

NAMI ON CAMPUS HIGH SCHOOL CLUBS



An Innovative Idea



County-Wide
Collaboration

Youth-Led Program



Mental Health High School
Club Curriculum

CRITICAL PROTECTIVE FACTORS

Ensure caring relationship between students and adult allies

Create high expectations for members & advisors

Provide opportunities for meaningful student involvement



Establishing, Funding and Supporting Youth Programs

Collaborate with Local Partnerships for Support

- Health Care System Grants
- Behavioral Health Services: Prevention and Early Intervention Program Grants
- Community & Non-Government Based Organizations (CBO/NGO)

Identify Your Resources

- Engage with your partners for materials and content
- Collect and organize resources to support Club engagement

Planned Coordination

- Identify and assign Club Roles and Responsibilities
- Develop and Share Club Resources
- Measuring Effectiveness ... and ultimately ensuring sustainability





Change Attitudes
About Mental Health
Stigma



Someone on
Campus Cares



Increase Student
Advocates
Supporting Peers

Create An Impact



NAMI On Campus High School (NCHS) Clubs
are student-led clubs that raise mental health
awareness and reduce stigma on campus through
peer-led activities and education.

Student leaders work with club members to create fun,
educational activities, make connections, and strive to
make a difference on campus and in our community.





NCHS Club is not...

- A support or therapy group.
- A place to get diagnosed.
- About identifying or labeling others who may or may not have a mental illness.

NCHS Club is...

- A place to learn about mental health and well-being.
- 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.





Feel Connected to
Something Important



Leadership Roles



Club Meetings

Host Events and
Campus Activities

Follow the Monthly Calendar

September.... suicide prevention

October.... reducing stigma about mental illness

November.... how to help a friend who is struggling

December.... families and positive mental health

January.... advocacy (telling your story)

February.... mental health across cultures

March.... mental health myths and facts

April.... careers in mental health

May.... more about mental illness (Mental Health Fair)





Modesto High
Suicide Prevention Walk



Get Creative!

Engage in the Community

NAMI on Campus Club Resources

Club Resources & Activities

Monthly Planning Calendar

 Suicide Prevention September Club Activity Guide To educate and share information about self-harm and suicide to help individuals better understand some of the reasons and warning signs of these negative coping skills.	 Ending Stigma October Club Activity Guide Reduce the stigma of mental illness by educating more students seeking help for themselves or others when symptoms of a mental health condition arise.	 Friends and Relationships November Club Activity Guide To better educate and inform students about how to support their friends and family living with mental illness.
 Families and Mental Health December Club Activity Guide To educate students about how to get their families involved and educated about mental health.	 Advocacy January Club Activity Guide To raise awareness and empower individuals to create systematic change by telling their stories and building relationships with decision makers.	 Mental Health Across Cultures & LGBTQ+ February Club Activity Guide To educate students about how mental health is viewed differently throughout all cultures and identities.
 Mental Health March Club Activity Guide To educate youth and schools about mental illness so they may promote face rather than myth.	 Careers in Mental Health April Club Activity Guide To encourage students to consider careers in mental health.	 Mental Illness May Club Activity Guide To educate students about what mental illness is and how it affects people.

RISK FACTORS OF LGBTQ+ MENTAL HEALTH

58% of LGBTQIA+ youth reported experiencing depression and isolation THAT WILL NEVER BE OKAY!

- 1 READ THE RISK FACTORS @ <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI>
- 2 Group NCHS Club members into seven teams
- 3 Assign one risk factor to each team.
- 4 Review the risk factor as a team, then teach it to the rest of the club!

NAMI On Campus

National Alliance on Mental Illness

High School Clubs

Press PAWS!



Take a minute and check-out a few **PURR**-fect suggestions!

Join NAMI on Campus Stanislaus County High School Advisor's Meeting
Wednesday, September 28, 2022
@ 3:30 p.m.
[CLICK HERE TO JOIN THE ZOOM MEETING](#)

- get inspired with strategies for engaging your club members
- share ideas for recruitment, meetings, activities & events.
- find resources to help club members promote mental health awareness and support student wellness

Existing Clubs ... Reminder
Club Renewal Applications are due
September 30, 2022
[Click here to begin your clubs annual renewal form.](#)

all designed to engage members
and inspire creativity



Sustainability and Engagement...

- Build strong bond with adult allies
- Safe, heard and validated...
- Highs and lows... check-in with everyone!
- Provide support after the meeting in private
- Find social platforms to connect—Instagram
- Circle Back--- on any topic-- give them space to share
- Key in on their strengths... not all young people join because they want to be leading—help them identify their strengths.



Shared Resources & Helpful Reading

Fostering Resiliency in Kids: Protective Factors in the Family, School and Community by Bonnie Benard https://www.nationalresilienceresource.com/BB_Fostering_Resilience_F_9_2012.pdf

Belonging: Reconnecting America's Loneliest Generation. Springtide Research Institute. 2020
www.springtiderearch.org/research/belonging

CYAN Youth Advocacy Guide: <https://www.cyanonline.org/youth-program/#ytools>

NAMI on Campus Monthly Mental Health Topics:
https://drive.google.com/file/d/1IJBToO3rEuWGb9WDuZPvm6c_F-s1LQX1/view

NAMI on Campus Parent Information Flyer:
<https://drive.google.com/file/d/1-EPUG8Hf6hIUtwYxWmGiLDSWgwh2S4Ww/view?usp=sharing>

NAMI on Campus Student Recruitment Brochure: <https://drive.google.com/file/d/1r6PD-7gAigUEhPV-OaW3ID3tjLIN9ypu/view?usp=sharing>

NAMI on Campus High School Stanislaus County Website:
<https://sites.google.com/stancoe.org/nchs/home>

NAMI on Campus High School Stanislaus County Google Drive:
https://drive.google.com/drive/folders/1J8aX6AZvZhzGGz_m3vqUSTqdOs5FjgGO?usp=drive_link

NAMI Stanislaus Instagram: @nami.stancoe



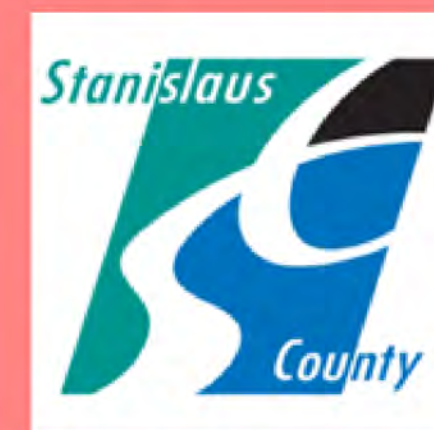
THANK
YOU



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Stanislaus



Behavioral Health and
Recovery Services