

Mental Health Multicultural Forum



NAMI Queens/Nassau
in partnership with
Queens County Psychiatric Society

Inclusion Grant Goals

- To increase the participation of African Americans, Latino/Hispanic Americans, and Asian American in NAMI national education programs and other support opportunities
- To identify, nurture, and engage diverse leaders
- To increase membership through outreach to diverse communities
- To increase participation of diverse communities in NAMIWalks and other NAMI activities



Planning a Mental Health Multicultural Forum

- We had a partner who shared our goal of reaching out to diverse communities, The Queens County Psychiatric Society, a branch of the APA.
- Our committee was diverse and included representatives of the Chinese, Korean, Latino, Indian, and African American community
- Our grant gave us the opportunity to hire consultants to the Asian, Hispanic, and African American communities

Planning decisions

- Queens College chosen as venue for Oct. 1st event
- Publicized event through
 - Wide dissemination of flyers by committee, consultants
 - Large mailing to churches in Queens
 - Hired a public relations consultant
 - Ads put in local papers
 - Press release sent out
 - Queens College Health Center
- Program included Xavier Amador as keynote speaker followed by multicultural breakout sessions in
 - Mandarin
 - Korean
 - Spanish
 - Hindi
- Food served – sandwiches & salad
- Handouts in various languages including English were made available



Response to Forum

- 163 people registered; approximately 120 attended
- Participants were consumers, parents, and professionals
- Breakout session attendance
 - African American (English) largest attendance
 - Chinese & Korean language next best
 - Spanish & Hindi smallest groups
- Very well received
- 12 individuals accepted offer of free 6 month membership including 7 Koreans

Immediate outcomes



- Represented us well and positioned us as an organization committed to reaching out to diverse communities
- Developed relationships that have already borne fruit and will help us in the future
- Focused our attention on goal of making NAMI a more diverse organization

Subsequent outcomes

- Family2Family class held at Queens Hospital Center located in an ethnically diverse neighborhood
 - 2 African American women were trained as leaders with 2 more to be trained in the fall
 - In the Fall they will conduct a Family2Family class at an African American mega-church with a membership of 14,000, Greater Allen AME Cathedral
- Partnered with the church in presenting a Women and Depression forum
- African American consultant started a support group at the 1st Presbyterian Church in Jamaica
- Hired an African American woman to do outreach for us.
- Invited to speak to Korean mental health professionals



Disappointments

- Numbers who joined NAMI were much smaller than we expected
- Outreach to the Latino/Hispanic community especially disappointing
 - Consultants hired did not follow through
 - Professionals not successful in their outreach efforts
- We were unable to create a comprehensive list of services available in Queens in diverse languages
- Because of staff changes at NAMI-NYS brochures targeting the African American and Asian communities were never developed for us to print and personalize

A second look at our goals

- To increase the participation of African Americans, Latino/Hispanic Americans, and Asian American in NAMI national education programs and other support opportunities
- To identify, nurture, and engage diverse leaders
- To increase membership through outreach to diverse communities
- To increase participation of diverse communities in NAMIWalks and other NAMI activities

We made a great start!



Multicultural Forum

October 1, 2007

6:30-9:30 pm

Queens College Student Union

Corner Kissena Blvd. & Melbourne Ave, Flushing



Mental Health Problem? Learn How to Help Someone You Care About

¿Problemas de salud mental?

Ayuda a un ser querido

정신건강의 문제가 있습니까?

사랑하는 사람이나 친구를 도와주세요

發現心理健康的問題嗎?

幫助您所關心的人

मानसिक स्वास्थ्य समस्या?

उनकी सहायता करें जिनकी आप देखभाल करते ह

Featuring: Dr. Xavier Amador, well-known TV personality and author of *"I am NOT Sick, I Don't Need Help"* and *"When Someone You Love is Depressed"*

Xavier Amador's address will be in English. Break out sessions which follow will be in English, Spanish, Mandarin, Korean, and Hindi.

Prevent Needless Tragedies

sponsored by

NAMI Queens/Nassau & Queens County Psychiatric Society

(No charge—light supper included)

Registration a ***MUST***

REGISTRATION REQUIRED

I would like to attend the Mental Health Multicultural Forum on Monday, October 1, 2007.

NAME: _____ EMAIL: _____ PHONE: _____

ADDRESS: _____ AFFILIATION: _____



The Nation's Voice on Mental Illness

1981 Marcus Avenue C-117 Lake Success, NY 11042 718-347-7284 www.nami.org

FOR IMMEDIATE RELEASE September 13, 2007

CONTACTS: Janet Susin, President, NAMI Queens/Nassau, (718) 347-7284, NAMIQN@aol.com
DebbieWessely, Executive Director, Queens County Psychiatric Society, (877) 612-7110

**MENTAL HEALTH MULTICULTURAL FORUM AT QUEENS COLLEGE
TO ENGAGE DIVERSE COMMUNITIES**

A Mental Health Multicultural Forum hosted by NAMI Queens/Nassau and the Queens County Psychiatric Society will be held at the Student Union of Queens College on Monday, October 1, 2007 from 6:30-9:30 PM. The purpose of the event is to provide information for diverse communities about how to engage a loved one suffering from a mental health problem in treatment. It will also provide information about the services offered by NAMI Queens/Nassau and the Queens County Psychiatric Society.

The evening will feature Dr. Xavier Amador, well-known psychologist and author of numerous books who is an expert on how to engage people in treatment that lack insight into their illness. Books he has written include *When Someone You Love Is Depressed* and *I'm Not Sick, I Don't Need Help*. His opinion is frequently sought by the news media and he appears regularly on such shows as NBC's Today Show, Good Morning America, and CBS 60 Minutes. Dr. Amador has held numerous academic

positions including Director of Psychology at the New York State Psychiatric Institute and Professor in the Department of Psychiatry at Columbia University.

Dr. Amador's presentation will be followed by break-out sessions in English as well as Spanish, Mandarin, Korean, and Hindi to discuss the special obstacles faced by diverse communities in getting and accepting care. These groups will also learn about the support, education, and services that NAMI Queens/Nassau and the Queens County Psychiatric Society offer.

NAMI Queens/Nassau is an affiliate of the National Alliance on Mental Illness (NAMI), the nation's largest grassroots mental health organization, and is dedicated to providing support, education, and advocacy for all those affected by serious mental illness. The Queens County Psychiatric Society is a district branch of the American Psychiatric Association and is dedicated to promoting, fostering, and advancing psychiatry in Queens

The Queens College Student Union is located at Kissena Boulevard & Melbourne Avenue in Flushing. This is a free event with a light supper included. Registration is required. To register call (718) 347-7284 or namiqn@aol.com.

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MENTAL HEALTH Multicultural Forum

GOOD NEWS: If you or someone you care about is living with a mental health problem.....
YOU DON'T HAVE TO GO IT ALONE!

BAD NEWS: Many of our neighbors in Queens' Latino, Asian and African-American communities are doing just that.....
THEY SUFFER ALONE

You can be the one to prevent needless tragedy. Please don't let the shame and loneliness of mental illness keep you or someone you care about from getting help.

Featured speaker is noted psychologist and writer Xavier Amador, author of "I'm Not Sick..I Don't Need Help". Learn from an expert how to help someone living with a mental health problem get the help they need.

**MENTAL HEALTH MULTICULTURAL FORUM
QUEENS COLLEGE
Monday, October 1, 6:30-9:30PM
STUDENT UNION**

Corner of Kissena Blvd. and Melbourne Avenue

- Dr. Amador's talk will be in English
- Follow up break-out sessions will be in English, Spanish, Hindi & Mandarin/Cantonese
- Each session will offer treatment and support resource information.



Xavier Amado

*This program is co-sponsored by
NAMI Queens/Nassau and the
Queens County Psychiatric Society.*

Call NAMI Queens/Nassau, 718-347-7284 to register.
No charge—Evening includes light supper.

SALUD MENTAL

Foro Multicultural

BUENAS NOTICIAS:

Si usted o alguien que le importa, vive con un problema de salud mental

.....
¡PUES NO TIENE POR QUÉ LLEVARLO SOLO!

MALAS NOTICIAS:

Muchos de nuestros vecinos de Queens, de las comunidades latinas, asiáticas y africanas están justamente haciendo aquello

SUFREN SOLOS

Usted puede ser uno en prevenir esta tragedia innecesaria. Por favor no permita que la vergüenza y la soledad de la enfermedad mental le mantengan a usted o alguien que le preocupa, alejado de conseguir ayuda.

El orador y presentador, el notable y conocido psicólogo-escritor, Xavier Amador, autor de "I'm Not Sick..I Don't Need Help" ("Yo No Estoy Enfermo.. No Necesito Ayuda "). Aprenda de un experto cómo ayudar a alguien que padezca de un problema de salud mental para que consiga la ayuda que necesita.

**FORO MULTICULTURAL DE SALUD MENTAL
QUEENS COLLEGE
Lunes 1 de Octubre, 6:30 - 9:30PM
STUDENT UNION**

Esquina Kissena Blvd. y Avenida Melbourne

- La conferencia del Dr. Amador será en inglés
- Sesiones de seguimiento en inglés, español, hindi y mandarín/cantonés
- Cada sesión ofrecerá tratamiento e información de apoyo.



Xavier Amador

Este programa esta co-patrocinado por NAMI Queens/Nassau y the Queens County Psychiatric Society.

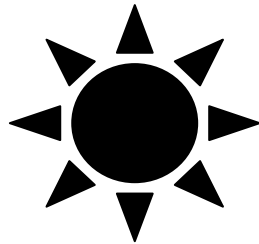
Llame NAMI Queens/Nassau, 718-347-7284 para inscribirse

Sin costo — La noche incluye una cena ligera.

**BUDGET FOR INCLUSION GRANT
NAMI Queens/Nassau**

ITEM	QUANTITY	PER UNIT	PRICE
Consultant contract	3	\$5,000	\$15,000
Light supper	100	\$10	\$1,000
Flyers	2,000	\$.06	\$120
Mailings	2,000	\$.39	\$780
PRINTING BROCHURES (not design and lay out)			
Comprehensive multicultural	10,000	\$.08	\$800
African American	10,000	\$.08	\$800
Latino American	10,000	\$.08	\$800
Asian American	10,000	\$.08	\$800
Multicultural resource booklet (Queens/Nassau area)	5,000		\$2,048
Conference calls	3	\$50	\$150
Meeting Expenses	3	\$75	\$225
NAMI CARE			
Training	2	\$400	\$800
Transportation	2	\$400	\$800
FAMILY 2 FAMILY			
Training	2	0 (NAMI-NYS)	0
Transportation	2	\$25	\$50
TOTAL			\$24,173.00

HELP AND HOPE



Meeting the needs of diverse communities



Queens/Nassau

Queens County
Psychiatric Society

QUESTIONNAIRE

We would like to improve meeting the needs of people in diverse communities who need mental health services. We are here for **YOU**, so **PLEASE TAKE A MNUTE** to complete the questionnaire below. Thank you.

1. **Does someone you care about need mental health services?** Yes ___ No ___

2. **Do you, yourself, need mental health services?** Yes ___ No ___

3. **What kind of services do they or you need?** (Please check all that apply.)
 - ___ counseling/therapy
 - ___ referral to a psychiatrist
 - ___ self-help group
 - ___ support group led by a professional
 - ___ education about mental health
 - ___ other (Please explain. Use other side of paper, if necessary.)

4. **What prevents them or you from getting mental health services?** (Please check all that apply.)
 - ___ language barrier
 - ___ financial issues
 - ___ no insurance
 - ___ job or family responsibilities
 - ___ transportation
 - ___ stigma/shame
 - ___ don't think it will help
 - ___ denial – I don't need help
 - ___ other (Please explain. Use other side of paper, if necessary.)

5. **Who is important to you in terms of seeking mental health services?**
 - ___ family member
 - ___ friends and peers
 - ___ teachers
 - ___ clergy
 - ___ other

6. **Did you find this Mental Health Multicultural Forum helpful?** (Please circle the response below that best applies.)

Not Helpful A Little Helpful Somewhat Helpful Very Helpful Extremely Helpful



Dear Friends,

Thank you for coming to the Mental Health Multicultural Forum at Queens College on October 1st. It was a pleasure to have you all there and judging from the evaluation forms that were turned in you found it an enjoyable and worthwhile experience.

We are anxious to continue our outreach efforts and hope this was just the beginning of a relationship that will grow over the years. To that end we are offering three special opportunities for all those who attended and registered for the forum.

- Six Months Free Membership in NAMI Queens/Nassau, NAMI-NYS, and NAMI. (see enclosed)
- Family-to-Family, a 12 session free class to be held at Queens Hospital Center, Jamaica, beginning in November on Tuesdays at 7:00-9:30 PM. (see enclosed)
- A Support Group for family members just forming to be led by Ceceile Green, MSW and family member, at a church in Jamaica. To register call 718-347-7284 or email namiqueensnassau@aol.com.

We hope you will join NAMI Queens/Nassau with a trial membership. We also encourage you to join one of our new groups or pass on the information to someone who might benefit from joining these groups. Thank you for helping us to become a more welcoming organization for diverse communities.

Sincerely yours,

Janet Susin
President