

NAMI on Campus: How College Students Benefit

UC Best Practice Conference
September 8-9, 2014



Presented By

- **Beth Wolf, Programs Director**
NAMI California
- **Kelly Boyles, Program Coordinator**
NAMI California

About NAMI California

- Largest grass roots mental health organization
- 67 Affiliates and 19,000 members in California made up of family members and individuals with mental health conditions
- About 75% of 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.

The Needs on College Campuses

- Colleges across the country are reporting an increasing prevalence and severity of mental health conditions experienced by students
- NAMI conducted a national survey of 765 college students living with a mental health condition from August 2011 to November 2011
- NAMI stands ready to partner with colleges in developing effective programs, resources and activities



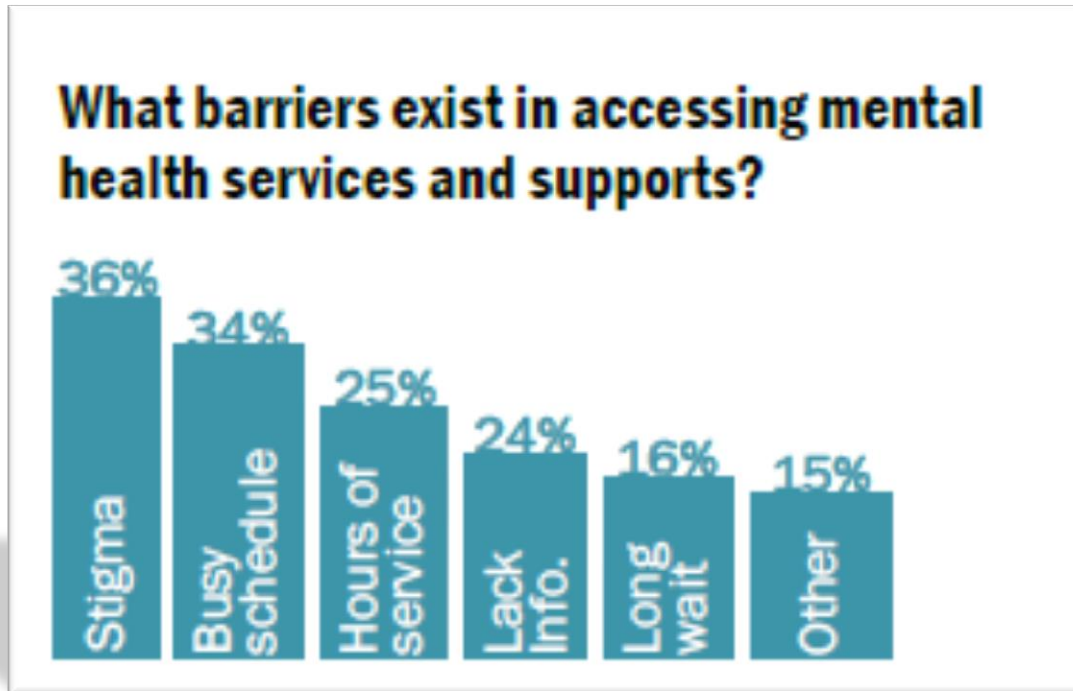
- http://www.nami.org/Content/NavigationMenu/Find_Support/NAMI_on_Campus1/NAMI_Survey_on_College_Students/collegereport.pdf

Poll

Students were asked to name the barriers, if any, that exist in accessing services and support on campus. What did the majority say was the number one barrier?

- a. Busy schedules
- b. Do not know how to access services and support on campus
- c. Stigma
- d. There are no services or support on campus

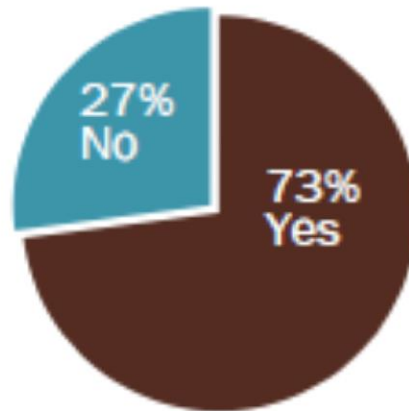
Survey Findings



- “**Stigma**” ranked as the top barrier to accessing mental health services and supports.

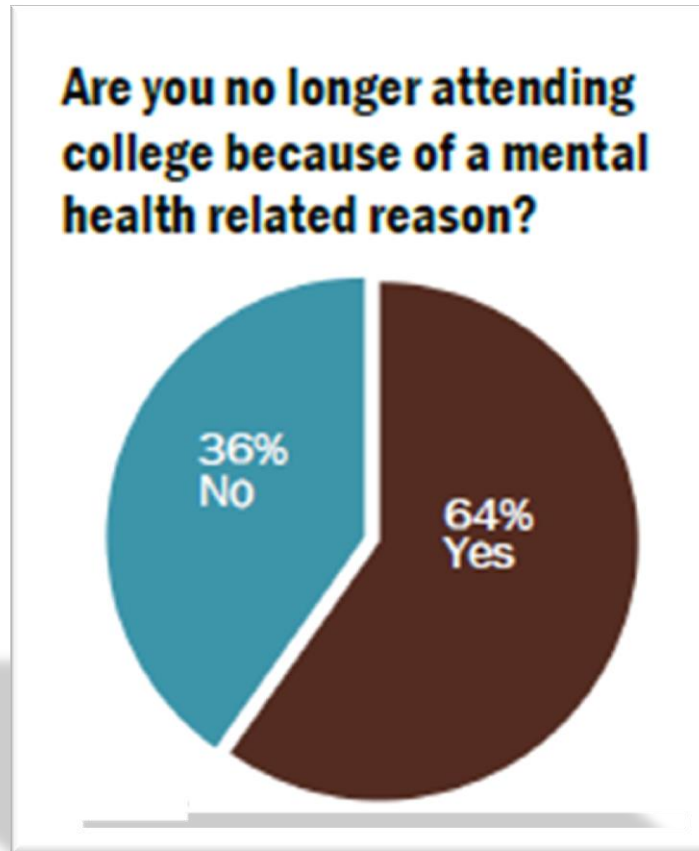
Survey Findings

Have you experienced a mental health crisis while in college?



- The majority of students surveyed had experienced a **mental health crisis** while in college

Survey Findings



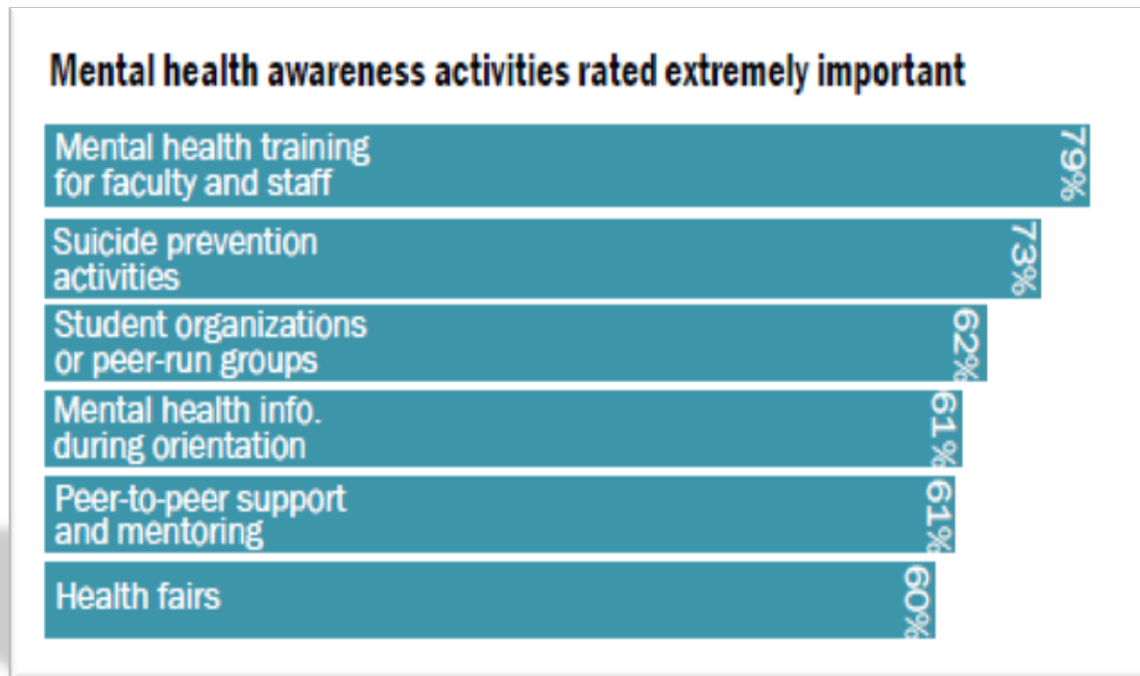
- 64% of the students surveyed responded that they **dropped out of college** due to a **mental health related reason**

Poll

What did students rank as the most important awareness activity on campus?

- a. Student organizations or peer-run groups
- b. Mental health training for faculty and staff
- c. Suicide prevention activities
- d. Health Fairs

Survey Findings



- **“Student organizations or peer-run groups”** ranked as one of the most important awareness activities by college students

Survey Findings

What did survey respondents want **other students** to know about mental illness?

- Prevalence and risk of mental health issues in college
- Mental health is as real and important as other physical health conditions
- How to support friends
- The facts about mental health conditions and what it means to have a mental health condition
- There is help, there is hope

“I think there should be a mental health and wellness course that is mandatory for the first semester of all incoming students.” - Survey Respondent

Survey Findings

What did survey respondents want **college faculty and staff** to know about mental illness?

- General education on mental health conditions
- How to support students
- How to communicate with students
- Mental health conditions are real
- Students can be successful with accommodations

“Professors should be trained and educated to recognize some classic signs of depression, mania, etc. Then they should have instruction on how to approach said student to recommend them for treatment.” - Survey Respondent

Why college?

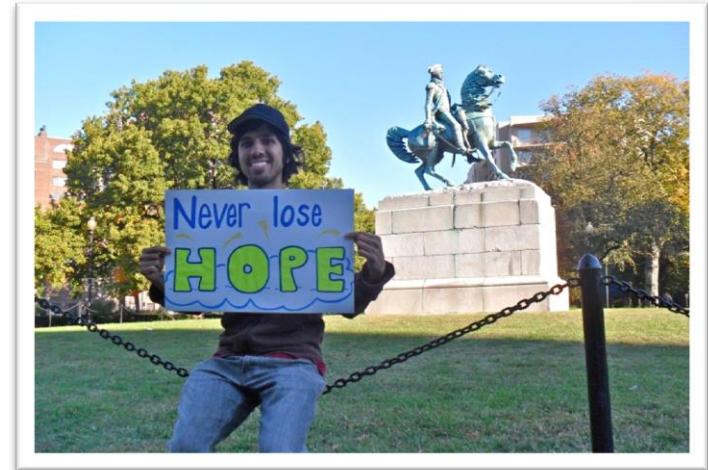
- 1 in 4 US adults have a diagnosable, treatable mental health condition
- Nearly 20% of all students are estimated to have mental illness
- Although 50% exhibit symptoms by age 14, the average delay between onset of symptoms and receiving treatment is 10 years



NAMI stands ready to partner
with college campuses to
address these startling statistics

NAMI on Campus

- Prevention and Early Intervention (PEI) Program
- Student-led clubs that tackle mental health issues on campus
- Raise mental health awareness
- Educate and support the campus community
- Promote services & support
- Advocate for mental health issues
- Program's goal is to build a generation of young adults that are well positioned to eradicate the stigma associated with mental illness through education and advocacy



What is NAMI on Campus?

NAMI on Campus clubs are **student-led** clubs that tackle mental health issues on campus by:

- Raising mental health awareness
- Educating the campus community
- Supporting and connecting students
- Promoting services and supports
- Advocating





College Campuses with N.O.C

- 9 active clubs in California
- 24 new clubs in process
- A few California campuses with NAMI on Campus Clubs:
 - East Los Angeles College
 - California State University, Monterey Bay
 - California State University, Sacramento
 - University of California, Merced
 - University of California, Davis

Why NAMI on Campus Matters

One in four young adults have a mental health issue



40 percent are not seeking help



Stigma is the number one barrier



Students value peer support



NAMI on Campus can make the difference

What Makes NAMI on Campus Unique

- Belongs to the largest grassroots mental health organization in America
- Each voice is counted and heard in the broader mental health movement.
- NAMI on Campus leaders are provided with exclusive access to resources and opportunities
- Ability to network with other NAMI on Campus leaders to exchange ideas, thoughts and advice.
- Access to local support groups, programs, services and helpful individuals.
- NAMI is a lifelong organization that focuses on people of all ages, and involvement can extend past college.

Just a few club activity ideas...

- Act as mentors to high school students through Ending the Silence program
- NAMI Walks on campuses
- Offering NAMI signature programs to students.
- Handing out fliers and info on mental health services to students
- Participate in Mental Illness Awareness Week
- Screen movies on campus that address mental health topics like *A Beautiful Mind*, *It's Kind of a Funny Story*, or *Canvas*
- Bring well-known speakers and celebrities living with mental health conditions to speak at your campus

NAMI on Campus
IDEAS BOOKLET

Sometimes it can be hard to come up with fresh ideas on what activities your NAMI on Campus club can do to make a difference in the lives of students and in your campus community. To help you out, we have assembled this Ideas Booklet. This booklet includes lots of activities that NAMI on Campus leaders have successfully implemented on their campus communities across the country. Usually, their schools have provided funding to make these activities happen.

Your NAMI on Campus club may choose to focus on raising mental health awareness, educating the campus community about mental health, providing support to students, promoting mental health services and supports and/or advocating on issues that impact students living with mental health conditions. You may also want to focus your club's efforts on specific populations that experience higher rates of mental health issues, including students who have a parent living with a mental health condition, student veterans, culturally and racially diverse populations and gay, lesbian, bisexual and transgender (GLBT) students.

It's up to you to decide what your campus community needs most and what activities best address those needs. The key is to not try to do everything at once, but to be strategic and focused on how best to use your time, resources and club members to make the biggest impact at your school.

Tip: Don't make mental illness the only point of an activity. Students won't (for the most part) gather together to talk about mental illness but they will come together for a campaign, social cause, creative contest, concert or a social event.

We hope this booklet helps you get started and get excited for what your NAMI on Campus is capable of doing and achieving!

Raising Mental Health Awareness

NAMI on Campus clubs often focus on raising general mental health awareness among the campus community by emphasizing how mental health is just as important as overall physical health and needs attention from the campus community. Here are a few ideas:

- Encourage students to wear silver ribbons or wristbands to promote mental health awareness.
- Work with your NAMI State Organization or NAMI Affiliate to bring [Labbibbles](#) or [Labbibbles](#) to your campus community.



Page 1

Benefits of N.O.C.

For College Campuses

- All NAMI programs are provided at no cost to participants
- Simple and easy process for implementing programs on campus
- NAMI Members and volunteers have the lived experience
 - Personal stories provide direct contact which is the most effective form of stigma reduction
- Students have a group on campus focused on mental health
- Students with personal or family experience can meet with others with similar experiences
- Advocacy opportunities for students
- Faculty and staff can get involved to learn more or show support of student mental health

Benefits of N.O.C.

For the Community

- Supporting the mental health on college campuses
- Stigma reduction
- Inspiring new career interests and career fields
- Setting a standard of mental health awareness and acceptance that graduates will take with them into the workforce

Activity

- Many different ways NAMI on Campus can play a positive role in college student's lives and those of others on campus or in the community
 - Each person has a card with a college campus identity
 - Get in groups
 - List as many ways as you can that the person on your card would...
 - Benefit from...
 - Contribute to...
- A NAMI on Campus Club

Scenario #1

- Ed just graduated from high school and is away from his home, his family, and his friends for the first time in his life. He is overwhelmed by the noise and activity in the dorms, and by the amount of work his classes assign. It just seems like everyone is going, going, going and Ed doesn't know how they all keep up. He doesn't have a good support system of close friends at college yet and is struggling with balancing all these big transitions in his life.
- How would NAMI on Campus help Ed? How could Ed contribute to a NAMI on Campus Club and help others?

Scenario #2

- Morgan comes from a large family. His older brother was diagnosed with schizophrenia 6 years ago, and has been in and out of treatment since. His sister is currently incarcerated, where she isn't getting the therapy she used to for her bipolar disorder. Morgan's family doesn't like to talk about his brother and sister, out of fear that people will judge them. Now that Morgan is at college and away from home, he has seen that there is a student led club that promotes acceptance and awareness of mental illness and he wants to join that movement.
- How would NAMI on Campus help Morgan? How could Morgan contribute to a NAMI on Campus Club and help others?

Scenario #3

- Dr. Yang is a professor of Mathematics. He has seen countless students come through his classes over the years, and has noticed an increase of students who are impacted by mental illness. He also notices that there is a climate of stigma and lack of general knowledge on campus about mental illness. Dr. Yang's sister has a mental health condition, and he is passionate about people knowing the facts and not discriminating against others with mental health conditions.
- How would NAMI on Campus help Dr. Yang? How could Dr. Yang contribute to a NAMI on Campus Club and help others?

Starting NAMI on Campus Clubs

Step 1

Students fill out
online interest
form

Step 2

Get official
recognition
from college
administration

Step 3

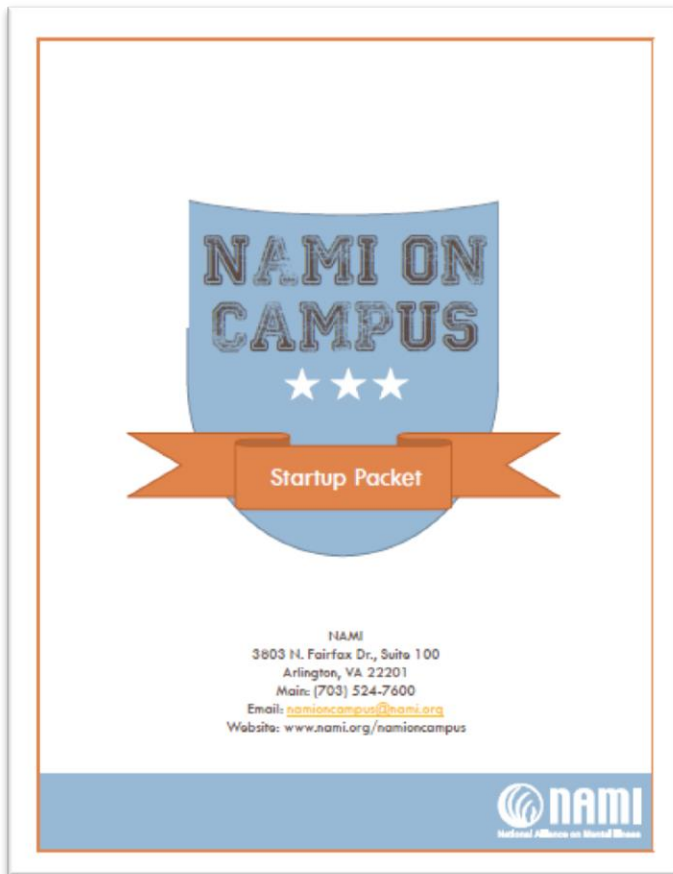
Get endorsed
by NAMI
Affiliate and
NAMI CA

Getting Started

What students need to get started:

- Club mission statement & By Laws (templates provided)
- Membership list of at least 5 students (Club Officers) & 1 Advisor
- Idea of the kinds of activities the club will offer
- Confirmation that the Club has contacted the local NAMI Affiliate
- Confirmation letter from college stating that the club has been recognized

The Endorsement Process



Endorsement Signatures

FORM C

Signatures from your NAMI State Organization and NAMI Affiliates are required with the NAMI on Campus Startup Packet. The signatures serve as an endorsement for your NAMI on Campus club. If there is no NAMI Affiliate readily available near your campus, only a signature from your NAMI State Organization will be required. Once you complete this packet, email it to your NAMI State Organization and NAMI Affiliate for signatures. Signatures can be provided **digitally** or **handwritten and scanned**. The signed, completed packet should then be sent to NAMI at namioncampus@nami.org.

NAMI will help facilitate this process and will connect you with the right people to provide signatures. Please email namioncampus@nami.org if you need assistance obtaining signatures.

Please note that there are many benefits to remaining connected with your NAMI State Organization and/or NAMI Affiliate well after obtaining endorsement signatures. Those benefits may include:

- Local support for your NAMI on Campus club if and when you need it.
- Expertise on mental health issues and services and supports that exist in your community.
- Resources, materials, programs and space for you to use.
- Training and internship opportunities for you and your club members.
- Wonderful staff and volunteers who can help you bring NAMI programs to your campus community and implement other collaborative projects.
- Options to help sustain your club after you graduate.
- Lifelong local support for you, your peers and your family well after your college years.

It is highly recommended that you stay in touch with your NAMI State Organization and/or NAMI Affiliate after the approval process is complete to identify opportunities to work together!

.....

Endorsement Signatures

The Board of Directors of NAMI _____
NAMI State Organization Name

endorses this application for NAMI on Campus club status.

Name _____
Signature _____

AND (unless no NAMI Affiliate is readily available)

The Board of Directors of NAMI _____

endorses this application for NAMI on Campus club status.

Name _____
Signature _____ Date _____

NAMI on Campus Startup Packet Page 6

110

NAMI Affiliate's electronic signature

The Endorsement Process

What does endorsement mean?

- The NAMI Affiliate and NAMI State Organization has reviewed and approved the packet.
- The NAMI Affiliate and NAMI State Organization is aware of the club.
- The NAMI Affiliate and NAMI State Organization supports the creation of the club.
- The NAMI Affiliate and NAMI State Organization welcomes the student leader to the NAMI family.
- Collaboration can occur between the NAMI on Campus club, the NAMI Affiliate and the NAMI State Organization.

NAMI on Campus Resources

Research

Advocacy

Publications

Events

Convention

Discussion Groups

Newsroom

STAR Center

NAMI Store

Username: danac

Password: ●●●●●●

REGISTER **SIGN IN**

myNAMI Account

Forgot Login?

Log Out

NAMI on Campus

Learn About The Issue

Get Involved in NAMI on Campus

Check Out Resources

Stay Connected

NAMI Survey on College Students

Campus News

Share Your Story: Student Stories

Mental Health Conditions in College Students

NAMI on Campus Leaders Only


Home → Find Support → NAMI on Campus

NAMI On Campus
National Alliance on Mental Illness

NAMI on Campus provides information and resources to support students living with mental health conditions and to empower them to take action on their campuses. This site also includes materials to help colleges in improving the academic and social experience of their students by addressing the mental health needs of all students.

LEARN ABOUT THE ISSUE

What we know about college students and mental health.



GET INVOLVED IN NAMI ON CAMPUS

Raise awareness of mental health on your campus.



CHECK OUT RESOURCES

Materials for students, faculty and staff on mental health.

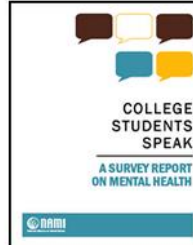


STAY CONNECTED

Stay updated on college mental health issues.



NAMI Survey on College Students



College Students Speak: Survey Report on Mental Health


NAMI released a national survey report on the needs of college students living with mental health conditions.

Campus News

The latest news on college mental health.

- **University mental-health resources strained under increased need** USA Today (March 26, 2013)
- **Campus poll: UI students not familiar with on-campus mental health services** The Daily Iowan (March 25, 2013)
- **Depression, Anxiety Persistent Problems at Universities** BU Today (March 22, 2013)

[More News](#)



NAMI on Campus Leaders Only Resources

- Discussion Board
- NAMI on Campus Startup Packet
- Promotional Materials
- Club Activities and Videos
- Sustainability Ideas
- NAMI State Organization and NAMI Affiliate Resources
- And Much More

NAMI on Campus Leaders Only

This web section is for NAMI on Campus leaders only. It includes exclusive resources for students who are starting new NAMI on Campus clubs or strengthening existing ones. There are also resources for NAMI State Organizations and NAMI Affiliates who work closely with NAMI on Campus clubs.

If you have a resource for club leaders that doesn't appear here? Or want to make a request for a new resource to be developed? Send any resource requests to namioncampus@nami.org.

NAMI on Campus Leaders Discussion Board
Want to share a lesson learned? Need to bounce around some ideas? Got a club problem you need help solving? Post here to get support, advice and answers from other NAMI on Campus leaders. This is the place to network and meet other students like you!

Getting Started

You must complete the **NAMI on Campus Startup Packet** to become a recognized and approved NAMI on Campus club. This packet includes everything you need to get a NAMI on Campus club successfully started. There are additional resources and templates to help you complete the steps in the **NAMI on Campus Startup Packet**, to get your club started and to become an effective club leader.

Questions to Ask Your School

- Recruiting Students and an Advisor to Start a NAMI on Campus Club
- Sample Constitution/Bylaws
- Club Mission Statement
- Club Officer Descriptions
- NAMI on Campus Ideas Booklet
- 1st Meeting Tips
- 3 Leadership Tips
- Frequently Asked Questions

NAMI on Campus Club Activities

Learn about what club activities you can do on campus and promotional materials to help you market them.

- NAMI on Campus Ideas Booklet: comprehensive list of activities your club can do on campus.
- NAMI Signature Programs and their Support Groups: find out what NAMI signature programs and peer support groups you can bring to your campus.
- Promotional Materials for Activities: samples of flyers, ads, announcements and much more that you can use to promote your club's activities and events.

NAMI on Campus Promotional Materials

Wide range of promotional materials, including flyers, brochures and announcements, that you can use as templates to promote your NAMI on Campus club broadly and to promote your club meetings and events.

- NAMI on Campus Promotional Brochure (PDF)
- NAMI on Campus Promotional Brochure (Word)
- NAMI on Campus Club Meeting Flyers
- Recruiting Students to Join a NAMI on Campus Club
- Other Promotional Materials

Sustaining NAMI on Campus Clubs

It's important to think about how your club will be continue once you and your officers graduate. Here are some resources to help you think ahead.

- 3 Sustainability Tips
- NAMI on Campus Rutgers Officer Handbook

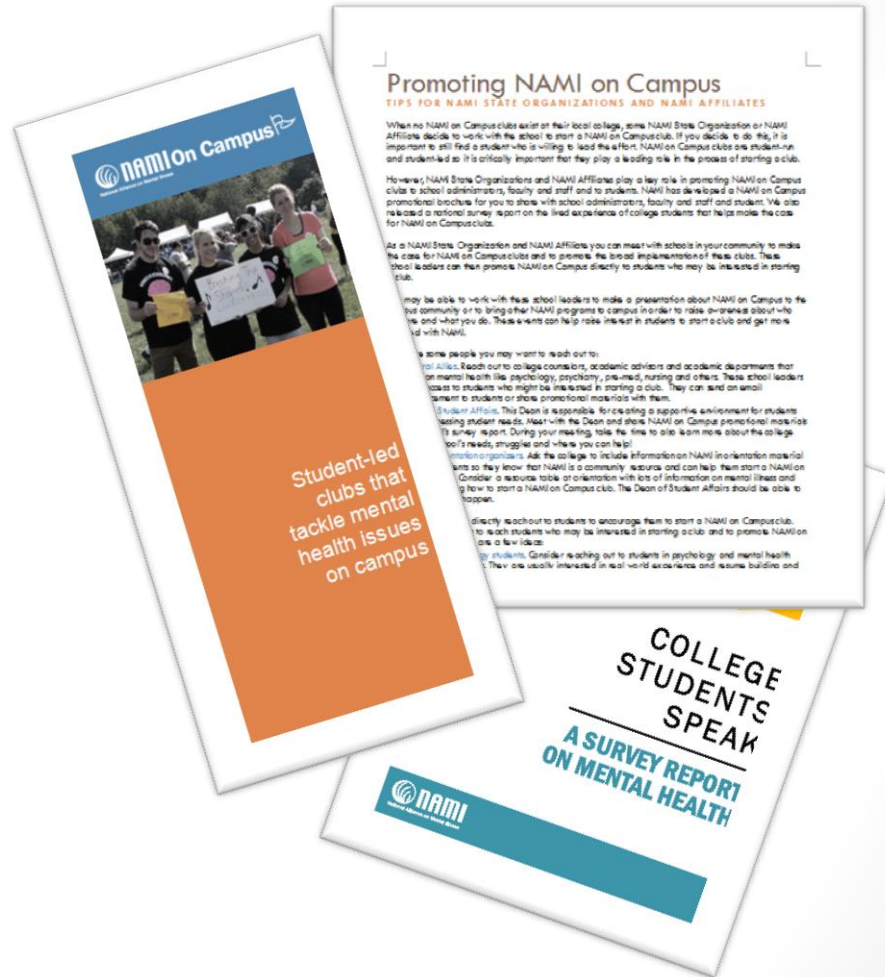
NAMI State Organizations and NAMI Affiliates

Resources for NAMI State Organizations and NAMI Affiliates who work closely with NAMI on Campus clubs and work to promote the program to legislators.

- Promoting NAMI on Campus: learn how to promote NAMI on Campus to school administrators, faculty and staff and students.

Promoting NAMI on Campus

- Ideas on how to recruit students
- Making the case for NAMI on Campus
- Materials for students and faculty



Looking Ahead

- Videos, training and more for NAMI on Campus leaders.
- Continued growth and expansion of clubs.
- Support available for clubs at state and national level

NAMI on Campus Next Steps

- Check out the NAMI on Campus website
- Locate students that would be interested in leading the club
- Download the Startup Packet by emailing danac@nami.org for access to the NAMI on Campus Leaders only web section
- Join the NAMI on Campus e-group
- Let us know what you need!

NAMI on Campus Links

NAMI on Campus Website

www.nami.org/namioncampus

NAMI on Campus Interest Form

<https://www.surveymonkey.com/s/YC6GNPJ>

NAMI on Campus Stories

<http://blog.nami.org/2013/02/how-i-found-home-at-school.html>

<http://bit.ly/Wq6upQ>

<http://blog.nami.org/2012/11/mental-health-survey-college-students.html>

Questions?

Contact Information

Kelly Boyles

Program Coordinator

NAMI California

Phone: 916-567-0163

Email: kelly@namica.org