NAMI NEW JERSEY
“EVERY MIND MATTERS”
PROGRAM FOR MIDDLE AND HIGH SCHOOL STUDENTS

NAMI New Jersey is proud to introduce its original “Every Mind Matters” Program. “Every Mind Matters” (EMM) is an interactive health education resource designed for use by Health Teachers, Guidance Counselors, School Nurses, Psychologists and Social Workers, and other Educators and Mental Health Professionals to deliver to their middle and high school students. The EMM Teaching Resource targets all students in Grades 5–12 to educate them about the importance of taking care of their mental, as well as physical, health. “Every Mind Matters” helps students meet current NJ Core Curriculum Content Standards for health. The resource kits include interdisciplinary activities which also help meet CCCS for language arts, math, and science. NAMI NJ can provide a three-hour professional development in-service on the EMM Program to educators. Presenters are also available to conduct EMM lessons to individual health classes when requested.

The program was created by a team experienced in development and implementation of School Education Programs. It has been approved by child psychiatrists for medical accuracy, and middle and high school educators, for educational appropriateness.

The centerpiece of each “Every Mind Matters” Program is an informational and interactive PowerPoint CD, a structured narrative and numerous cross-curricular activities in three lessons. The EMM Resource Kit includes lesson plans, activities, assessments, optional long-range assignments and additional resources. Instruction and activities are geared towards increasing students’ resources to help them find practical solutions to cope with sometimes life-threatening issues, such as bullying and depression. Other outcomes involve increasing student awareness of:
- importance of mental as well as physical health
- warnings signs of stress and stress relief activities
- risks for mental illness,
- suicide prevention strategies
- resources for seeking help and accessing services
- understanding stigma
- modifying attitudes and behavior towards people with mental illness.
- bullying prevention

“What a refreshing new program to instruct our school children on mental health and mental illness! Every Mind Matters is a creative and informative resource providing educators with the tools necessary to teach the importance of mental health in all our lives.”

Mary Jean Guidette, Middlesex County Superintendent of Schools ED. D. (Retired)

Our Every Mind Matters training is a hands-on workshop for educators who teach health or work in counseling students. Because of the hands on format, we prefer to limit the participants in this training to 20 or fewer. The EMM training costs $750, and one resource kit is provided for free with the training. The EMM resource kits (Grades 5-8 or Grades 9-12) can be purchased separately for $175 each, plus $10 shipping and handling. For information about “Every Mind Matters,” call Lorrie Baumann, NAMI NJ Director of School Education Programs, 908-685-0206, or email Lorrieb7777@aol.com