

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



NAMI NJ is proud to introduce its original program, “Every Mind Matters.” EMM is an interactive mental health EDUCATOR TOOLKIT designed for use by Health Teachers, Guidance Counselors, School Nurses, Psychologists, Social Workers, and other Educators and Mental Health Professionals. It provides information, resources, and activities for teaching about mental health and mental illness to 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. Many activities can be adapted for use in Grades K-4. “Every Mind Matters” helps teachers 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 two-hour professional development in-service on the EMM Program for up to 25 educators.

Every Mind Matters is a NAMI NJ copyrighted program created by a team experienced in development and implementation of School Education Programs. It has been reviewed 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 units. 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)

The EMM resource kits (Grades 5-8 or Grades 9-12) can be purchased separately for \$145 each, plus \$15 shipping and handling. “**Every Mind Matters**” is a NAMI NJ copyrighted program. Educators are allowed to make copies only for classroom use in the school for which it is purchased.

NAMI NJ can provide a two- hour hands on workshop on “**Every Mind Matters**” for educators who plan to use the program. EMM training costs \$550, and one resource kit is provided free with the training.

For information about Every Mind Matters, call Anu Singh, Program Coordinator of School Education Programs, 732-940-0991 or email at asingh@naminj.org