



WHAT IS NAMI ENDING THE SILENCE?

Ending the Silence (ETS) is a 50-minute mental health presentation for middle and high school aged youth available at no-cost to schools, youth clubs, and youth groups.

Presented by a trained group consisting of:

- ✓ A young adult living with a mental health challenge, age 18-35
- ✓ An adult living in recovery with mental illness or family member of an individual living with mental illness

WHAT DOES ETS ACCOMPLISH?

Helps youth and those associated with them to learn early warning signs of mental illness and are provided with resources and tools to help themselves, friends or family members who may be in need of support.

Contact with an individual living with mental illness dispels myths, instills a message of hope and recovery and encourages students to reduce the stigma associated with mental illness.

ETS reduces stigma through:

- ✓ Education—provides accurate information about mental illness to promote understanding and dispel myths.
- ✓ Personal contact—puts a human face to mental illness and provides hope that recovery is possible.

CATEGORIES OF ETS PRESENTATIONS

There are three versions of the ETS Presentation Package – ETS for Students, ETS for Families, and ETS for School Staff:

NAMI Ending the Silence (ETS) for Students is a 50-minute presentation for middle and high school students that helps raise awareness and change perceptions around mental health conditions. The presentation includes:

- Warning Signs
- Facts and Statistics
- How to get help for themselves or a friend

The goal of NAMI ETS for Students is to create a generation of students who are well-positioned to end the silence and stigma surrounding mental illness.

NAMI Ending the Silence (ETS) for Families is a 50-minute presentation for parents and other primary caregivers of middle and high school students that helps raise awareness around mental health conditions. The presentation includes:

- Warning Signs
- Facts and Statistics
- How to approach your student
- How to work with school staff

The goal of NAMI ETS for Families is to educate families about the early warning signs of mental illness and how early recognition and prevention is key to positive outcomes.

NAMI Ending the Silence (ETS) for School Staff is a 50-minute presentation for middle and high school staff that helps raise awareness around mental health conditions. The presentation includes:

- Warning Signs
- Facts and Statistics
- How to approach your student
- How to work with families

The goal of NAMI ETS for School Staff is to educate school staff members about the early warning signs of mental illness and how early recognition and prevention is key to positive outcomes.



NAMI Ending the Silence

National Alliance on Mental Illness



Presenter Training Application Form

Name: _____

Address: _____

Phone: _____ Alternate Phone: _____

Email: _____

Best time to call: _____

NAMI Affiliate: _____

Availability to present (please check all that apply):

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning					
Afternoon					

Do you have your own transportation? Yes _____ No _____ Public Transportation? Yes _____ No _____

Are you willing to travel? Yes _____ No _____ Overnight (if applicable)? Yes _____ No _____

What language(s) do you speak fluently?

Are you a young adult? Age 18-30 _____ Age 31-35 _____ No _____

Which best describes you? Individual with a mental illness _____ Family member _____

What is your (or your family member's) current diagnosis? _____

Are you currently a NAMI member? Yes _____ No _____

If not, are you willing to become a NAMI member? Yes _____ No _____

Are you comfortable with self-disclosure? Yes _____ No__

Are you able to maintain a positive outlook and talk about your experience without “going negative”?

Yes _____ No ___

Are you willing to undergo a background check if required by your NAMI Affiliate? Yes _____ No

List other NAMI programs you have participated in and your role in the program (e.g. trainer, teacher, presenter, etc.):

1. Why do you want to be an Ending the Silence Presenter?

2. What is it about your (or your family member’s) experience that you think the students will be able to relate to?

3. What does recovery mean to you?

4. What are your views on treatment for mental health conditions?

For more information about being a part of ETS e-mail: programs@naminc.org or contact your local affiliate. You can also contact NAMI NC at 919.788.0801.