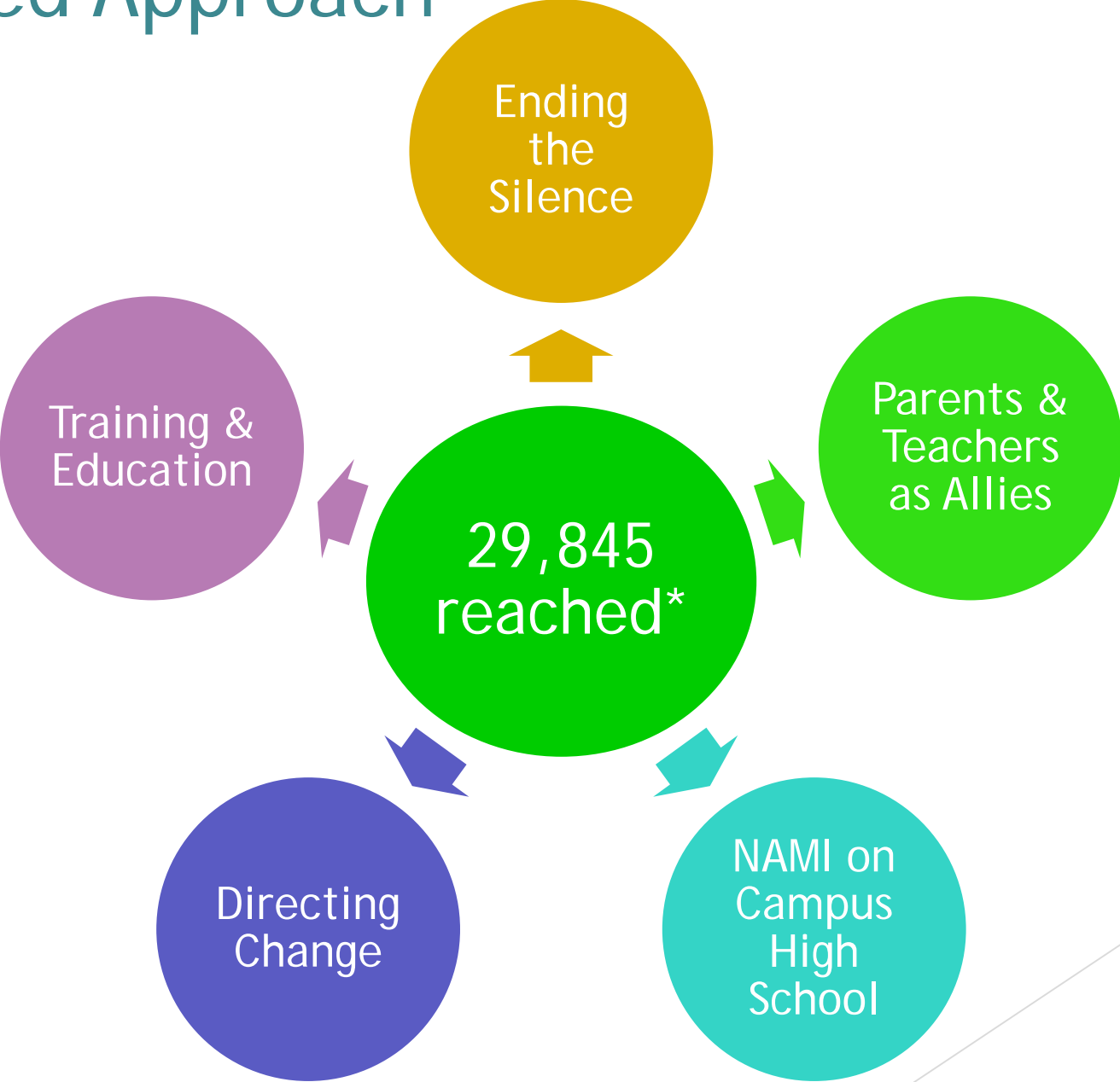
- ▶ Part of the largest grass roots mental health organization in the country
- ▶ 67 Affiliates and 19,000 members in California made up of family members and individuals with mental health conditions
- ▶ About 75% Affiliates completely volunteer run
- ▶ Lived experience is key in the success of our 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



*Since 2011

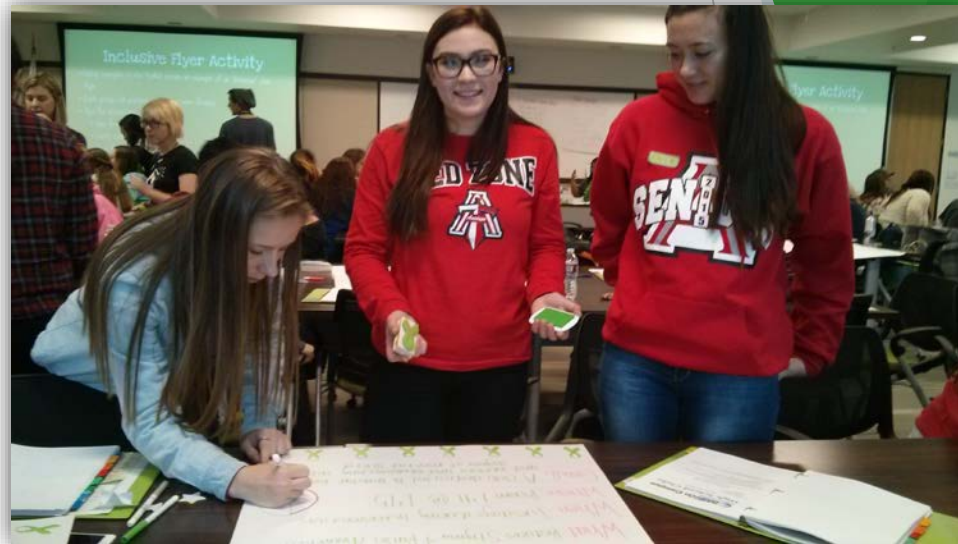
Multi Tiered Approach



*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/County/State Impact - ETS

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

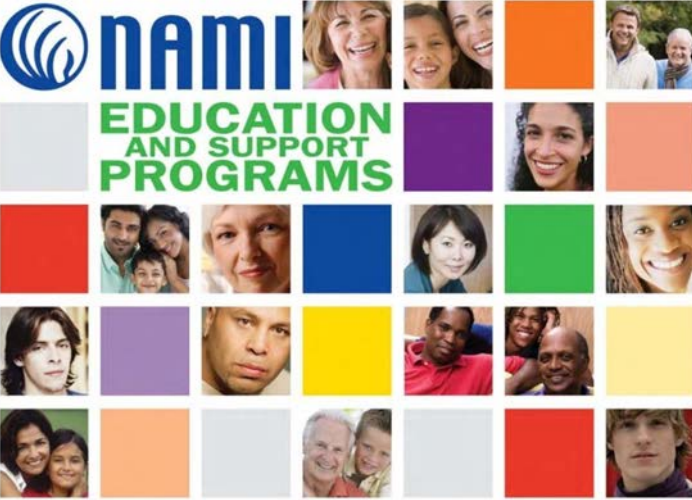
State

- NAMI CA
- 22 Affiliates offer ETS
- Presented in 25 counties
- 769 presentations
- Impact: 24,671 students

The background features abstract, overlapping geometric shapes in various shades of green and teal. These shapes are primarily located on the right side of the frame, creating a dynamic, layered effect. The colors range from bright lime green to muted, dusty teal. The overall composition is clean and modern, with the text centered on a white background.

NAMI National's Programs Reaching Youth

How can NAMI help?



nami
**EDUCATION
AND SUPPORT
PROGRAMS**

Improving Lives:
BE PART OF THE
SOLUTION
For Families and Individuals Affected by Mental Illness

The image features a grid of 24 small squares. The top row contains the NAMI logo, the text 'nami', and three photos of people. The second row contains the text 'EDUCATION AND SUPPORT PROGRAMS' and three photos. The remaining three rows each contain a mix of photos and solid-colored squares in various colors (orange, purple, red, blue, green, yellow, grey).



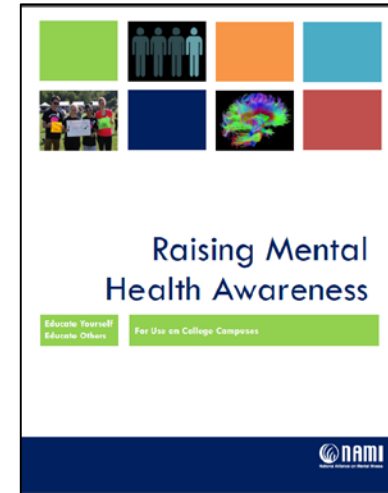
What else does NAMI have?

- 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



StrengthofUs.org

The screenshot shows the homepage of StrengthofUs.org. At the top, there are navigation links: Rules, Privacy, Administration, Profile, Mail, Settings, Friends, and Logout. Below this is a header section with the logo 'STRENGTH OF US .ORG' on the left, a central image of people holding signs (one says 'Never lose HOPE'), and a text box on the right that reads 'AN ONLINE COMMUNITY INSPIRING AND CONNECTING YOUNG ADULTS IMPACTED BY MENTAL HEALTH ISSUES.' To the right of the text box is another image of a person holding a sign that says 'TODAY IS A NEW DAY!'. Below the header is a navigation bar with tabs for 'strength of us', 'Resources', 'Blogs', 'Groups', 'Media', 'The Wire', and 'About', along with a search bar labeled 'enter keywords'. The main content area features a large image of a sunset over water with the text: 'Join the StrengthofUs community for a chance to form friendships with young adults just like you. You'll have access to exclusive content, the ability to share your thoughts with others, and most importantly, a place to find hope, support and encouragement.' Below this image is a pagination bar with numbers 1, 2, 3, 4, 5. To the right of the sunset image is a dark box with the text 'Got a Crisis on Your Hands?' and the phone number '1 800 273 8255', with a 'Find out more' link. Below that is a light gray box titled 'Join the discussion' with the text: 'Post a brief comment, question or response here to meet other users, get advice and share and find general information on anything and everything. Log-in to see everything users are talking about and start your own conversation.' and another 'Find out more' link. At the bottom left, there is a red box labeled 'Blog Posts' with the text: 'Read and comment on blogs written by SofU admin, guest bloggers and users like you on'.

www.strengthofus.org

OK2Talk.org

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ok2talk.org

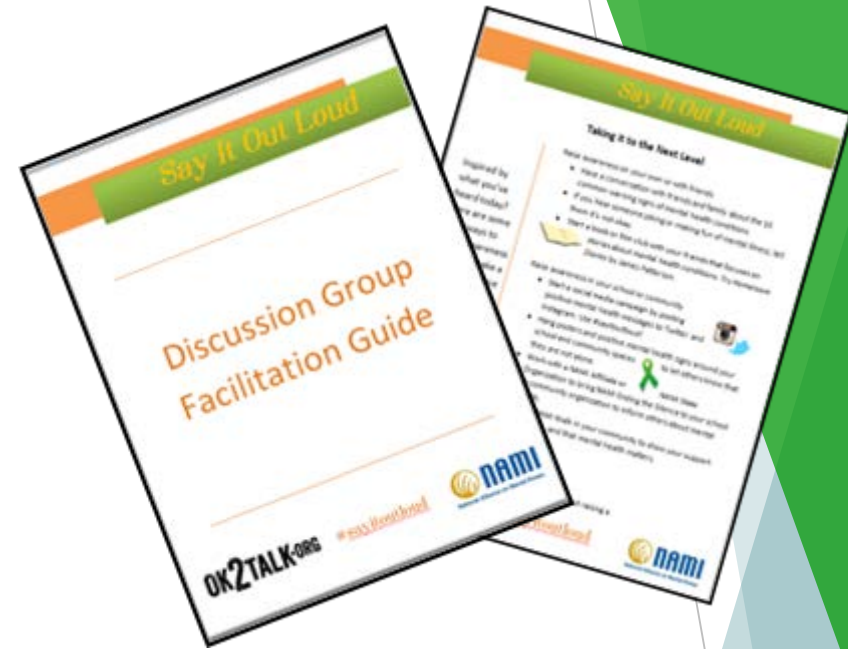
+ Follow oktotalk **tumblr.**

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

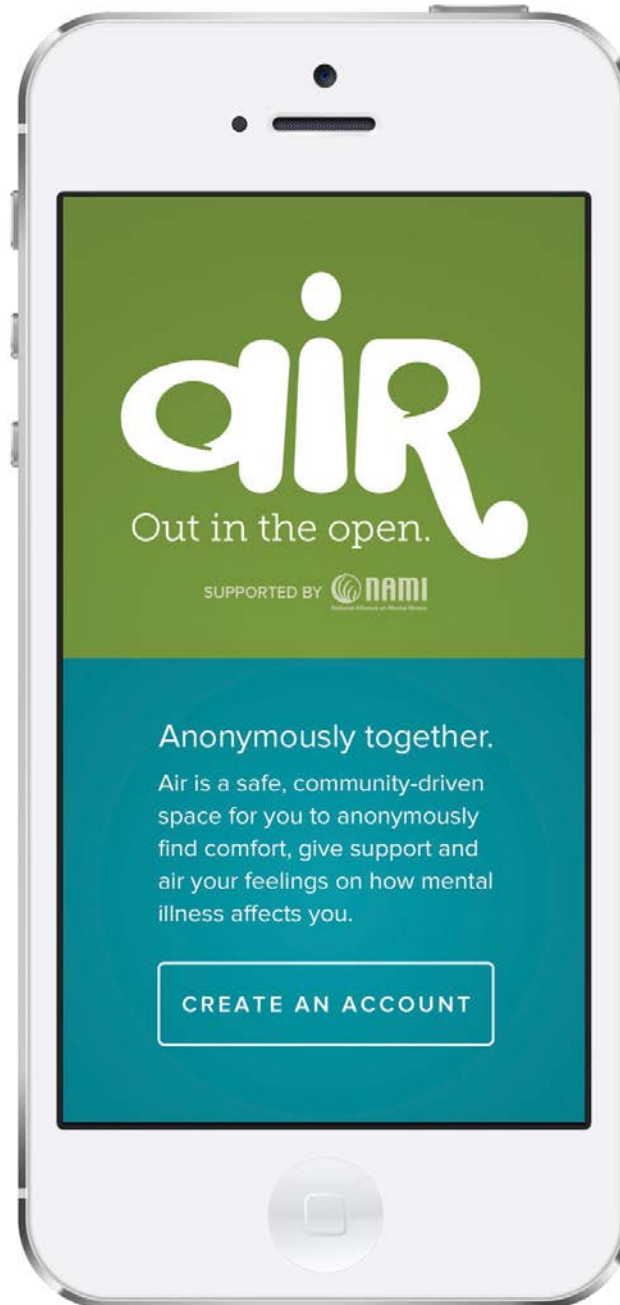
OK2TALK.ORG SUBMIT GET HELP ABOUT EN ESPAÑOL NEED TO TALK? 1 (800) 273-TALK

Say it Out Loud

- Toolkit components:
- Instructional webinar
- Guide for Discussion Group Facilitator
- Short Film
- Fact Sheets



NAMI
Anonymous
Inspiring
Relatable



Questions?



NAMI

National Alliance on Mental Illness

California

Thank you!