

It's amazing what just one day one talk can do. You never really know what's going on in the mind of any particular student.

—Teacher

About NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

If you're seeking support or need information on how to better manage a mental health challenge in yourself or a loved one, you are not alone. NAMI is here for you.

NAMI supports your and your family's unique journey towards mental health and wellness. Our outstanding peer-led programs provide free education, skills training and support. Thousands of trained volunteers are bringing these programs to their communities every day. We invite you to join our movement to ensure better lives for everyone.

To schedule a presentation, visit nami.org/local and contact the NAMI Affiliate in your area

NAMI Fairbanks

PO Box 72543 Fairbanks, AK 99707
Open Mon-Wed-Fri 11 am - 4 pm
at 3504 Industrial Ave #402 Fairbanks, AK
907-456-4704 namiFairbanks.org



National Alliance on Mental Illness

Ending the Silence

www.nami.org/ets

NAMI Helpline:

800-950-NAMI or info@nami.org



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National Alliance on Mental Illness

Ending the Silence

A Mental Health Awareness Program
that Supports Youth





National Alliance on Mental Illness

Why should I bring NAMI ETS to my community?

MENTAL HEALTH and Youth

13%
OF CHILDREN
ages 8-15 experience a mental health condition

13-20%
OF CHILDREN
living in the U.S.

17%
OF HIGH SCHOOL STUDENTS
seriously consider suicide

Ending the Silence

NAMI Ending the Silence is an engaging presentation that helps audiences learn about the warning signs of mental health conditions and what to do if you or a loved one show symptoms.

In presentations, a lead presenter shares an informative presentation and a young adult with a mental health condition shares their journey of recovery. Audience members can ask questions and gain understanding of an often misunderstood topic. Through dialogue, we can help grow the movement to end stigma.

"I'm really grateful and glad that you talked to us. I often feel very alone or weird because many kids my age don't understand. But, now I'm sure they would be more supportive of me."

—Student

Three options for presentations

- Free of cost to schools and communities
- **NAMI Ending the Silence for Students:** 50-minute presentation designed for middle and high school students that includes:
 - Information about warning signs
 - Facts and statistics
 - How to get help for themselves or a friend
- Research has shown that this program changes middle and high school students' knowledge attitudes toward mental health conditions and toward seeking help
- **NAMI Ending the Silence for School Staff:** 1-hour presentation for school staff that includes:
 - Information about warning signs
 - Facts and statistics
 - How to approach students and how to work with families
- **NAMI Ending the Silence for Families:** 1-hour presentation for parents and primary care that includes:
 - Information about warning signs
 - Facts and statistics
 - How to talk with your child and how to work with school staff

50%
OF CHILDREN
ages 8-15 experiencing a mental health condition don't receive treatment

1/5
(1 out of 5 children) experience a mental health condition in a given year

1/2
OF ALL LIFETIME CASES
of mental illness begin by age 14

Despite effective treatments, there are long delays—sometimes decades—between onset of symptoms and treatment

NAMI Fairbanks Budget for Golden Heart Rotary Grant for teen suicide prevention program

Here is the proposed budget for this project:

Staff time for recruiting and training volunteers: \$3,400 (\$22/hour)

Staff time for recruiting and training: 156 hours (6 hours/week for 26 weeks)

Staff time for outreach: \$600 (22/hour)

Staff time for outreach to local youth-serving agencies for scheduling presentations: 26 hours (2 hours/week for 13 weeks)

Estimated cost with shipping for NAMI materials \$1,200.

Includes: mental health informational publications for parents, students and school staff, leave behind cards for students and for school staff, ETS wristbands, "Navigating Mental Health Crisis" resource booklets

Printing training manuals and purchasing binders: \$400

Advertising: \$400