



National Alliance on Mental Illness

nami

New Jersey

2018 Updates and New Initiatives

Meredith Masin Blount
Executive Director



Hope is being able to see that
there is light despite all of the
darkness.



Desmond Tutu



What are you going to do...

What is your goal for NAMI NJ?



How do we achieve that goal?

1. Affiliate Support
2. Expansion of Services
3. Telling our Story
4. Getting Funding

1. Affiliate Support

- One of NAMI NJ's main goals is to Support Affiliates
 - ***There is no cookie cutter approach***
 - Implementation of Signature Programs
 - Lists of training dates
 - Increasing the number of “train the trainers”
 - Member recruitment
 - Bringing the resources you need to bring the members to your affiliates



The Big Bad “R” word...

REAFFILIATION!!!



Reaffiliation - How NAMI NJ can help!

- One-on-one Technical Assistance
- Upload Parties!
- Customized help
 - Compilations
 - Minutes
 - By-laws
 - Uploading

YOU GOT THIS!



Coming Soon...

➤ **Affiliate Surveys**

- We want to hear from you!
- Needs AND Satisfaction

➤ **Regional Leadership Mini-Conferences**

- Southern Region – April 7, 2018
- Central/Northern – tbd

- Opportunity to network, problem solve, “sharpen your saw!”

What will NAMI NJ do for affiliates?

- Financial Support for website creation
 - NAMI NJ will provide funding to upstart and maintain your website for 1 year* (based on NAMI National platform)
 - Must be actively pursuing reaffiliation



New Staff Member – Role

➤ **Communications and Technology Manager**

➤ Stephanie Har

➤ What does this position do?

➤ Coordinate social media/electronic outreaches

➤ Helps affiliates:

➤ Create websites

➤ Create Facebook/Instagram/Twitter accounts

➤ Provide Technical Assistance on electronic media outreach



2. Expansion of Services

- ▶ Take our proven successes – expand their reach
 - ▶ More classes
 - ▶ More facilitators/teachers
 - ▶ More trainings
- ▶ Meet the needs where they exist
- ▶ *Controlled growth*



Educating the Educators (ETE) Every Mind Matters (EMM)

- ▶ **ETE**: to help K-12 educators understand children with biologically-based mental illnesses. ETE, copyrighted by NAMI NJ, is the only NJ program dedicated solely to educating teachers about mental illness in the classroom.
- ▶ **EMM**: is an interactive health supplement designed for students in Grades 5-12 and Grades 9-12 to enhance their knowledge about physical and mental health and strengthen their coping strategies in dealing with stressful feelings and situations. It contains information and resources on mental health, mental illness, the brain, stress relief, anti-stigma and anti-bullying.



Educating the Educators (ETE) Every Mind Matters (EMM)


- ▶ NAMI NJ is in process of expanding ETE/EMM throughout the state
- ▶ What do we need?
 - ▶ Parents...
 - ▶ Teachers...
 - ▶ Medical Professionals...
- ▶ ...to provide ETE presentations through the state.



Educating the Educators (ETE) Every Mind Matters (EMM)

- ▶ 3 Information Calls
 - ▶ **June 20, 2018**
 - ▶ 12:00 – 1:00 pm
 - ▶ 4:00 – 5:00 pm
 - ▶ **July 9, 2018**
 - ▶ 10:00 – 11:00 am

- ▶ Training in August



Helping others is the key duty of everyone on this earth who is remotely capable to do so.



Joanna Krupa

3. Telling Our (collective) Story

➤ **NEW!!! Volunteer of the month!!**

- Nominate your peers, your teachers, your Board...
- We want to show off how *AMAZING* our volunteers are!

➤ **EVALUATION**

- Enable us to show how **far** our reach goes
 - # people we impact
 - Outcomes of our signature programs and NJ Initiatives
 - Stories



4. Funding


More \$ = More Programs = More People Served





Plan for 2018

1. Affiliate Support
2. Expansion of Services
3. Telling OUR Story
4. Funding



Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has.”



Margaret Mead