

ENGAGING COMMUNITIES of COLOR
with the
NAMI Alliance



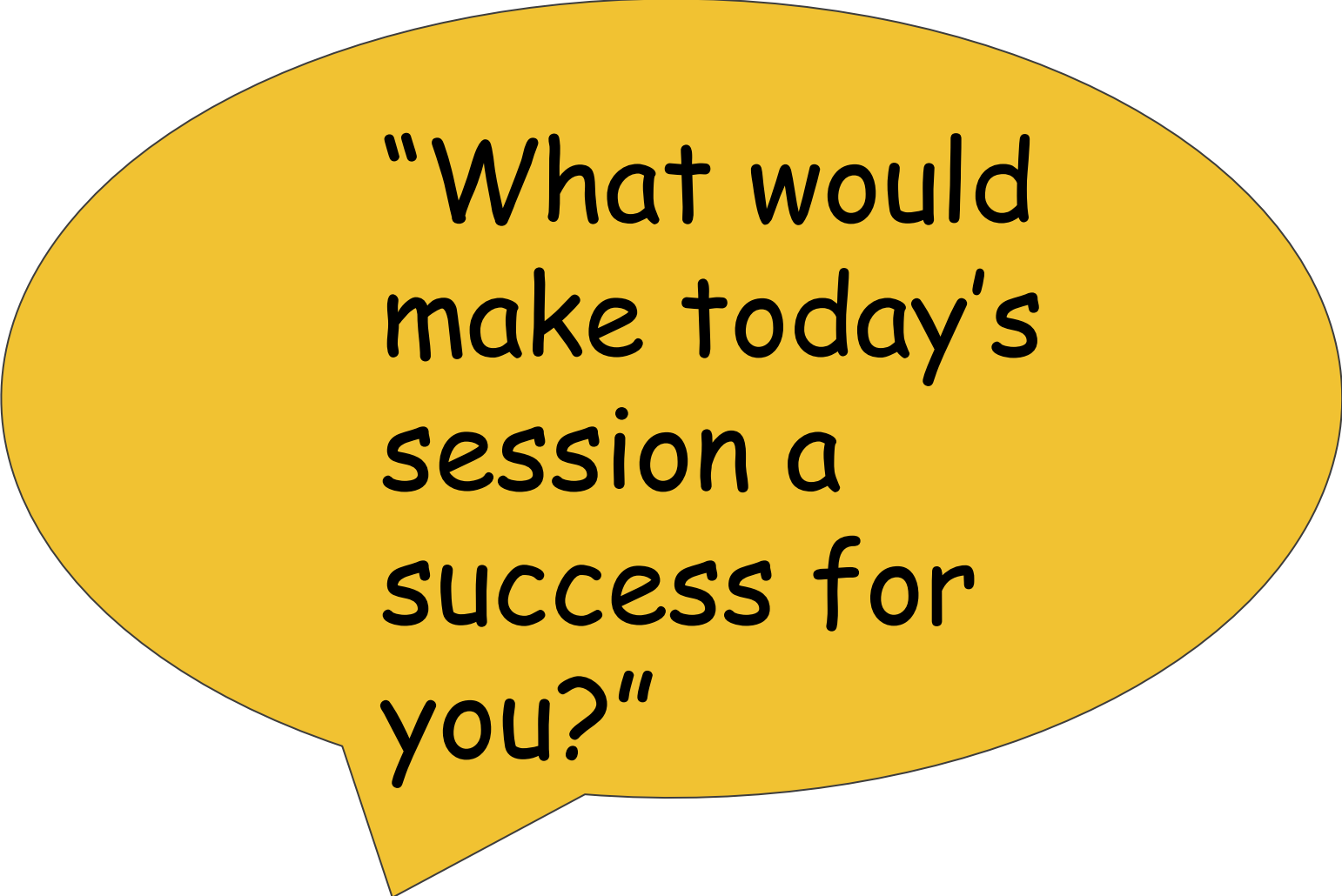
**Henry Appiah
Fernando Brigidi de Mello
Jamal Robinson
Rachel D. Wilson**





Source: Shutterstock

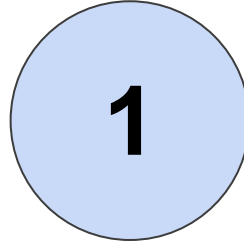
Check in with your neighbor -



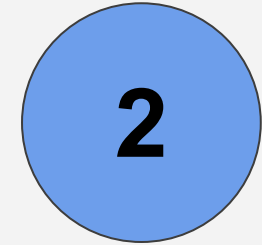
"What would
make today's
session a
success for
you?"

Agenda

Why do we care?



What can we do?



How can we do it?



Call to action



**Rachel D.
“Caregivers”**

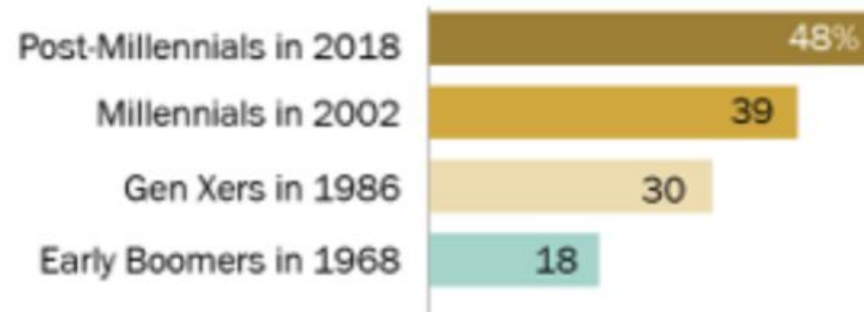


Generation Z is the Most Racially and Ethnically Diverse Yet !

- Gen Zers are currently between 4-24 years old
- Nearly 74 million in U.S.
- Nearly half are racial or ethnic minorities

Nearly half of post-Millennials are racial or ethnic minorities

% of 6- to 21-year-olds who are nonwhite



NAMI has free information and support services for anyone affected by mental health conditions.

- **Not enough people of color know about NAMI**
- **NAMI can help more people by intentionally reaching out to communities of color**

Fernando “Immigrants”



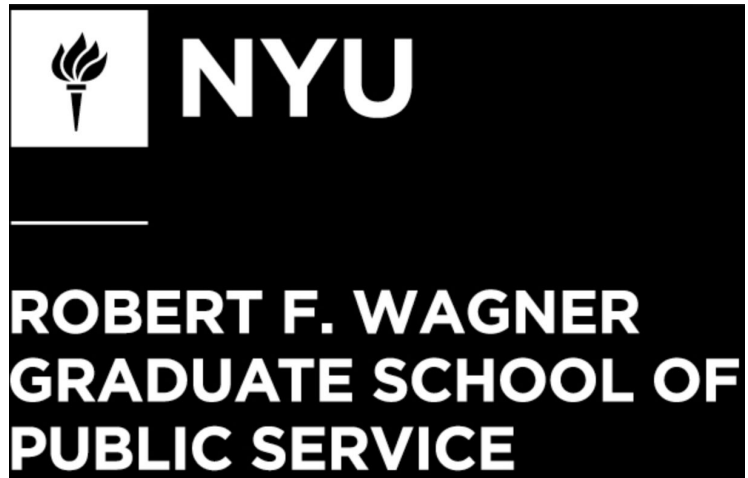
Immigrant Communities - Background

- Often leave family and friends behind – no emotional support system
- Often struggle with new language/culture – affects their sense of belonging
- Many come from a background of violence and/or trauma in their home countries
- Some have challenges with their immigration status – no access to mental health services
- Most (if not all) migrate to the US seeking a better life – high expectations

Engaging Immigrant Communities

- Meet them where they are – outreach
- Provide safe spaces – legal sanctuary spaces
- Promote their cultural backgrounds and language (if possible) – invite members of community to talk about the countries they come from
- Connect them with other government services – can be a good starting point for engagement

Henry “Teens”



Teens - Leading the Conversation

Where to start

- **Issues in school**
 - **Bullying**
 - **Testing**
 - **Depression**
- **Pre-College discussions**
 - **Applying**
 - **Attending**
- **Cyber-Bullying**
- **Issues at home**
 - **Family members**
 - **Living Conditions**
- **Drugs**
 - **Peer Pressure**
 - **Controlled Substance Usage**
- **Self-Discovery**
 - **Sexuality**
 - **Puberty**



Teens - Leading the Conversation

- **Monthly Meetings**
- **Establish Group Agreements**
- **Facilitate open dialogue discussions**
- **Empower teens to lead discussions**
- **Provide access to additional support**
- **Follow up, Follow up, Follow up**

Our role is not to diagnose, cure or treat issues of mental health. Our role is to provide spaces where conversation can be created and appropriate resources and support can be provided.

Getting the Right Start STUDENT GUIDE TO MENTAL HEALTH

KNOW THE 10 COMMON WARNING SIGNS



- | | | | |
|---|---|----|---|
| 1 | Feeling very sad or withdrawn for more than two weeks | 6 | Seeing, hearing or believing things that are not real |
| 2 | Seriously trying to harm or kill oneself or making plans to do so | 7 | Repeatedly using drugs or alcohol |
| 3 | Severe out-of-control, risk-taking behaviors | 8 | Drastic changes in mood, behavior, personality or sleeping habits |
| 4 | Sudden, overwhelming fear for no reason | 9 | Extreme difficulty in concentrating or staying still |
| 5 | Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain | 10 | Intense worries or fears that get in the way of daily activities |

WORRIED? TELL SOMEONE

- ✓ A FAMILY MEMBER
- ✓ CLOSE FRIEND
- ✓ TEACHER OR PROFESSOR
- ✓ COUNSELOR OR COACH
- ✓ FAITH LEADER



YOU ARE NOT ALONE

1 in 5
youth and young adults live with a mental health condition



WHAT TO SAY

I haven't felt right lately and I don't know what to do. Can I talk to you about it?

I'm having a really hard time lately, will you go with me to see someone?

I'm worried about stuff that's going on right now, do you have time to talk?



WHAT TO DO



Your first step is your primary care doctor, to rule out other physical health conditions



Be honest about what you're feeling and be clear about what you want



Ask for help finding a therapist or mental health specialist that works for you

KEEP IN MIND

It can take a while to get an appointment with a specialist.

If you need to see a specialist right away, speak up to get an appointment sooner.



CONNECT WITH OTHERS

Lots of youth and young adults live with a mental health condition. You can connect with them at OK2Talk.org. Also, look in your community for peer and support groups and you will discover that you are not alone.

Follow Us!



NAMI



NAMICommunicate



NAMICommunicate



www.nami.org



Jamal “Trauma”





DUTY HONOR COUNTRY

8 million

**People experience Post Traumatic Stress
(PTS).**

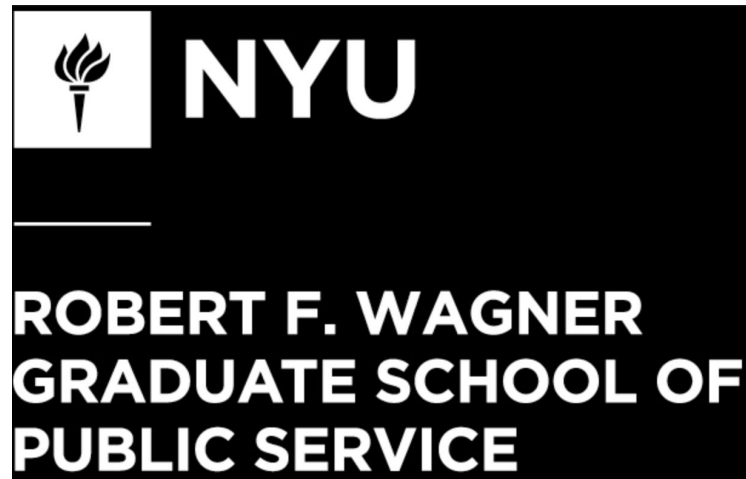
What causes PTSD?

1. **Transportation accidents**
2. **Domestic and sexual violence**
3. **Military related stress**

Trauma

**is a part of life. It's not just service members
and veterans.**

NYU Wagner team
“How do we create change?”



Start with the NAMI Alliance

- Build Empathy
- Nurture Self-Awareness
- Develop Skills
- Create Meaningful
Community Engagement



Build Empathy

Build empathy for how culture, racism, and history influence the understanding of mental illness

- Recognize both universal and culture-specific factors
- Understand how racism operates
- Appreciate the historical context of medical treatment seeking behavior
- Develop an understanding of the interface between individuals' ethnic and racial experiences and their health beliefs

Nurture Self-Awareness

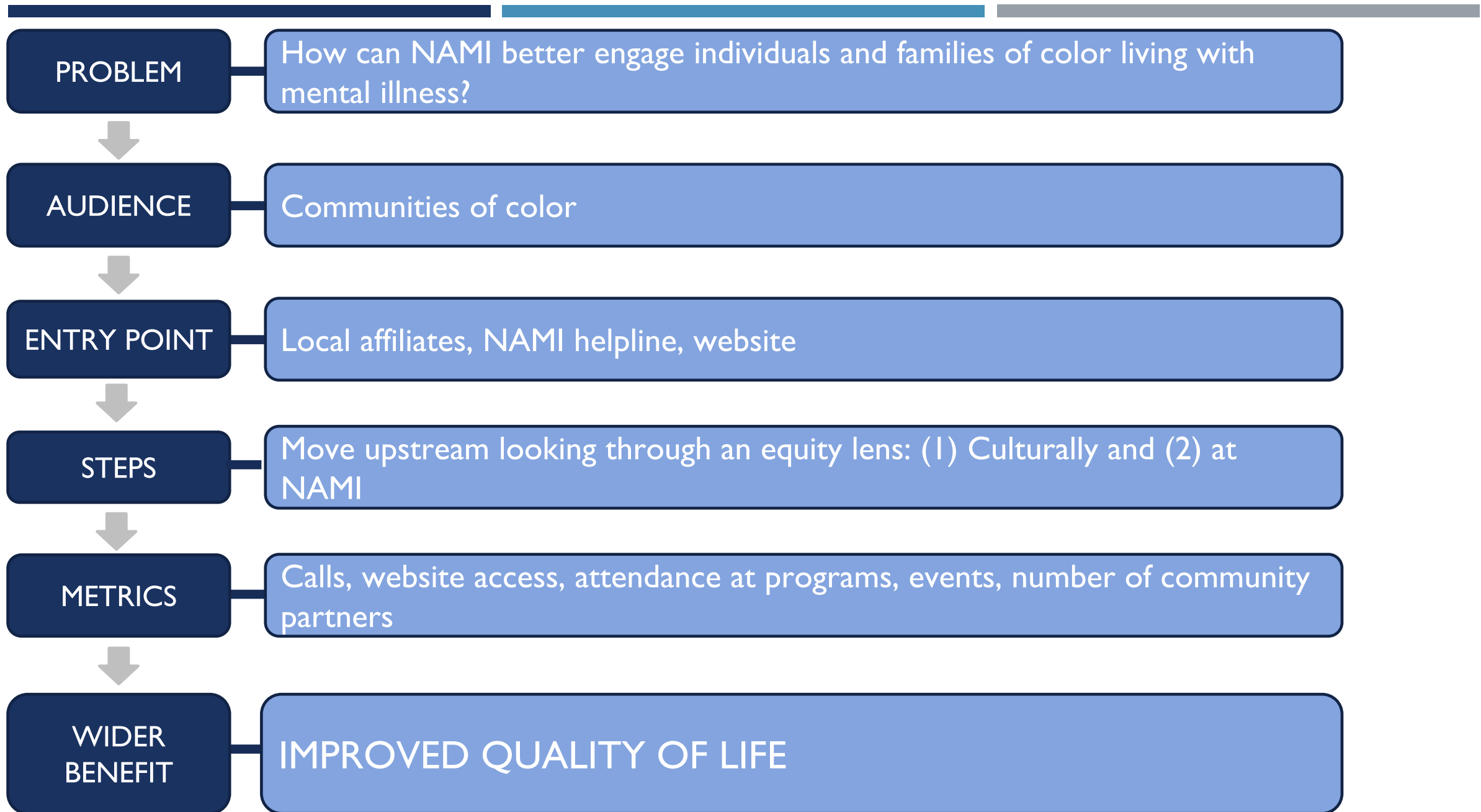
- Become aware of attitudes, biases, prejudices, and resulting stereotypes
- Develop the ability to see and understand the cultures of people of color
- Gain awareness of the racial and cultural socialization of individuals in communities of color
- Be mindful of similarities and differences between how health professionals view health and healing practices, and how communities of color view them

Develop Skills

- Within NAMI: Hire a national multi-ethnic advocate to work with the Alliance
- Make inequity visible through storytelling and data, across the Alliance
- Use facilitated storytelling to acknowledge & amplify

Create Meaningful Community Engagement

- Leverage existing networks: professional associations, fraternities, faith organizations, etc.
- Focus where community investment has been variable, i.e. disinvestment renamed
 - Neighborhoods impacted by redlining
 - Public or subsidized housing
- Peer to Peer outreach



Discussion / Q+A

Actionable takeaways

- **What are we going to do differently moving forward?**
- **Who is accountable?**
- **The NYU Wagner team looks forward to hearing about progress at NAMI's 2020 convention in Atlanta**

Funding for your affiliate

5 NAMI affiliates to receive \$1,000 apiece based on a written response to:
“How will your 501(c)3 affiliate use the funds to better engage communities of color?”

Describe your ideas in 200 words or less

Include a contact name and cell number

Email bar460@nyu.edu by 11:59 pm tonight, June 20.

The presenters from NYU’s Robert F. Wagner Graduate School of Public Service will choose, and publicize, the fund recipients

Funds dispersed Friday, June 21 at the convention



Please take a few minutes to give us your feedback about this session

There are **two ways** you can give us your feedback:

1. Download the NAMI Convention App and rate the session in real time:

App Download Instructions

Visit your App Store and search for the “Aventri Events” app. Download the app and enter Access Code: 778151 or scan the following QR Code:



2. You can also evaluate the session on your computer. Go to: www.nami.org/sessioneval, select the session and click “Rate This Session.”