

Our Movement. Our **Moment.**

#NAMICON19



**2019 NAMI
National
Convention**
JUNE 19–22 • SEATTLE

Welcome to 2019 NAMI National Convention

NAMI On Campus
At Iowa State University
By Leah Beman

Main Topics

What is NAMI On Campus?
How does NAMI On Campus Work?
How to get involved with NAMI On Campus?



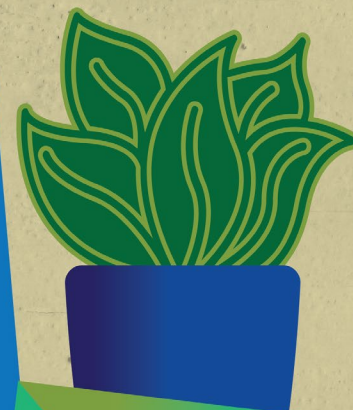
75% of all lifetime
mental health conditions
begin by age



1 in 5



young adults
experiences
a mental health
condition.



*You are
not alone.*



Who am I

- About Me
 - Cedar Rapids, Iowa
 - Iowa State University
 - Elementary Education, Special Education
- My mental health Journey
 - When it began
 - First panic attack
 - Support and stigma
 - My mental health today
- How I got involved with NAMI
 - End the stigma
 - College involvement





What is NAMI On Campus

- Extension of NAMI's mission into the campus community
- Clubs are student-led clubs that tackle mental health issues on campus by spreading awareness
- Educating the campus community, supporting students, promoting services, and advocating
- Open to all students- those with a mental health condition, family member/ friend, or general interest in mental health
- Aim to address the mental health needs of all students

How does NAMI On Campus Work at Iowa State University

- Student-led, student-run
- Activities adapted to what the campus needs
- Work with NAMI Central Iowa and NAMI Iowa
- We strive to
 - Raise mental health awareness
 - Educate the campus community
 - Promote services and supports
 - Advocate for mental health topics
- What We do
 - Monthly meetings
 - The Bandana Project
 - Mental health presentations
 - Partner with clubs and staff
 - Mental Health Exposition





Partnering with Local NAMI

Our local NAMI is NAMI Central Iowa

- Report activities for funding
- President as Board Member
- What do they help us with?
 - Starting the club
 - Budgeting
 - Fundraising
 - Planning events
 - Getting involved
 - Support



Meetings

- Second Tuesday of every month
 - Mental health advocates
 - Mental health specialist
 - Yoga
 - Service Dogs
 - Etc.
- Free speech zone for awareness
- ClubFest
- Examples of meetings we have
- Mental health presentations

Members

- Email List
- Meeting attendance
- Advisor
- Executive Positions
 - President
 - Vice President
 - Treasurer
 - Secretary
 - Public Relations Chair
 - Membership Chair
 - The Green Bandana/High School Outreach Chair
 - Campus Outreach/Presentation Chair



The Bandana Project

- University of Wisconsin Madison
- First in Iowa
- The Green Bandana
- Resource cards
- Unspoken solidarity
- New in High Schools

Resources for Veterans

Veterans Crisis Line
800-273-TALK (8255)

Combat Call Center
877-WAR-VETS (877-927-8387)

Des Moines Vet Center
515-284-4929

ISU Veterans Center
515-294-9801



24 hour crisis lines

National Suicide/Crisis Line
800-273-TALK (8255)

ISU crisis textline
text "ISU" to 741741

The Trevor Project—LGBTQIA+
Suicide prevention
866-488-7386

HOPELINE by the Center for Suicide
Awareness:

Text "HOPELINE" to 741741

Important nonemergency numbers:

ISU Police	515-294-4428
Ames Police	515-239-5133
ISU Student Counseling	515-294-5056
Student Assistance	515-294-1020
Wellness Center	515-294-1099
Resource nurse	515-294-5801
Mary Greeley Medical Center	515-239-2011
McFarland Clinic	515-239-4400

We care! Call
515-294-4428
or 911



Mental Health Emergency



Call 911

Mental Health First Aid

THE ACTION PLAN

Assess for risk of suicide or harm

Listen nonjudgmental

Give reassurance and information

Encourage appropriate professional help

Encourage self help and other support strategies

Mobil Crisis Team

Mobile Crisis Response is a service that provides teams of professional that can provide on-site, face-to-face mental health services for an individual or family experiencing a mental health crisis. They can respond wherever that crisis is occurring. To access mobile crisis response, call the Central Iowa Crisis line 24/7 at

844-258-8858

What to say when calling 911 for a mental health emergency

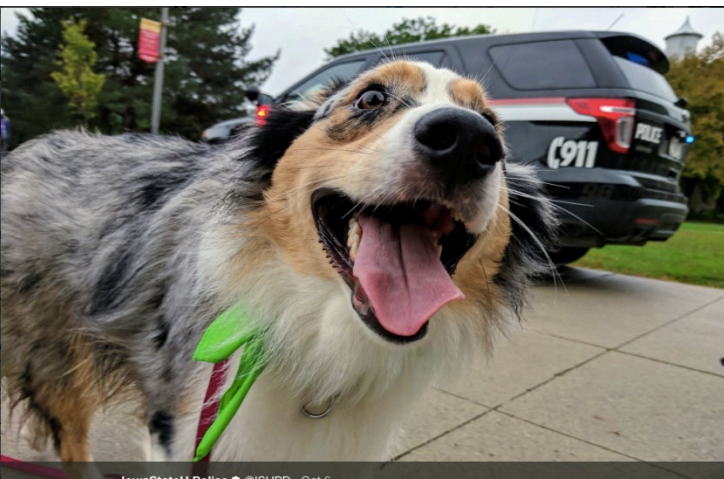
- I'm calling about a mental health emergency and request a crisis intervention team (CIT) officer.
- My name is: _____
- I'm calling from (location) because my (family/friend) is: _____
- Describe in detail what is going on right now.
- Advise police if the person in crisis has access to weapons.
- Ask if it's possible to arrive without lights and sirens.

The 911 dispatcher may ask:

- Are there any acts or threats of violence?
- Has there been a suicide attempt or has the person made threats of suicide?
- Is the person intoxicated or have they overdosed?

Self care ideas

- **Keep a diary**, write down feelings and worries
- **Sleep**, it boosts your mood and increases your energy
- **Eat well**, add something healthy to your diet
- **Stay active**, it improves your self esteem and well-being
- **Limit alcohol**, booze is only a temporary fix
- **Walk in nature**, breathe and take in your surroundings
- **Listen to music**, listen to songs that bring happy memories
- **Treat yourself**, buy that shirt or manicure



STEP ONE: TIE BANDANA TO BACKPACK.

STEP TWO: SAVE LIVES.

Mental Health Campus Presentations

- Who gives presentations
- Who we give presentations to
- Content of presentations
 - Mental health facts
 - How to help
 - Personal Stories
 - Resources
 - The Bandana Project
- Impact of presentations





Funding

- Report activities for funding
- Fundraising
 - Rummage Rampage
 - NAMI Walks
- Funds
 - NAMI Central Iowa
 - Iowa State Student Government
 - United Way Of Story County
 - CICS
 - Grants

Cost

- Speakers
- Resources
- Supplies
 - Food
 - Activity materials
- Printing
- National Conference



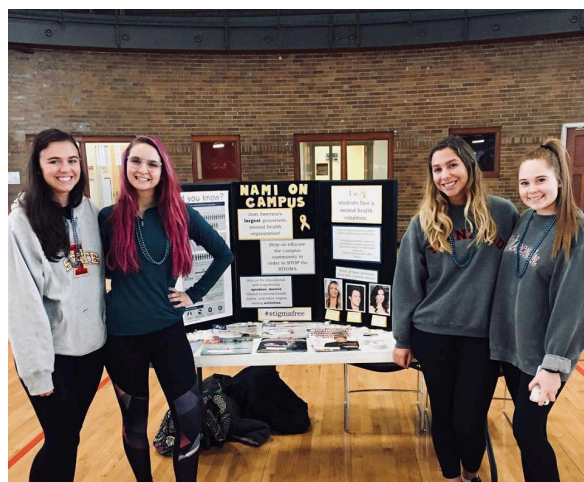
Media

- NAMI On Campus ISU
- The Bandana Project
 - Facebook
 - Instagram
 - Twitter

Advertising

- Social Media
- Flyers
- Free Speech Zone
- Tabling
- Iowa State Police Department
- Collaboration





How to get involved in NAMI On Campus

- If you are a College student...
 - Reach out to State or local NAMI
 - Become familiar with your University Club policies
 - Passionate and dedicated
 - Read the college guide on NAMI
 - Online interest form
- If you are part of a local NAMI...
 - Reach out to nearby Universities
 - See if there is a mental health club
 - Find students passionate about mental health
 - Do research
 - Online interest form



NAMI On Campus Frequently Asked Questions

- Can I be connected with other NAMI on Campus club leaders?
- Do I need to become a NAMI member and pay dues?
- How are on-campus clubs connected to the larger NAMI community?
- How often does my club have to meet?
- There is no NAMI on Campus at my university. How do I start a NAMI on Campus club?
- What are NAMI State Organizations and NAMI Affiliates?
- What do NAMI on Campus clubs do?
- What should we talk about?

Getting More Information

- Online research
- Reach out to current NAMI
On Campus
- Ask questions
- Don't be scared to reach out



Questions?

Contact Information

- NAMI On Campus at Iowa state University
 - isunamioncampus@gmail.com
- Leah's email
 - leahmariebeman@gmail.com





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.”