

NAMI PARENTS AND TEACHERS AS ALLIES:

AN IN-SERVICE MENTAL HEALTH EDUCATION PROGRAM FOR SCHOOL PROFESSIONALS

WHAT IS PARENTS AND TEACHERS AS ALLIES?

Parents and Teachers as Allies is a two-hour in-service program that focuses on helping school professionals and families within the school community better understand the early warning signs of mental illnesses in children and adolescents and how best to intervene so that youth with mental health treatment needs are linked with services. It also presents the lived experience of mental illnesses and how schools can best communicate with families about mental health related concerns.



EACH IN-SERVICE PROGRAM:

- Is delivered by a trained team, including a facilitator, a parent, an individual who has had to cope with mental illness and school growing up, and an educational professional.
- Follows a structured format covering issues frequently faced by school professionals, parents, and caregivers.
- Has been well-tested and has produced positive results in diverse schools across the country.



The program concludes with a facilitated, interactive discussion that encourages audience participation.

Participants will leave the in-service program with an information and resource booklet as well as a better understanding of:

- The early warning signs of mental illness.
- The lived experience of parents raising a child with a mental illness.
- The individual experiences of the issues children and adolescents face when mental illness is part of their school life.

HOW CAN I BRING PARENTS AND TEACHERS AS ALLIES TO MY SCHOOL?

Contact Kristina Kaufman, Programs Chair for NAMI Shasta Region (a collection of local NAMI affiliates in the Northern California area), NAMIShastaRegion@gmail.com or (530) 894-6380 to learn about how you can bring this in-service program to your school. For more information, please visit www.nami.org/parentsandteachers.

WHAT PARTICIPANTS ARE SAYING ABOUT PARENTS AND TEACHERS AS ALLIES

"This was a very powerful presentation. I will think twice before I blame or become upset or intimidating with assertive parents."

"Awesome! All staff school staff should get training, including special education and counseling departments."

"Thank you for coming and sharing these incredible struggles. You are certainly helping things change for the better with this great organization and education!"



NAMI Shasta Region

National Alliance on Mental Illness Affiliates from Butte, Lassen, Plumas & Shasta Counties

Parents & Teachers as Allies Presenter Training

Saturday
October 27th in Chico, CA
8am – 5:30pm

Oxford Suites
2035 Business Lane Chico, CA 95928
(530) 899-9090

Parents and Teachers as Allies is an in-service mental health education program for school professionals. This two-hour in-service program focuses on helping school professionals and families within the school community better understand the early warning signs of mental illnesses in children and adolescents and how best to intervene so that youth with mental health treatment needs are linked with services. It also covers the lived experience of mental illnesses and how schools can best communicate with families about mental health related concerns.

The presenter team includes 4 people:

1. An **EDUCATION MODERATOR** – opens the presentation, and presides over the question and answer session at the end. This role should be filled by someone who has a background in education (for example, teacher, principal, retired school professional, school counselor, etc.).
2. A **PRESENTER** – presents the early-identification material in the Monograph. This role is ideally someone with lived experience of coping with a child with early-onset mental illness. It can also be filled by a school professional that has some knowledge of mental illness.
3. A **PARENT** – testifies about the complex and exhausting realities of parenting a child with mental illness. This role should be filled by someone who is the parent or other primary caregiver of a young child or youth currently struggling with a brain disorder.
4. An **INDIVIDUAL LIVING WITH MENTAL ILLNESS** who had symptoms as a child or adolescent – talks about the daunting difficulties of dealing with school as a young person with unrecognized mental illness and must be comfortable talking in front of groups.

To apply for this training, please fill out the attached application and fax it to:

Holly Davison
NAMI California – SDR Programs
FAX to: (916) 567-1757

For more information, please contact Kristina Kaufman, NAMI Shasta Region
(530) 894-6380 or (530) 588-4615 NAMIShastaRegion@gmail.com

Name: _____

Address: _____

City/Zip Code: _____

Phone: _____ Alternate Phone: _____

Email: _____

Affiliate (What County do you live in?) _____

Best way to reach you: _____

Best time to call: _____

Are you currently a NAMI member? Yes _____ No _____

If not, are you willing to become a NAMI member? Yes _____ No _____

List all of the NAMI programs you have participated in and your role in the program (as a participant, trainer, teacher, presenter, etc.)

Are you entirely comfortable with self-disclosure? Yes _____ No _____

Do you have any experience with self-disclosure (have you spoken publicly about your “story”)?

Yes _____ No _____ If yes, please briefly list what types of audiences you have addressed (i.e. within a NAMI course, to a group of parents, to people with mental illness, or to the general public):

Are you able to maintain a positive outlook and talk about your experience without “going negative”?

Yes _____ No _____

Do you have your own transportation? Yes _____ No _____

Are you willing to travel? _____ Overnight? (If needed) _____

What is your availability during the week to actually do presentations? (Please check all that apply):

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							



What are some challenges that mental illness has had on you or your family or students that you would like share with the school community?

What are some positive experiences that mental illness has had on you or your family or students that you would like share with the school community?

What is the “take-home” message regarding mental illness that you would like share with the school community?

Do you have any experience in education (like as a teacher, counselor, or administrator)?

What roles are you interested in filling on the **Parents & Teachers as Allies** Team?

Individual with mental illness _____ Parent _____ Teacher _____ Administrator _____

If appropriate:

What is your (or your child’s) diagnosis?

At what age, and in what ways, did you (or your child) begin to show symptoms?

What is your (or your child’s) current age and current situation?
