How to Bring NAMI on Campus to Your Community

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Objectives

- What is NAMI on Campus
- Why NAMI on Campus Matters
- How to Get Involved with NAMI on Campus
- NAMI on Campus Resources
- Other Related Young Adult Activities
What is NAMI on Campus?

NAMI on Campus clubs are **student-led** clubs that tackle mental health issues on campus by:

- Raising mental health awareness.
- Educating the campus community.
- Supporting and connecting students.
- Promoting services and supports.
- Advocating.
Why NAMI on Campus Matters

- One in four young adults have a mental health issue.
- 40 percent are not seeking help.
- Stigma is the number one barrier.
- Students value peer support.
- NAMI on Campus clubs can make a difference.
Why NAMI on Campus Matters

- Engages young adults with NAMI.
- Expands your reach and audience.
- Supports emerging leaders → the future of NAMI.
- Connects young adults to their lifetime cause.
Why NAMI on Campus Matters

“NAMI on Campus has been such an incredible gift in my life. It has allowed me to meet and connect with students around my campus, who have had or are going through similar experiences as my own. I feel accepted by these groups of people and am so fortunate to have them in my life, supporting a wonderful cause such as mental health.”

“I joined NAMI on Campus to connect with those similar to myself in a supportive environment, but also to positively impact others around campus and contribute to ending the stigma and isolation associated with having a mental illness.”

“Since society has placed such a large stigma on such issues, it is extremely difficult for those affected by mental illness to speak out about their struggles, especially on a college campus. This is why I chose to start a NAMI campus club.”
NAMI On Campus Clubs

Welcome NAMI on Campus leaders!

We're so happy to have you join our growing movement. In this section you'll find exclusive resources for starting and leading a NAMI on Campus club.

Getting Started

Congratulations on starting a NAMI on Campus club! The first step is to complete the NAMI on Campus Startup Packet to become a recognized and approved club. Here are additional resources, tools and templates to help you complete the steps in the Startup Packet.

NAMI on Campus Club Activities

NAMI on Campus clubs host events on campus to raise mental health awareness and advocate for mental health
NAMI on Campus Leaders Only

Resources

• NAMI on Campus Startup Packet
• Promotional Materials
• Club Activities
• Sustainability Ideas
• NAMI State Organization and NAMI Affiliate Resources
• And Much More…
Frequently Asked Questions from NAMI State Organizations and NAMI Affiliates

Answers to frequently asked questions from NAMI State Organizations and NAMI Affiliates.

How can NAMI State Organizations and NAMI Affiliates promote NAMI on Campus to schools and students?
NAMI has created a tip sheet for NAMI State Organizations and NAMI Affiliates on how to promote NAMI on Campus, including how to reach out to schools and students.

How Can NAMI State Organizations And NAMI Affiliates Support Existing NAMI On Campus Clubs?
NAMI has created a tip sheet for NAMI State Organizations and NAMI Affiliates on how to support existing NAMI on Campus clubs and leaders. This document includes a comprehensive list of ideas on how to collaborate successfully with student clubs.

How Can NAMI State Organizations And NAMI Affiliates Help With The NAMI On Campus Startup Process?
It is important that efforts to start a club are led by students but NAMI State Organizations and NAMI Affiliates play an important role in supporting students starting clubs. As part of the startup process, students are required to reach out and connect with their NAMI State Organizations and NAMI Affiliates. We want to make sure you are aware of each other and have the opportunity to build collaborative relationships. Check out NAMI’s tip sheet on Starting NAMI on Campus Clubs for NAMI State Organizations and NAMI Affiliates for more information on your role during the startup process.

Do NAMI On Campus Clubs Need To Pay Membership Dues?
As part of the NAMI on Campus startup process, all students create free NAMI online accounts at www.nami.org/register. We also highly recommend to them that they become dues-paying NAMI members under the Open Door membership option.
Get Involved with NAMI on Campus

• Promoting NAMI on Campus

• Starting NAMI on Campus Clubs and The Endorsement Process

• Supporting NAMI on Campus Clubs and Leaders
Promoting NAMI on Campus

- Reach out to schools.
- Recruit students.
- Make the case.
Starting NAMI on Campus Clubs and The Endorsement Process

Three steps for students to start a NAMI on Campus club:

1. Fill out the online NAMI on Campus interest form. Direct all inquiries to this form

1. Get recognized by their school.

2. Get approved by NAMI. This includes endorsement by you.
Starting NAMI on Campus Clubs and The Endorsement Process

Provide your electronic signature.

Endorsement Signatures

Signature from your NAMI State Organization and NAMI Affiliate are required with the NAMI on Campus Startup Packet. The signature serves as an endorsement for your NAMI on Campus Club. If there is no NAMI Affiliate readily available near your campus, only a signature from your NAMI State Organization will be required. Once you complete this packet, email it to your NAMI State Organization and NAMI Affiliate for signatures. Signatures can be provided digitally or handwritten and scanned. The scanned, completed packet should then be sent to NAMI at naminational@nami.org.

NAMI will help facilitate this process and will connect you with the right people to provide signatures. Please email naminational@nami.org if you need assistance obtaining signatures.

Please note that there are many benefits to remaining connected with your NAMI State Organization and/or NAMI Affiliate after obtaining endorsement signatures. These benefits may include:

- Local support for your NAMI on Campus club if and when you need it.
- Exposure to mental health issues and services that affect your community.
- Resources, materials, programs and spaces for you to use.
- Training and internship opportunities for you and your club members.
- Wonderful staff and volunteers who can help you bring NAMI programs to your campus community and implement other collaborative projects.
- Opportunities to help sustain your club after your graduation.

It is highly recommended that you stay in touch with your NAMI State Organization and/or NAMI Affiliate after the approval process is complete to identify opportunities to work together!

Endorsement Signatures

The Board of Directors of NAMI (NAMI State Organization Name)

endorse this application for NAMI on Campus club status.

[Signature]
[Date]

AND (unless no NAMI Affiliate is readily available)

The Board of Directors of NAMI (NAMI Affiliate Name)

endorse this application for NAMI on Campus club status.

[Signature]
[Date]
Starting NAMI on Campus Clubs and The Endorsement Process

What does endorsement mean?

• Your board has reviewed and approved the packet.
• You are aware of the club.
• You support the creation of the club.
• You welcome the student leader to the NAMI family.
• You can collaborate with the club, if you want.
Supporting NAMI on Campus Clubs and Leaders

Ideas for collaboration...

- NAMIWalks on campuses.
- Offering NAMI signature programs to students.
- Providing resources and leadership opportunities.
- Engaging young adults with your efforts.
Looking Ahead

- Videos, training and more for NAMI on Campus leaders.

- Continued growth and expansion of clubs.
NAMI on Campus
Next Steps

- Find out what clubs exist in your state.
- Check out the NAMI on Campus website and the leaders only section for resources.
- Always get in touch with your NAMI State Organization
- Let us know what you need!
NAMI on Campus Links

NAMI on Campus Website
www.nami.org/namioncampus/leaders

NAMI on Campus Interest Form
https://www.surveymonkey.com/s/YC6GNPJ

NAMI on Campus Stories
http://blog.nami.org/2013/02/how-i-found-home-at-school.html
http://bit.ly/Wq6upQ
StrengthofUs.org

- New look and feel
- Promotional activities
- Think Positive campaign
- Guest bloggers
- Daily updates and content

www.strengthofus.org
www.facebook.com/StrengthofUs
Program Catalog

- Lists programs developed by NAMI, NAMI State Organizations and NAMI Affiliates for children, youth and young adults living with mental health conditions and their families.
#NAMICon16

Contact Us

namioncampus@nami.org