

About Mental Illness

Mental illness is a term used to describe a group of disorders that can cause disturbances in thinking, feeling, sensing, and relating to other people, and which can result in diminished capacity for responding to the demands of life. Mental illness can affect persons of any age, sex, race, religion, social, and economic background.

According to the UCLA School Mental Health Project, “schools and communities are increasingly being called upon to meet the needs of all youngsters, including those with behavioral, emotional and learning problems.” An estimated 1-in-5 children are affected by emotional disorders; yet less than 1/3 seek treatment because of stigma or lack of affordable, accessible, effective services.

The number of children who have mental illness is estimated to be 18 million nationwide. “Fifty percent of children with a serious mental illness drop out of school. A large percentage of those who drop out end up in juvenile detention centers.” (Final Report, President’s New Freedom Commission).

Famous People with Mental Illness

Abraham Lincoln
Winston Churchill
Vincent Van Gogh
Terry Bradshaw
Patty Duke
Sylvia Plath
Mariah Carey
Emily Dickinson
Marilyn Monroe

Eugene O’Neill
Ernest Hemingway
Isaac Newton
Jane Pauley
Ludwig Von Beethoven
Janis Joplin
Brooke Shields
Agatha Christie
John Nash

Other NAMI NJ Programs

ETE is one of several NAMI NJ programs designed to advance public understanding about mental illness. Others include:

Every Mind Matters: Separate age-appropriate programs designed to educate students in Grades 5-8 and 9-12 about mental illness.

Mental Health & Wellness Programs: Educational and stress-reduction activities designed to overcome stigma and increase understanding about mental illness.

NAMI Basics: the fundamentals of caring for you, your family and your child with mental illness: Free 15-hour course for caregivers of children and adolescents with mental illness.

Family-to-Family Education Program: Free 12-week course for family caregivers of adults with mental illnesses.

In Our Own Voice, Living with Mental Illness: A powerful and inspiring recovery-oriented outreach presentation by people recovering from mental illness.

Multicultural Programs: Outreach programs providing education and support to the Hispanic, Asian, and African-American communities. Workshops for Cultural Competency Training.

Professional Education: Education programs for mental health service providers, co-taught by consumers, professionals and family members.



NAMI NJ “EDUCATING the EDUCATORS” (ETE)

*A program designed to help
educators understand children with
biologically based mental illness.*



NAMI NEW JERSEY

National Alliance on Mental Illness of New Jersey
1562 Route 130, North Brunswick, NJ 08902

Phone: 800-706-0316

Visit our website: www.naminj.org

Email: ete@naminj.org

About the Program

Educating the Educators (ETE) is a unique 2-3 hour professional development program. Its sole purpose is to enlighten and inform K-12 educators about mental illness and present practical tools to help motivate children with social/emotional disorders to succeed in school. NAMI NJ developed **ETE** in partnership with the NJ Council of Child & Adolescent Psychiatry and the NJ Psychiatric Association.

ETE is flexible and responsive to each school setting where it is presented. It can be tailored to address some or all of the following disorders: ADD, ADHD, Bipolar Disorder, Major Depression, Oppositional Defiant Disorder, Conduct Disorder, Autism, Schizophrenia and Anxiety Disorders (including OCD). Topics include symptoms, treatment, resources, referrals, accommodations, stigma and empathy.

Since the inception of **ETE** in 2005, the program has been presented to thousands of educators (and school nurses) in all reaches of NJ, including public school districts, the Juvenile Justice Commission, Traumatic Loss Coalition, Youth Services Commission, Boys and Girls Club, NJEA, Middlesex Regional Educational Services Commission Roundtable, and several NJ Family Support Organizations (FSOs).

NAMI NJ is registered with the New Jersey Department of Education as a provider of Professional Development Credit Hours for ETE.

About the 3 Presenters

Part I- Physician Perspective:

“The Biological Nature of Mental Illness.”

Mental illnesses are not caused by weakness of character or poor parenting skills. A physician explains how mental illness affects cognition and school performance. Learn the symptoms and treatment for childhood-onset mental illnesses.

Part II- Teacher Perspective:

“Where Do We Go From Here?”

Learn strategies, resources and lesson plans for working with students with SED. Resources and tools are provided for educators, students and families. These resources will lead to a more enriching experience for everyone involved in guiding each child towards a successful future. An experienced educator provides turn-key lesson plans and training on their application and use.

Part III- Family Perspective:

“Walk in My Shoes”

We are all members of the human family. Learn how parents cope, despite feeling overwhelmed and struggling to understand the meaning that their child’s mental illness has for them. Learn family strengths, as the parent puts a human face on mental illness and invites the audience to walk in his/her shoes. The parent challenges the stigma which surrounds children and their families who are affected by these disorders.



***For information on nominal cost
and to schedule an ETE presentation, call
800-706-0316 (Email ete@naminj.org)***

About NAMI NEW JERSEY

NAMI NJ is a state affiliate of NAMI, the National Alliance on Mental Illness, a nationwide grassroots organization with over 220,000 members. We are dedicated to fighting the effects of mental illness on the lives of individuals and families with programs of support, education and advocacy. NAMI NJ has local affiliates throughout NJ.

NAMI NJ is one of only 51 Outreach Partners nationwide of the National Institute of Mental Health (NIMH). NAMI NJ conducts mental health outreach/education for the public, professionals, K-12 schools, minorities and other populations using mental health-related NIMH information or other resources. NAMI NJ bridges the gap between research and clinical practice by disseminating the latest scientific findings, informing the public about mental disorders, thereby reducing stigma.

“Strong school mental health programs can attend to the health and behavioral concerns of students, reduce unnecessary pain and suffering and help ensure academic achievement.”

- New Freedom Commission Report
