

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 upon the lives of individuals and families through programs of support, education and advocacy. NAMI NJ has local affiliates throughout NJ.

NAMI NJ is a National Institute of Mental Health (NIMH) Outreach Partner and conducts mental health outreach/education for the public, professionals, K-12 schools, families and minority 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.

About Mental Illness

Mental illness is a biological health condition that changes a person's thinking, feeling or behavior (or all three) and that causes the person distress and difficulty in functioning. (National Institute of Mental Health [NIMH]. "The Science of Mental Illness," 2005.) Mental illness can affect persons of any age, sex, race, religion, social, and economic background.

Famous People Affected by Mental Illness

<i>Abraham Lincoln</i>	<i>Brooke Shields</i>
<i>Winston Churchill</i>	<i>Michael Phelps</i>
<i>Vincent Van Gogh</i>	<i>Isaac Newton</i>
<i>Terry Bradshaw</i>	<i>Britney Spears</i>
<i>Patty Duke</i>	<i>Ludwig Von Beethoven</i>

Other NAMI NJ Programs

"Every Mind Matters" is one of several NAMI NJ programs designed to advance public understand about mental illness. Others include:

The "Educating the Educators" (ETE) Program is a mental illness education presentation targeting NJ K-12 educators. NAMI NJ is registered with the NJ Department of Education as a provider of Professional Development Credit Hours for K-12 Educators. ETE supports NJ's Core Curriculum Content Standards.

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.

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

Family-to-Family Education Program: A free 12-week course for family caregivers of individuals with severe mental illness.

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

Multicultural Programs: Education and support programs providing outreach to Hispanic, Asian, and African-American communities.



"EVERY MIND MATTERS" TEACHING PACKETS

*Teacher-friendly modules for
Grades 5-8 and Grades 9-12
designed to teach students about
mental health & wellbeing.*

*Meet NJ's Core Curriculum
Content Standards (CCCS)*



***For further information and to
order teaching packets for a
nominal charge, please call***

NAMI NEW JERSEY

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About the Program

“**Every Mind Matters**” is a creative and interactive student education initiative, designed to inform students about the importance of their mental health, as well as their physical health, while answering the call for mental health education to be included in school health curricula.

“**Every Mind Matters**” was originally developed in 2006 as an outreach to students as the “next step” to the NAMI NJ mental illness education outreach for K-12 educators, “*Educating the Educators*” (ETE) Program. In its original format, “**Every Mind Matters**” involved our trained volunteers, all experienced K-12 teachers, providing structured in-school presentations to students. At the conclusion of each presentation, health teachers requested that NAMI NJ make the lessons available to them to present on their own. This long-term solution to teaching about mental health provides teachers with easy-to-use mental health resources.

According to the Surgeon General’s Report, mental illness affects 1 in 5 children. One in every 10 children has a mental illness severe enough to cause disability, interfere with normal development and require urgent treatment. However, only 1 in 5 children who requires treatment for disorders, such as ADHD, Bipolar Disorder, Anxiety Disorders, Major Depression, Conduct Disorder or Oppositional Defiant Disorder, receives it.

About the Teaching Packets

NAMI NJ has designed multi-media teaching packages for use by Health and Physical Education Teachers in Grades 5-8 and Grades 9-12, as well as teachers in other subject areas. The packets can be used as single lessons or extended to several classes. **The teaching packets can be re-used year after year as part of the health curriculum. All materials may be copied for classroom use.** Topics challenge stereotypes and provide a springboard for rich classroom discussion.

Each packet contains a complete set of ready-to-use materials:

- ◆ *Educational objectives.*
- ◆ *Correlation with State Standards.*
- ◆ *Pre-and Post-tests.*
- ◆ *CD with grade-appropriate PowerPoint presentation.*
- ◆ *Structured lesson plan narrative that correlates with each PowerPoint.*
- ◆ *Background information on mental illness.*
- ◆ *Mental health/mental illness resources.*
- ◆ *Masters for cross-curricular activities, interactive projects, handouts for students.*
- ◆ *NAMI Booklet: “Parents & Teachers as Allies.”*
- ◆ *NAMI NJ book, “Psychiatric Medications for Children” by Mark Perrin, M.D.*



“No knowledge is more crucial than knowledge about health. Without it, no other life goal can be successfully achieved.” –Boyer (Boyer, E. L., *The Carnegie Foundation for the Advancement of Learning*, 1983)

About the Lesson Plans

Each of the “Every Mind Matters” lessons includes a grade-appropriate, strengths-based lesson plan narrative, which encourages a healthy life-style, including proper nutrition, exercise, and stress relief.

Students learn about their brain, which regulates every part of daily life. Those practices and substances that abuse our brains are identified.

Students discover that there is a relationship between brain biology and mental illness, the symptoms of disorders and the importance of seeking help. They learn that treatment works.

“Every Mind Matters” Grades 5 - 8

Teaches students about prominent people with mental and physical disabilities. The teaching packet describes the symptoms of several mental illnesses and explains how persons with these illnesses can be helped. Students learn the meaning of stigma and how to stamp out stigma related to persons with disabilities.

“Every Mind Matters” Grades 9 - 12

Provides students with a more in-depth explanation of the common mental illnesses and their symptoms. Students learn 1) brain biology; 2) the warning signs of mental illness; 3) where to seek help; 4) how to help others who may have a mental illness; and 5) that suicide is preventable.