

# ELIMINATING BARRIERS TO LEARNING

Through the Early Identification of Student Mental Health Issues

### **TETRIS**

Training Educators Through Recognition and Identification Strategies



Every person on a school campus plays a unique role in influencing a climate that is supportive and positive for all students. NAMI on Campus High School (NCHS) was created to make the climate on high school campuses supportive and more accepting of people with mental illness or those experiencing mental health issues, while also educating students and faculty about mental health. Studies have shown that stigma is the greatest barrier to seeking help for a mental health condition. We aim to reduce stigma at a younger age to better position young people to address their mental health concerns earlier on and create lifelong advocates.

Training Opportunity: NCHS Training Day Advisors and Student Leaders interested in mental health and wellness can join us in learning about running a successful NAMI on Campus High School Club (NCHS). NCHS is a peer club that raises mental health awareness and reduces stigma on high school campuses.. Student leaders will be empowered during the training with:

- Toolkits and templates
- Materials
- Resources

Advisors will also receive training on their role as a trusted adult and mental health resource for students.

## Who Should Attend?

High School Students who wish to join a staff advisor in forming a NAMI on Campus Club. Each club should have one faculty advisor who has interest in supporting student wellness and a minimum of 7 students. Student teams should reflect the population of the school (i.e. not solely made up of 9th or 12th grade students).

#### **Presenters:**

Kelly Boyles, NAMI Program Coordinator Beth Larkins, NAMI Director of Programs Monica Nepomuceno, Education Programs Consultant, California Department of Education Michael Lombardo, Director Interagency Facilitation Placer County Office of Education

# **NAMI on CAMPUS**



When: November 13, 2014

Cost: Free - Lunch will be provided

Time: 8:30 a.m. - 3:30 p.m.

Where: Contra Costa County Office of Education

**Board Room** 

77 Santa Barbara Road, Pleasant Hill, CA

To apply for this training opportunity, contact your Host County Coordinator Lindy Khan 925-942-3343 or lkhan@cccoe.k12.ca.us

For more information, contact Michael Lombardo: 530.745.1493 or mlombardo@placercoe.k12.ca.us

This training is by invitation only and all school districts participating should meet the following:

Have a plan to implement EBL in participating schools

Or

- Have a Student Advisor with Mental Health Background
- Have the commitment of Superintendent and Site Principal
- Be able to support a minimum of one NAMI on Campus Club meeting and activity a month



Sponsored by the California Department of Education (CDE), Coordinated Student Support and Adult Education Division, and the Placer County Office of Education, Educational Services Department. This training is made possible through funding from the California Mental Health Services Authority (CalMHSA) through the Statewide Kindergarten to Twelfth Grade Student Mental Health Program sole source contract with the CDE. The CalMHSA is an organization of county governments working to improve mental health outcomes for individuals, families and communities. CalMHSA operates services and education programs on a statewide, regional and local basis. Original funding made possible from the Mental Health Services Act of 2004.

