

Our Movement. Our Moment.

#NAMICON19



**2019 NAMI
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Convention**
JUNE 19–22 • SEATTLE

The Healing Power of Telling Your Story





Before we begin

- Some of the topics discussed today, such as suicide and loss, may bring up personal experiences for us.
- If you find that the information brings up painful emotions, take care of yourself and seek the support that would be helpful.

Meet the presenters



Darcey Mamone
Field Resource Development
NAMI



Wayne Baldaro
Field Resource Development
NAMI



Pooja Mehta
Development Manager
NAMI North Carolina

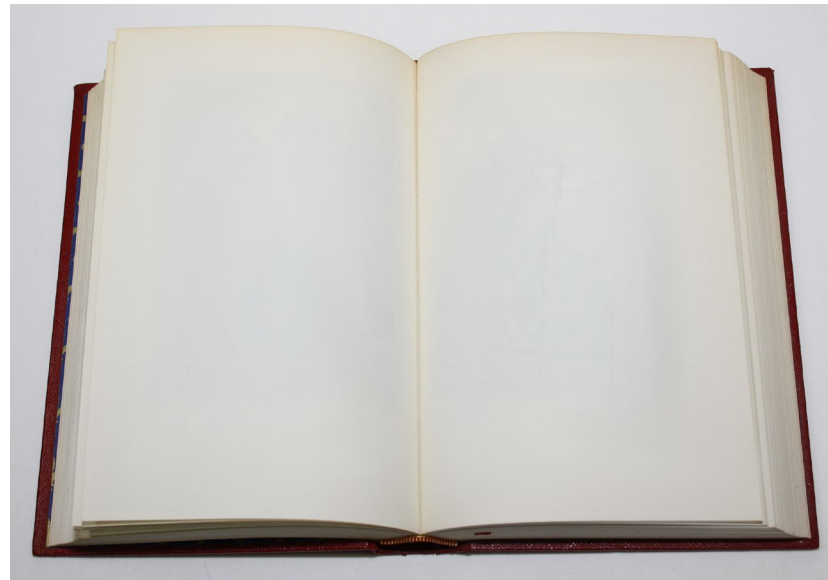
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Everybody has a story



Allison



NAMI Walks/Runs San Diego

*By accepting
depression, I
could own it
rather than
fight it.*

*I feel free. I can
actually be open
and share my
truth.*

Chris



NAMIWalks Westchester

*I live with bipolar
2 disorder.*

*I hope to be an
example that
those living with
mental illness can
have a high
quality of life.*

Ann



NAMI Walks/Runs San Diego

*I can't describe
the heartbreak I
felt when my
teenage daughter
first told me she
wanted to kill
herself.*

*With treatment and sheer
determination, she is doing
well today.*

JAMES



NAMIWalks St. Louis

*I was
diagnosed with
schizophrenia
in 1978.*

*Now, I work to
bring together
people with a
mental illness.*

CONNIE



NAMIWalks Mobile

*Our son lives
with a mental
illness and
he is our hero.*

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Everybody has a story



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You

have a story.



Why We Are Here

- Learn a short, simple yet powerful way to share our story
- Understand how it can help our own recovery
- Harness the power of storytelling to advance NAMI's mission



Why We Tell Our Story

- Reduce stigma
- Inspire hope
- Advocate





We tell our story for ourselves

- Empowering
- Validating
- A key tool in recovery





So why don't we tell our story?

Shame = Fear of Disconnection



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It's hard!



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"There is no greater
agony than bearing
an untold story
inside you."

MAYA ANGELOU

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Pooja's Story



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Your story as a tool for recovery

- Remember that it is YOUR story
- Start by telling your story in safe spaces
- Rec...



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Powerful Platform for Recovery



Geetha Balagopal

 Faith Connections on Mental Illness

 NAMIWalks North Carolina

SUPPORT ME

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Welcome to my personal NAMIWalks page. I am walking for NAMI, to honor my precious daughters . My daughter Priya was lost to suicide in 2016. She was 24 years old.

I walk because i want Priya to be remembered for how she lived and not for how she died. I want her to be remembered for how hard she worked to eradicate stigma and help others and how driven she was to succeed academically and personally and professionally in spite of suffering immense pain for over 10 years of her young life.



“I want Priya to be remembered for how she lived not how she died. I want her to be remembered for how hard she worked to eradicate stigma and help others and how driven she was to succeed academically and personally and professionally in spite of suffering immense pain for over 10 years of her young life.”



I pledged because
people with disabilities
deserve BETTER

Powerful Platform for Recovery



Cathy Kramer

All our love Geetha 💜

Like · Reply · 17w



Jo Ann Stoddard McNeil

Priya's words and your actions remind us of this important and neglected need. Our hearts are with you, always.

Like · Reply · 16w



Doug Stark

In memory of your daughter and two friends that were killed by their son. You continue to amaze us Geetha. Best wishes for successful fund raising!

Like · Reply · 16w



Peg Morrison

Your page is so moving. Thanks for all that you do.

Like · Reply · 3w



Peg Morrison

So moving.

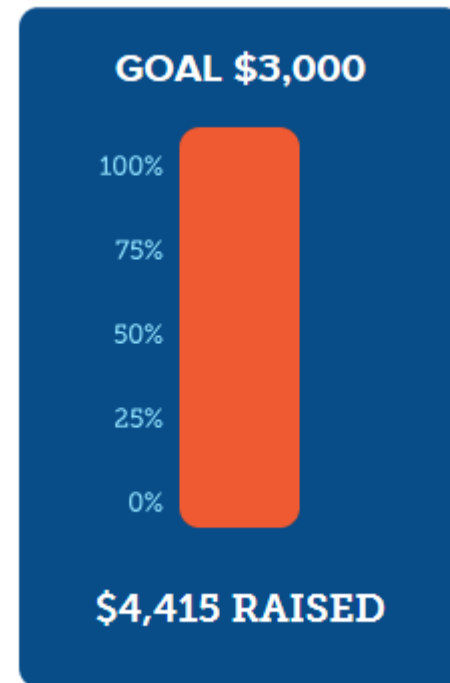
Like · Reply · 3w



Sharon Conley

Your words are a lovely tribute to both of your daughters!
Bill and Sharon

Like · Reply · 3w



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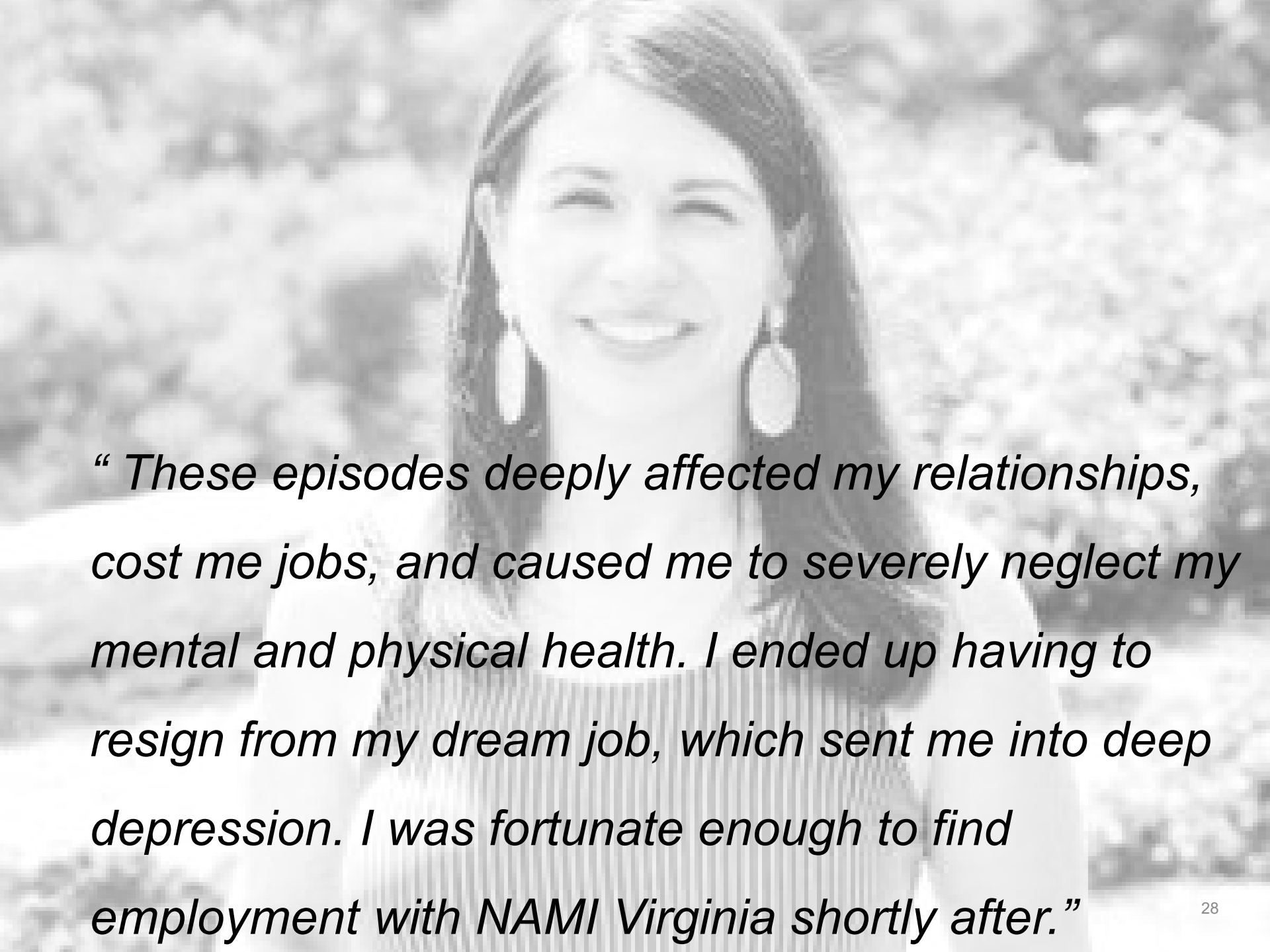


Caitlin Reynolds

 Team Captain  Bipolar Phoenix

 NAMIWalks Virginia

SUPPORT ME



“ These episodes deeply affected my relationships, cost me jobs, and caused me to severely neglect my mental and physical health. I ended up having to resign from my dream job, which sent me into deep depression. I was fortunate enough to find employment with NAMI Virginia shortly after.”



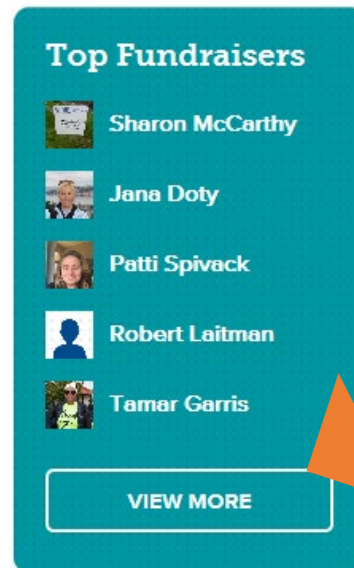
“Now that I am in recovery, I want to speak out.”





Powerful Platform for Finding Stories

- Walk Leaders can access hundreds of stories



Stories Posted Publicly



Christina P

\$730.00 / \$1,000.00

DONATE NOW!



James

Van Metter's Vallant Walkers for Hope

\$1,025.00 / \$1,000.00

DONATE NOW!



Joseph S.

Peace Is Easier

\$729.00 / \$900.00

DONATE NOW!



Martin

Journey to Recovery

\$1,000.00 / \$999.49

DONATE NOW!



Kara

In Honor of Marie

\$885.00 / \$500.00

DONATE NOW!



Sharon

Moving Forward

\$1,000.00 / \$1,000.00

DONATE NOW!



Barbara

EMS CARES

\$018.00 / \$500.00

DONATE NOW!



Louise

Journey to Recovery

\$985.00 / \$2,000.00

DONATE NOW!



Wendy

\$805.00 / \$50.00

DONATE NOW!



Jessica

\$800.00 / \$500.00

DONATE NOW!



Michelle

Journey to Recovery

\$730.00 / \$1,000.00

DONATE NOW!



Powerful Platform for Finding Stories

- Those who share once usually share again
- Build relationships with them
- Call on them for events, programs, speaking engagements, media interviews, and more

Wayne's Story





Steps for Crafting a Brief, Powerful Story





Step 1

1.	Introduce yourself
	Give your name, location and NAMI affiliation (optional).
	Share how you are impacted by mental illness. Are you living with mental illness, a family member, a caregiver?

Step 2

2.	What happened?
	<p>What happened before you received the help you needed? Keep this brief-- think about the most important thing you'd like your listener to know.</p>

3-9 sentences, max

Step 3

3.	What helps?
	<p>Describe what helped in your recovery (or would have helped). Include both external interventions and individual strategies for improving or maintaining wellness.</p>

1-5 sentences



Step 4

4.	What's next?
	<p>Share what is going right in your life or how you are experiencing recovery. Conclude on a positive note.</p>

1-3 sentences

Now it's your turn

Take
7 to 10
minutes to
craft your
story

Story Worksheet



1. My introduction	Include your name and city. We encourage you to describe yourself as "a member of [NAMI State Organization or Affiliate], part of America's largest grassroots mental health organization, the National Alliance on Mental Illness." Add how you have been impacted by mental illness.
2. What happened	Aim for 3-9 sentences, max. Briefly describe the most important and compelling thing(s) about your situation.
3. What helps	Aim for 1-5 sentences. Briefly describe what helped in your recovery (or what would have helped). Include both external interventions and individual strategies for improving or maintaining wellness. Aim for a hopeful tone that helps show what is helpful.
4. What's next	Aim for 1-3 sentences. Share what is going right in your life or how you are experiencing recovery. Conclude on a positive note.

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1.	Introduce yourself
	Give your name, location and NAMI affiliation (optional).
	Share how you are impacted by mental illness.
2.	What happened?
	What happened before you received the help you needed?
3.	What helps?
	Describe what helped in your recovery (or would have helped).
4.	What's next?
	Share what is going right in your life or how you are experiencing recovery.

Find a neighbor and share your story or listen to theirs

*Take 5
minutes to
share and/or
listen*

Story Worksheet



1. My introduction	Include your name and city. We encourage you to describe yourself as "a member of [NAMI State Organization or Affiliate], part of America's largest grassroots mental health organization, the National Alliance on Mental Illness." Add how you have been impacted by mental illness.
2. What happened	Aim for 3-9 sentences, max. Briefly describe the most important and compelling thing(s) about your situation.
3. What helps	Aim for 1-5 sentences. Briefly describe what helped in your recovery (or what would have helped). Include both external interventions and individual strategies for improving or maintaining wellness. Aim for a hopeful tone that helps show what is helpful.
4. What's next	Aim for 1-3 sentences. Share what is going right in your life or how you are experiencing recovery. Conclude on a positive note.

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Darcey's Story





Darcey's Story

- **Step 1:** Introduction and impact
- **Step 2:** What happened? (3-9 sentences)
- **Step 3:** What helped? (1-5 sentences)
- **Step 4:** What's next? End on a positive note.

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Who is willing to
share?

Your Story's Ripple Effect

- Encourages people tell their story
- Brings new people to NAMI and events
- Raises funds and awareness



Thank you!





Please take a few minutes to give us your feedback about this session

There are **two ways** you can give us your feedback:

1. Download the NAMI Convention App and rate the session in real time:

App Download Instructions

Visit your App Store and search for the “Aventri Events” app. Download the app and enter Access Code: 778151 or scan the following QR Code:



2. You can also evaluate the session on your computer. Go to: www.nami.org/sessioneval, select the session and click “Rate This Session.”