



NAMI On Campus

National Alliance on Mental Illness

High School Clubs



NAMI on Campus High School (NCHS) Clubs are student-led clubs that raise mental health awareness and reduce stigma on campus through fun activities and education.

Seeking Students and Advisors to Promote Mental Wellness

The NAMI on Campus High School (NCHS) Training was created to help improve the climate on high school campuses by increasing awareness of mental health and wellness through activities and events.

NCHS Training Day is for student leaders and their advisors interested in mental health and wellness. Participants will learn about forming and running a successful NCHS Club. Student leaders will be empowered during the training with:

- Toolkits and templates
- Materials
- Resources

Advisors will also receive training on their role as a trusted adult and mental health resource for students.

Who Should Attend?

High school students who wish to join a staff advisor in forming a NAMI on Campus High School Club. Each club should have one faculty advisor who has interest in supporting student wellness and a minimum of 7 students.

Student teams should reflect the population of the school (i.e. not solely made up of 9th or 12th grade students).



For questions please contact: Monica Nepomuceno, Education Programs Consultant, mnepomuceno@cde.ca.gov

When: Friday, November 4, 2016
 Cost: **Free** – Breakfast & Lunch will be provided
 Time: 8:30 a.m.–3:00 p.m.
 Where: San Diego County Office of Education
 Joe Rindone Regional Technology Center JRRTC
 6401 Linda Vista Road
 San Diego, CA 92111

To participate in this training opportunity, register at:

<http://sdcoe.k12oms.org/918-122532>

Registration closes October 28, 2016
Space is limited to 80 people!

Schools wanting to participate should meet the following:

- **Have a student advisor with mental health background**
- **Have the commitment of the district superintendent and site principal**
- **Be able to support a NAMI on Campus High School Club**

In NCHS, students will:

- Gain leadership experience
- Promote mental health and wellness on campus
- Reduce stigma and discrimination against mental illness
- Plan activities such as movie screenings, mental health fairs, fundraising campaigns
- Participate in an extension of NAMI, the largest grassroots nonprofit organization dedicated to advocacy and education surrounding mental health challenges

Sponsored by the California Department of Education (CDE), Coordinated Student Support Division, and the San Diego County Office of Education (SDCOE), Garden Grove Unified School District (GGUSD), and ABC Unified School District (ABCUSD) through the *Now is the Time* Project Advancing Wellness and Resilience in Education State Educational Agency (NITT-AWARE-SEA). California's Project NITT-AWARE-SEA (Project Cal-Well) is a consortium of the CDE and three grantee LEAs: San Diego County Office of Education (SDCOE), Garden Grove Unified School District (GGUSD), and ABC Unified School District (ABCUSD).

In accordance with the Americans with Disabilities Act, if you need special accommodations to participate, please contact Janet Ortega (858) 292-3666 at least 48 hours in advance.



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