

About NAMI New Jersey

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

NAMI NJ 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.



“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

Contact

To learn more about our programs, email schoolprograms@naminj.org or call **732-940-0991**

Visit our website:

www.naminj.org/programs/school-programs



School Education Programs

Meet NJ's Core Curriculum Content Standards (CCCS)

Educating the Educators (ETE)

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



Every Mind Matters (EMM)

Teacher-friendly modules designed to teach students about mental health and wellbeing.



Other NAMI NJ Programs

NAMI Signature Programs:

NAMI Basics

NAMI Connection Recovery Support Group

NAMI Family-to-Family

NAMI In Our Own Voice

NAMI Smarts For Advocacy

NAMI Family Support Group

Home-grown Programs:

Dara Axelrod Expressive Arts Network

Hearts and Minds Wellness Education Program

Law Enforcement Education Programs

Multicultural Outreach

Veterans Information Program

About ETE

Educating the Educators (ETE) is a unique 2-3 hours professional development program. Its purpose is to 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 disorders, such as ADHD, Bipolar Disorder, Major Depression, Schizophrenia and Anxiety Disorders. Topics include symptoms, treatment, resources, referrals, accommodations, stigma and empathy.

Since its inception in 2005, **ETE** has been presented to thousands of educators and other school staff in all reaches of NJ.

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

About EMM

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

EMM was developed in 2006 as an outreach to students as the “next step” to the ETE Program. In its original format, **EMM** involved trained volunteers, all experienced K-12 teachers, providing structured in-school presentations to students. 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.

NAMI NJ designed multi-media teaching packets that teachers can reuse 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.

About Mental Illness

Mental illness is a biological health condition that changes a person’s thinking, feeling, or behavior (or all three) and causes the person distress and difficulty in functioning. Mental illness can affect persons of any age, sex, race, religion, social, and economic background.

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 require treatment for disorders receive it.



“No knowledge is more crucial than knowledge about health. Without it, no other life goal can be successfully achieved.” - Boyer

