

NAMI South Carolina

Ending the Silence 2019 SC Dept. of Mental Health Training Summit



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Who is NAMI?

The National Alliance on Mental Illness

NAMI is the largest grassroots mental health organization that supports individuals living with mental illnesses and the families that love them.

NAMI Mission & Methods

Offer no cost support, education and advocacy

- Support groups
- Family and Peer education
- Community programming
- Presentations

Ending the Silence

- **Students, school staff and families hear about mental health conditions from family members and individuals living with these conditions and ask questions during the Q&A session in a choice of three separate presentation formats;**
- **Participants learn early warning signs of mental health conditions and the warning signs of suicide they might see in themselves, their friends, their students and their children;**
- **Participants learn what to do and where to seek help.**

Ending the Silence Outcomes

- **8,047 South Carolinians participated in one of the 140 Ending the Silence presentations during calendar year 2017 and;**
- **15,368 South Carolinians participated in one of the 246 Ending the Silence presentations during calendar year 2018.**
- **The total for those two years 23,415 in 386 presentations!**

Ending the Silence for Students

NAMI Ending the Silence (ETS) for Students is a 50-minute presentation for middle and high school students that helps raise awareness and change perceptions around mental health conditions. The presentation includes:

- **Warning signs**
- **Facts and statistics of mental health conditions**
- **Suicide awareness and prevention**
- **How to get help for themselves or a friend**

The goal of NAMI ETS for Students is to create a generation of students who are well-positioned to end the silence and stigma surrounding mental illness.

Ending the Silence for School Staff

NAMI Ending the Silence (ETS) for School Staff is a 60-minute presentation for school staff that helps raise awareness around mental health conditions. The presentation includes:

- Warning signs
- Facts and statistics of mental health conditions
- Suicide awareness and prevention
- How to approach students
- How to work with families

The goal of NAMI ETS for School Staff is to educate school staff members about the early warning signs of mental illness and how early recognition and prevention is key to positive outcomes.

Ending the Silence for Families

NAMI Ending the Silence (ETS) for Families is a 60-minute presentation for parents and other primary caregivers of students that helps raise awareness around mental health conditions. The presentation includes:

- **Warning signs**
- **Facts and statistics of mental health conditions**
- **Suicide awareness and prevention**
- **How to approach your child**
- **How to work with school staff**

The goal of NAMI ETS for Families is to educate families about the early warning signs of mental illness and how early recognition and prevention is key to positive outcomes.

MENTAL HEALTH and YOUTH

20%

OF CHILDREN
living in the U.S.



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

17%

**OF HIGH SCHOOL
STUDENTS**
seriously consider
suicide

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

Why it **MATTERS**

Approximately

50%

OF STUDENTS AGES 14 +
with a mental health condition
drop out of high school

50-75%

**OF YOUTH IN JUVENILE
JUSTICE SYSTEMS**
experience a mental health condition

Over

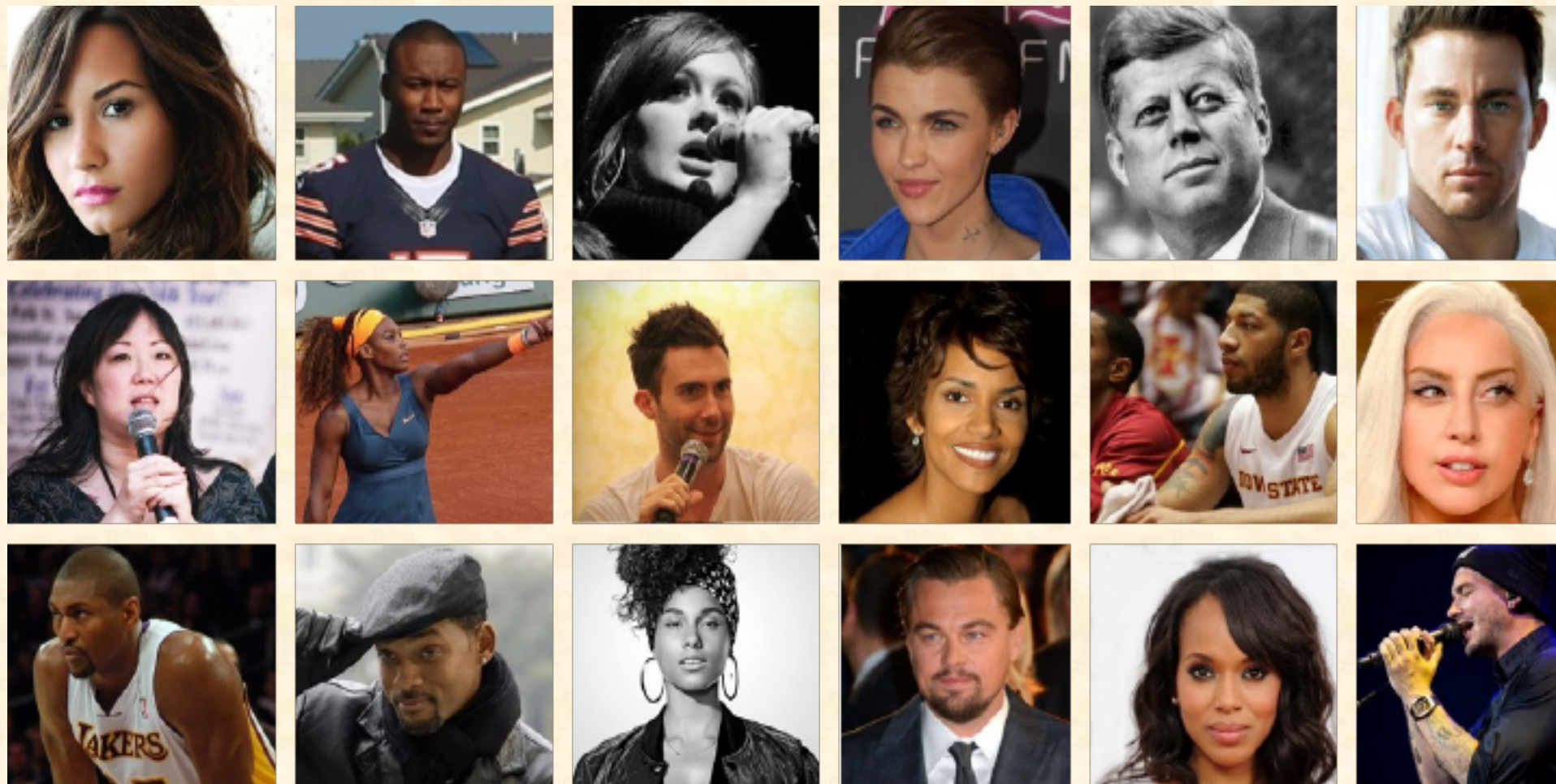
90%

OF YOUTH WHO DIE BY SUICIDE
had one or more mental
health conditions

SUICIDE IS THE 2ND LEADING CAUSE
of death for people ages

10-24

People living with mental health conditions can **SUCCEED!**



How you can help with Ending the Silence

Ending the Silence presenters:

- **Lead Presenter**: A trained presenter briefly shares their experiences with a child or adolescent that had symptoms emerge during school years while walking students, school staff and families through a prepared Power Point slide deck and videos.
- **Young Adult**: Preferably ages 18-35, living in recovery from a mental health condition who experienced mental health condition symptoms during their school years. They are trained to share their personal testimony.

(A stipend is available to the presentation team member per presentation)

**One of the Ending the Silence
Young Adult Presenters is with us
today to share her story:**

Melanie Odom-Saxon

Bring Ending the Silence to your school!

Currently we have the following areas of the state able to come to schools or present at family events:

- Northern Region of the state (York, Chester, Lancaster, Fairfield Counties)
- Spartanburg County
- Greenville County
- Pickens County
- Anderson School District II
- Midlands (Richland, Lexington, Orangeburg, Sumter, Kershaw, Lee Counties)
- Southwestern region of the state (Greenwood, Laurens, Edgefield, Abbeville, McCormick, Newberry, Saluda Counties)
- Florence District I
- Beaufort County
- Lowcountry (Charleston, Berkeley, Dorchester, Georgetown Counties)

QUESTIONS??



3/22/2019

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8/5/19

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