

## NAMI CA's Youth Advocacy Day May 17<sup>th</sup>, 2016

As part of the nation's largest grassroots mental health organization, NAMI CA is dedicated to providing opportunities for young people to become advocates in their own communities in the fight against stigma related to mental illness. We encourage all of California's youth to get involved this May, become an advocate and help spread awareness of mental illness!

### Choose how you will participate:

#### **2016 Youth Capitol Day**

NAMI CA is partnering with the California Psychological Association and coordinating an exciting day of Capitol visits for youth. We invite youth, ages 14-25, to the State Capitol to take part in an afternoon of learning about advocacy, meeting with other young advocates across California, and sitting down with local legislators. Attendees will experience advocacy first hand, and we provide training on how to present the issues you wish to discuss with your Legislator, and learn from one another during a debrief with other attendees on their experiences afterwards. Affiliates are invited to attend with youth from their communities! **\*\*Limited Space Available\*\***

**Date:** May 17<sup>th</sup>, 2016

**Time:** 12pm-4pm

**Location:** Downtown Sacramento - We will meet for lunch and a speaking program at a nearby restaurant, then walk to the Capitol for Legislative Visits

**Costs:** Travel reimbursement available; please submit request with the attached form.

**Details:** All high school students **must** attend with a chaperone; all school policies **must** be followed regarding parental permission, travel, etc.

**Instructions:** Please complete the attached form and submit to NAMI CA no later than April 25<sup>th</sup>, 2016. Attendees must attend the Youth Advocacy Webinar.



#### **#NAMICAYouthVoices**

Share your local advocacy efforts! If you can't make it to Sacramento for the Advocacy Visit, you can still show your support and take part in the day. Post to Instagram and Twitter using the hashtag #NAMICAYouthVoices and share what you are doing in your local community to end stigma and have your voice be heard. All posters will be entered into a raffle to win a deluxe Each Mind Matters prize package (sweatshirt, t-shirt, and more)!

**Date:** May 17<sup>th</sup>, 2016 (to be eligible for the prize, you must post on the 17<sup>th</sup>; however, this hashtag can be used all month long in May)

**Instructions:** Please refer to the attached tip sheet for ideas on how you can participate in Youth Advocacy Day locally; post to your social media account using #NAMICAYouthVoices to share what you are doing! |

#### **Youth Advocacy Webinar**

Join NAMI CA and the California Psychological Association on May 3<sup>rd</sup> at 5pm; or May 4<sup>th</sup> at 4pm for a 1 hour webinar where we will share what it means to be an advocate, the ins and outs of legislation, and why this matters in relation to mental health and mental illness.

**Instructions:** Please email Erik Villalobos at [Erik@namica.org](mailto:Erik@namica.org) to register for the webinar.



## **2016 Youth Capitol Day:** **NAMI California and California Psychological Association** **May 17<sup>th</sup>, 2016**

### **Capitol Visit Agenda**

- 12pm – 1pm** Meet at a local restaurant for lunch, advocacy presentation, and event kick-off!
- 1pm-1:30pm** Walk to the Capitol
- 1:30-3:30pm** Legislative Visits - NAMI CA will arrange for youth to meet with their local legislators
- 3:30-4pm** Regroup and Debrief
- 4pm** Adjourn

## 2016 Youth Capitol Day: NAMI California and California Psychological Association May 17<sup>th</sup>, 2016

### Capitol Visit Registration Form

**High School Students:** Please have the chaperone complete this form for the entire group.




**College Students/Non-High School Students:** Please complete this form and submit.

*\*\*Limited Space Available\*\**

Youth Name	T Shirt Size	Home Address (to identify Legislator)
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		

School Name	
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Chaperone Name	Chaperone Email	T Shirt Size

-  What time will you/your group be arriving at the event?
-  What time will you/your group be departing the event?
-  Will you/your group need travel funds? If yes, please describe and indicate how much is needed.
  - Travel funds are offered as reimbursements only; reimbursement forms will be distributed at the event for an adult to complete and turn into NAMI CA. Reimbursement can take up to 60 days after the event.

**Please note:** For high school students, it is the responsibility of the school chaperones to obtain all necessary permission slips from parents/guardians, arrange appropriate travel, and follow all travel/field trip guidelines set by the school district.

**Please complete this form and submit to Erik Villalobos at [erik@namica.org](mailto:erik@namica.org) by April 25<sup>th</sup>, 2016.**

## NAMI CA's Youth Advocacy Day May 17<sup>th</sup>, 2016

### #NAMICAYouthVoices

Even if you can't attend the Advocacy Visit, you can still get involved on May 17<sup>th</sup>! Post to social media using #NAMICAYouthVoices, throughout May.

Posts on May 17<sup>th</sup> will be entered into a raffle to win an Each Mind Matters prize package!

**Each Mind Matters** is California's Mental Health Movement. We all have mental health, and our voices are amplified when we speak up together. **Each Mind Matters** grows stronger every day as millions of people and thousands of organizations are working to advance mental health.

There are many ways to add your voice and strengthen the movement- here are a just a few ways you can get involved! Don't forget to take photos and share online using #NAMICAYouthVoices:

- ✚ Talk to your school administration and/or school board about implementing programs to reduce stigma and prevent suicide, like *NAMI's Ending the Silence*
- ✚ Set up a meeting with your local affiliate to talk about ways you can get involved locally
  - ✚ Watch and share Directing Change videos (visit [www.directingchange.org](http://www.directingchange.org))
- ✚ Hand out green ribbons around your community in honor of mental health awareness
- ✚ Join your local NAMI affiliate and get involved in County mental health advocacy efforts
- ✚ Pledge to stop using words like "crazy", "schizo", "lunatic" and other stigmatizing words
  - ✚ Write an article or blog post for your school or college newspaper
- ✚ Gather your friends and wear all lime green-when people ask you why, explain about Each Mind Matters!
- ✚ Register for NAMI CA's Annual Conference in Burlingame, CA on August 21-22- there will be a whole track of workshops for youth and students!
- ✚ Set up a meeting with your school principal, college dean or other school officials to talk about how to make your campus more accepting of mental health

### #NAMICAYouthVoices