



**CLIENTS** Caregivers, Youth (high school) and Whole Families

**NUMBER** 744+ youth and families

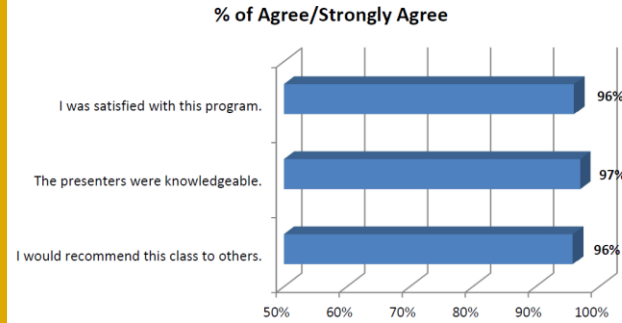
**ETHNICITY** African, Asian, Immigrant, Latino, Native American, Caucasian

**INCOME** Unknown

**DIAGNOSES** ADHD, Anxiety, Autism, Bipolar Disorder, Conduct Disorder, Depression, ODD, Schizophrenia or Psychosis

## Ending the Silence

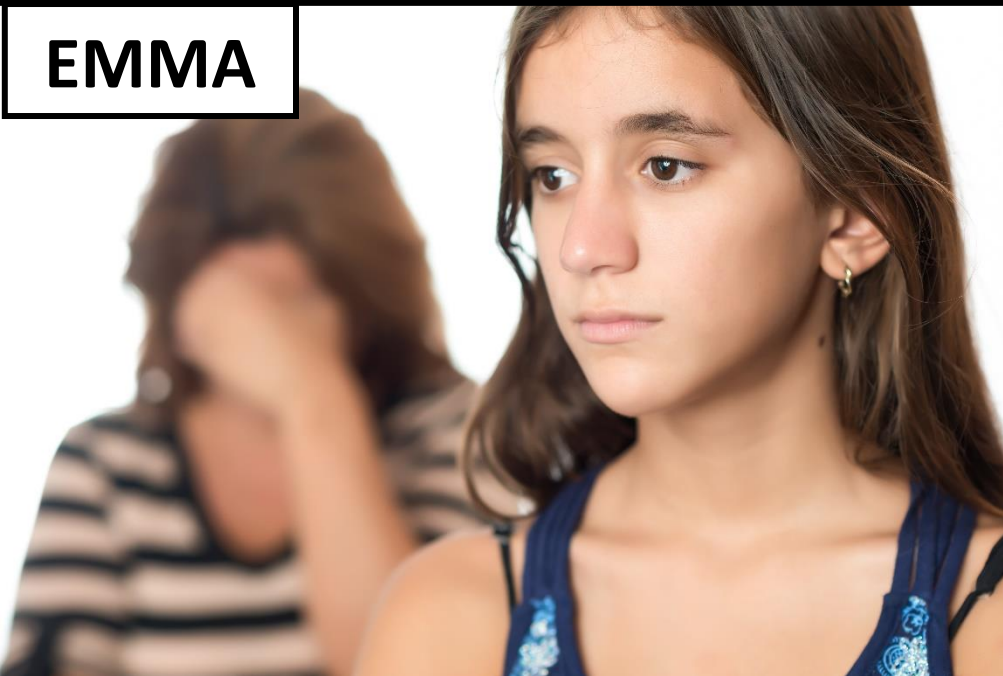
*“Amazing. I’ve been wearing NAMI wrist bands (Ending the Silence) for over a year. The class was very helpful & informative.”*  
-High School Student



## YOUTH/PARENT OUTREACH & EDUCATION

- 12 scholarships to the NAMI MN state conference
- 6 Ending the Silence classes (119 students)
- Videotape of 4 young adults sharing their stories
- 313 lockboxes and 1,052 sets of five booklets
- Translation and distribution of 300 Mental Health Crisis Planning for Children booklet (Hmong/ Somali)
- 97% reported “I know how to help a friend or myself if I notice any of these warning signs.”
- 99% reported a better understanding of early warning signs of mental illness.

## EMMA



### PROBLEM/CHALLENGE

Emma’s mother has been struggling with her daughter’s challenging behaviors and emotions since she was in Kindergarten. But lately, Emma has been more distant than usual and her mother has noticed scars on her arms where she has been cutting herself. This week, the school social worker called Emma’s mom to tell her that they had found a suicide letter in Emma’s notebook.

### INTERVENTION

Luckily, Emma’s school social worker had just received NAMI’s lockboxes and mental health booklets on crisis and hospitalization. While crisis planning with Emma’s mom, the social worker was able to offer these important take-home tools.

### IMPACT/SUCCESS

As soon as she got home, Emma’s mom put all medications, knives, and dangerous objects into the lock box. It felt good to do something. That night, she read through the NAMI booklets and learned about the 24 hour crisis phone line and mobile crisis team. Because of funding provided through RCCMHC, Emma’s mom learned what to do in an emergency and what to expect if hospitalization is necessary. She started keeping a journal and crisis kit. She also practiced strategies like the LEAP method and Collaborative Problem Solving. Today, she is still worried about Emma but she is less overwhelmed and feels like she knows what to do if things get worse.



## Ramsey County Children's Mental Health Collaborative (RCCMHC) Funded Services

**FUNDED AGENCY:** NAMI Minnesota is dedicated to improving the lives of children and adults living with mental illnesses and their families. Through education, support and advocacy, NAMI Minnesota pursues its goals to eliminate the pervasive stigma of mental illnesses, effect positive changes in the mental health system, and increase the public and professional understanding of mental illnesses.

**FUNDED PROGRAM/SERVICE:** Youth/Parent Outreach and Education

**PROGRAM/SERVICE DESCRIPTION:** RCCMHC funds supported several education/outreach strategies. 12 scholarships were provided to the NAMI Minnesota state conference. Ending the Silence was delivered six times for a total of 119 students at Humboldt High School, White Bear Lake Area Learning Center, and City Academy charter school. A young adult co-presenter is not always available for Ending the Silence so NAMI filmed 4 short videos about their illness and recovery journey. NAMI Minnesota staff distributed 313 lockboxes and 1,052 sets of five booklets (Mental Health Crisis Planning for Children, Transitions, Children's Psychiatric Hospitalization, Keeping Families Together, Juvenile Justice) plus rack cards detailing the warning signs of psychosis. And, The Mental Health Crisis Planning for Children booklet was translated into Hmong and Somali.

**LENGTH OF GRANT TERM:** October to December 2016

**AWARD:** \$29,242.00

**DATA COLLECTION:** NAMI Minnesota uses process, outcome and satisfaction evaluation. The process evaluation examines the implementation of the programs relative to the project model, predicted timeline and expected outputs. NAMI uses two types of summative evaluation: satisfaction evaluation and outcome evaluation. The satisfaction evaluation assesses how participants view the program. The outcome evaluation is used to evaluate participant change, such as change in attitudes toward mental illness.

**IMPACT AND OUTCOMES (and how they relate to RCCMHC vision and goals)**

**RCCMHC Vision: Every Child in Ramsey County Will Function at the Highest Possible Level of Mental Health.** NAMI's outreach and education strategies support the vision of RCCMHC because youth experience improved mental health when they 1) understand mental illness and recovery and 2) when they are supported by caregivers (and peers) who know the signs of mental illness, use intervention strategies, and have a crisis plan.

**Goal A: Cross-System Collaboration.** NAMI coordinated with schools, community mental health agencies, Social Services, Corrections, United Hospital, and Fort Road Medical Center, and the Juvenile Detention Center.

**Goal B: Health Equity.** NAMI delivered lockboxes and crisis booklets to many community agencies who serve diverse clients. The crisis planning booklet was translated into Hmong and Somali. The videos were filmed with closed-captioning and efforts were made to assure that there was a mix of young adults by gender, culture/ethnicity and diagnosis since it is important for students to be able to identify with the young adult presenters.

**Goal C: Whole Family Wellbeing.** While the focus was on youth well-being, parents and other caregivers also benefited through increased self-efficacy to navigate mental health and educational systems and to care for their child.

**LESSONS LEARNED:** NAMI used the 2016 RCCMHC Family Resource Guide as a starting point for identifying Ramsey County service providers. Sixteen service providers that received lockboxes and/or publication sets are listed in the resource guide. Input from the RCCMH citizens' advisory council was also very helpful for identifying important connections. There are never enough educational booklets, lockboxes, or classes- continued funding would allow NAMI to reach more youth and families. Funding could also allow other materials to be translated into Hmong and Somali (juvenile justice booklet, mental health crisis cards, etc.)