

#NAMIcon16

Cutting through Election Noise to **#Act4MentalHealth**

Bob Spada, NAMI Board, Ohio State Senator (retired)

Angela Kimball, NAMI National Director, Advocacy & Public Policy

Jessica Hart, NAMI Manager, Advocacy Communications

Dakota Blakney, NAMI Young Adult Advisory Council

Moderator: **Sita Diehl**, NAMI Director, Policy & State Advocacy



Overview

- 2016 Election and You
- Why your advocacy matters: A legislator's view
 - Why connect with candidates?
- What we're voting on, how it helps you
- How to Act4MentalHealth
- ACT!
- Q&A



Why your advocacy matters: A legislator's view



Turn to your neighbor...

Why connect with candidates?

Think about your experience of trying to get mental health services and supports for yourself or others.

- Why is connecting with candidates important in your local community?
- How could an informed engaged elected official make a difference?

“Talk amongst yourselves...”



LonBolton / @LonBol



How Congress affects mental health

- **Federal budget**
 - Research
 - Housing vouchers and supports
 - Medicaid and Medicare
 - State mental health block grants
- **Mental health reform bills (S. 2680 and H.R. 2646)**
 - Insurance parity
 - Suicide prevention
 - Crisis services
 - Integration of health and mental health care
 - Workforce development
- **Criminal justice-related mental health bills**
 - Treatment courts
 - Crisis Intervention Teams (CIT)



Congress listens to NAMI

- Unanimous 53-0 vote for mental health reform in House Energy & Commerce Committee
- Senate request for NAMI's help on mental health reform
- Senator drafts bill for caregiver support
- Meetings with NAMI members and leaders



NAMI's Power

- NAMI is in an enviable position...
 - Strong presence on Capitol Hill
 - Strong ties between NAMI's grassroots and members of Congress
 - Unanimous 53-0 vote for mental health reform in House Energy & Commerce Committee
- NAMI's power is in working together
- Join us—sign up for advocacy alerts at nami.org/advocacy



#ACT4MENTALHEALTH

- **Campaign goal:**
 - If elected, candidates will **act** on NAMI's priorities
- **NAMI member action steps:**
 - Promote NAMI's 5 priorities
 - Question candidates
 - Vote!



#ACT4MENTALHEALTH

5 Asks:

If elected, what will candidates do to:

1. Increase availability of quality mental health care
2. Promote early identification and intervention
3. Reduce criminalization of mental illness
4. Enforce mental health insurance parity
5. Support mental health caregivers



Connect with Candidates

Federal

State

Local

Opportunities:

- Town halls & campaign events
- On social media
- In response to media coverage
- Cohost a candidate forum (LWV, NAACP, AARP, etc.)



#ACT4 MENTAL HEALTH

Lapel stickers



T-shirts, Magnets, Posters



Priority sheets

The image shows two overlapping priority sheets from NAMI. The top sheet is titled "2016 POLICY PRIORITIES" and lists several key areas of focus for the 2016 National Convention. The bottom sheet is titled "2016 Questions to Ask Candidates" and provides a list of questions for candidates to answer.

NAMI
National Alliance on Mental Illness

#ACT4 MENTAL HEALTH

2016 POLICY PRIORITIES

NAMI's vision that all people affected by mental illness experience resiliency, recovery and wellness drives our policy priorities.

- INCREASE THE AVAILABILITY OF QUALITY MENTAL HEALTH CARE**
About 1 in 5 adults and youth in the U.S. live with a mental health condition.^{1,2} Sadly, nearly 50% of children and 60% of adults go without care.^{3,4} Quality mental health services and supports and enough mental health professionals to carry them out are critical to a functioning mental health system. Without people recover. Many people leave jail in worse health than when they entered and are more likely to get locked up again. All of this comes at a tremendous cost to individuals, families, communities and taxpayers.
- ENFORCE MENTAL HEALTH INSURANCE PARITY**
People recover are denying mental health care at

2016 Questions to Ask Candidates

PRIORITY: INCREASE THE AVAILABILITY OF QUALITY MENTAL HEALTH CARE
40,000 American lives are lost every year to suicide.¹ If elected, how will you make sure everyone has access to the mental health care they need to help prevent these tragedies?

It's hard to get care if you can't make an appointment with a mental health professional. Most counties in America are officially designated as mental health professional shortage areas.² If elected, what will you do to increase availability of mental health services in our community?

Depression or bipolar disorder is the 6th most common reason adults are hospitalized.³ If elected, what will you do to help people get the mental health care they need to stay out of hospitals?

PRIORITY: PROMOTE EARLY IDENTIFICATION AND INTERVENTION
The number 1 reason children under 18 are admitted to hospitals is for depression or bipolar disorder.⁴ If elected, what will you do to ensure early identification and intervention for these children?

NAMI National Convention

www.nami.org/act4mentalhealth

- Know the priorities
- Question candidates on social
- Pledge to vote
- Get #Act4MentalHealth gear
- Share how YOU #Act4MentalHealth
 - Selfies welcome!



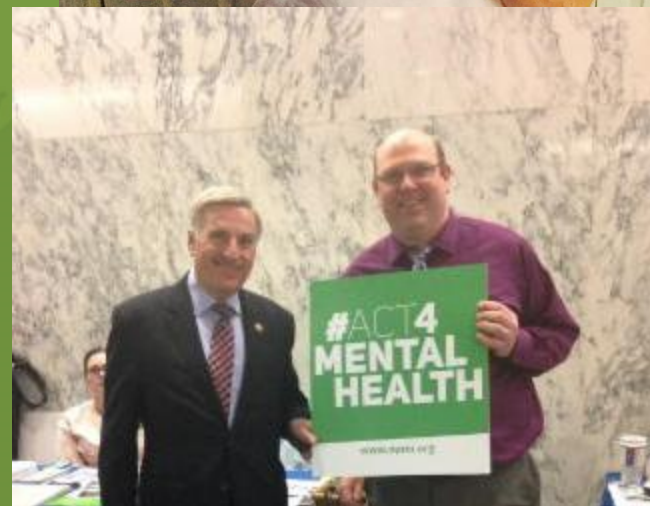
You can do it too!



NAMI Ohio @namiohio · 3h

I pledge to see the person, not the illness. #StigmaFree #MentalHealthMonth
#Act4MentalHealth pic.twitter.com/UVwFIMDnug

5 3



ACT!

- Write a postcard to a candidate

- President
- Congress
- State legislator

- Note to self:

- Complete your Act.Advocate.Achieve form

www.nami.org

Act.Advocate.Achieve!
NAMI Convention, 2016

Session: Cutting through Election Noise to #Act4MentalHealth Your Name: _____

"How wonderful it is that nobody need wait a single moment before starting to improve the world."—Anne Frank

| Act | Advocate | Achieve |
|--|---|---|
| <input type="checkbox"/> Learn more <input type="checkbox"/> Explore the site: www.nami.org/act4mentalhealth <input type="checkbox"/> Share the campaign on Face Book, Twitter, email, etc. <input type="checkbox"/> Other: | <input type="checkbox"/> Tweet/post at least one Act4MentalHealth question to a candidate. <input type="checkbox"/> Other: | <input type="checkbox"/> Better understanding of FEP programs <input type="checkbox"/> Expansion of FEP programs <input type="checkbox"/> Broader community understanding of importance of early identification of psychosis <input type="checkbox"/> Other: |
| <i>"Knowing is not enough, we must apply. Willing is not enough, we must do."—Goethe</i> | | |
| <input type="checkbox"/> Share FEP tip sheets with peers, families, NAMI affiliate or state org helpline staff providers & policymakers <input type="checkbox"/> Talk with your state org or affiliate about hosting a presentation on FEP at your affiliate or state conference <input type="checkbox"/> Other: | <input type="checkbox"/> Write a letter to the editor or op-ed <input type="checkbox"/> Post information on FEP on social media <input type="checkbox"/> Talk with state and local policymakers about the importance of early identification and intervention for psychosis. <input type="checkbox"/> Other: | <input type="checkbox"/> Better understanding of FEP programs <input type="checkbox"/> Expansion of FEP programs <input type="checkbox"/> Broader community understanding of importance of early identification of psychosis <input type="checkbox"/> Other: |



#NAMIcon16

Thank you!

Questions?



NAMI National Convention



Denver, July 6-9, 2016