

#NAMIcon16

How to Bring NAMI on Campus to Your Community

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Objectives

- What is NAMI on Campus
- Why NAMI on Campus Matters
- How to Get Involved with NAMI on Campus
- NAMI on Campus Resources
- Other Related Young Adult Activities



What is NAMI on Campus?

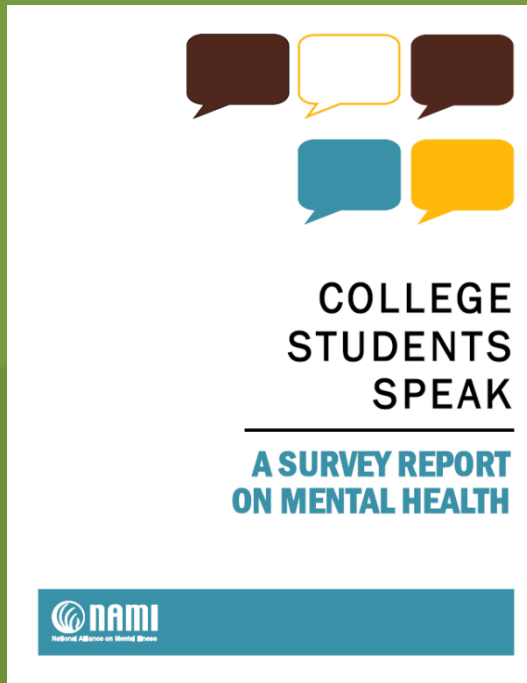
NAMI on Campus clubs are **student-led** clubs that tackle mental health issues on campus by:

- Raising mental health awareness.
- Educating the campus community.
- Supporting and connecting students.
- Promoting services and supports.
- Advocating.





Why NAMI on Campus Matters



- One in four young adults have a mental health issue.
- 40 percent are not seeking help.
- Stigma is the number one barrier.
- Students value peer support.
- NAMI on Campus clubs can make a difference.



Why NAMI on Campus Matters

- Engages young adults with NAMI.
- Expands your reach and audience.
- Supports emerging leaders → the future of NAMI.
- Connects young adults to their lifetime cause.



Why NAMI on Campus Matters

“NAMI on Campus has been such an incredible gift in my life. It has allowed me to meet and connect with students around my campus, who have had or are going through similar experiences as my own. I feel accepted by these groups of people and am so fortunate to have them in my life, supporting a wonderful cause such as mental health.”

“I joined NAMI on Campus to connect with those similar to myself in a supportive environment, but also to positively impact others around campus and contribute to ending the stigma and isolation associated with having a mental illness.”

“Since society has placed such a large stigma on such issues, it is extremely difficult for those affected by mental illness to speak out about their struggles, especially on a college campus. This is why I chose to start a NAMI campus club.”



IN THIS SECTION

Getting Started

NAMI on Campus Club Activities

Logo and Promotional Materials

NAMI On Campus FAQs

NAMI Signature Programs and Peer Support Groups

Sample Constitutions and Bylaws

Planning for Leadership Transitions

[Videos and Other Resources](#)

NAMI On Campus Clubs

Welcome NAMI on Campus leaders!

We're so happy to have you join our growing movement. In this section you'll find exclusive resources for starting and leading a NAMI on Campus club.

Getting Started

Congratulations on starting a NAMI on Campus club! The first step is to complete the NAMI on Campus Startup Packet to become a recognized and approved club. Here are **additional resources, tools and templates** to help you complete the steps in the Startup Packet.

NAMI on Campus Club Activities

NAMI on Campus clubs host events on campus to raise mental health awareness and advocate for mental health

Let us know what you think of the new Extranet!

EXTRANET SURVEY

NAMI on Campus Resources

Have a new resource for club leaders?
Want a new resource to be created?

Let us know at:
namioncampus@nami.org

www.nami.org/Extranet/NAMI-on-Campus-Clubs/Videos-and-Other-Resources



NAMI on Campus Leaders Only Resources

- NAMI on Campus Startup Packet
- Promotional Materials
- Club Activities
- Sustainability Ideas
- NAMI State Organization and NAMI Affiliate Resources
- And Much More...



NAMI on Campus Leaders Only Resources

NAMI on Campus Leaders Only

Frequently Asked Questions from NAMI State Organizations and NAMI Affiliates

Answers to frequently asked questions from NAMI State Organizations and NAMI Affiliates.

How can NAMI State Organizations and NAMI Affiliates promote NAMI on Campus to schools and students?

NAMI has created a tip sheet for NAMI State Organizations and NAMI Affiliates on [how to promote NAMI on Campus](#), including how to reach out to schools and students.

How Can NAMI State Organizations And NAMI Affiliates Support Existing NAMI On Campus Clubs?

NAMI has created a tip sheet for NAMI State Organizations and NAMI Affiliates on how to [support existing NAMI on Campus clubs and leaders](#). This document includes a comprehensive list of ideas on how to collaborate successfully with student clubs.

How Can NAMI State Organizations And NAMI Affiliates Help With The NAMI On Campus Startup Process?

It is important that efforts to start a club are led by students but NAMI State Organizations and NAMI Affiliates play an important role in supporting students starting clubs. As part of the startup process, students are required to reach out and connect with their NAMI State Organizations and NAMI Affiliates. We want to make sure you are aware of each other and have the opportunity to build collaborative relationships. Check out NAMI's tip sheet on [Starting NAMI on Campus Clubs](#) for NAMI State Organizations and NAMI Affiliates for more information on your role during the startup process.

Do NAMI On Campus Clubs Need To Pay Membership Dues?

As part of the NAMI on Campus startup process, all students create free NAMI online accounts at www.nami.org/register. We also highly recommend to them that they become dues-paying NAMI members under the Open Door membership option.



Get Involved with NAMI on Campus

- Promoting NAMI on Campus
- Starting NAMI on Campus Clubs and The Endorsement Process
- Supporting NAMI on Campus Clubs and Leaders



Promoting NAMI on Campus



- Reach out to schools.
- Recruit students.
- Make the case.

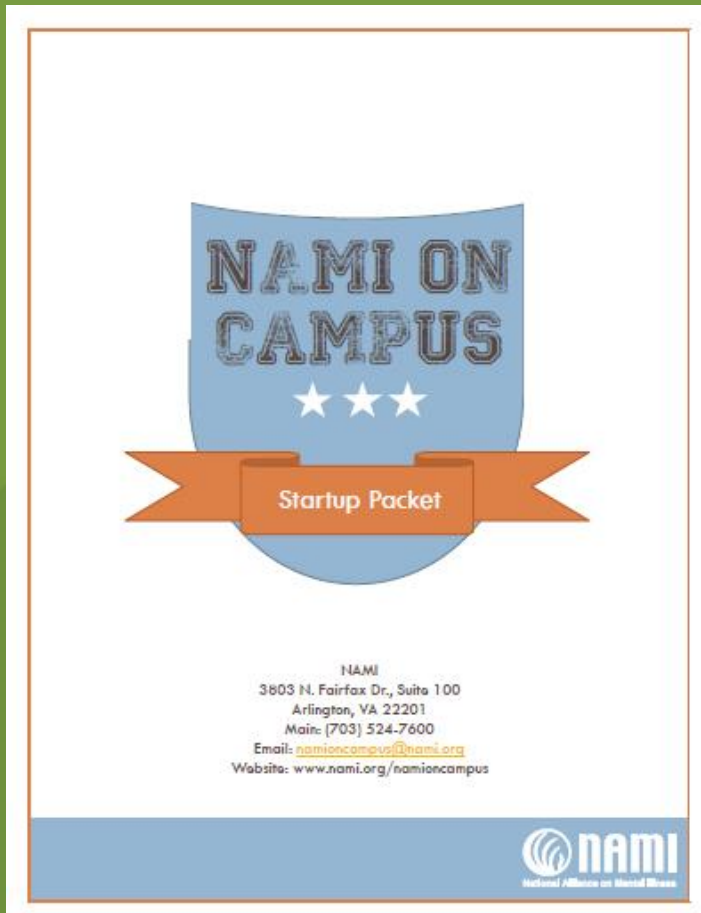
Starting NAMI on Campus Clubs and The Endorsement Process

Three steps for students to start a NAMI on Campus club:

1. Fill out the online NAMI on Campus interest form.
Direct all inquiries to this form
1. Get recognized by their school.
2. Get approved by NAMI. This includes endorsement by you.



Starting NAMI on Campus Clubs and The Endorsement Process



Endorsement Signatures

FORM C

Signatures from your NAMI State Organization and NAMI Affiliate are required with the NAMI on Campus Startup Packet. The signatures serve as an endorsement for your NAMI on Campus club. If there is no NAMI Affiliate readily available near your campus, only a signature from your NAMI State Organization will be required. Once you complete this packet, email it to your NAMI State Organization and NAMI Affiliate for signatures. Signatures can be provided digitally or handwritten and scanned. The signed, completed packet should then be sent to NAMI at namioncampus@nami.org.

NAMI will help facilitate this process and will connect you with the right people to provide signatures. Please email namioncampus@nami.org if you need assistance obtaining signatures.

Please note that there are many benefits to remaining connected with your NAMI State Organization and/or NAMI Affiliate well after obtaining endorsement signatures. Those benefits may include:

- Local support for your NAMI on Campus club if and when you need it.
- Expertise on mental health issues and services and supports that exist in your community.
- Resources, materials, programs and space for you to use.
- Training and internship opportunities for you and your club members.
- Wonderful staff and volunteers who can help you bring NAMI programs to your campus community and implement other collaborative projects.
- Options to help sustain your club after you graduate.
- Lifetime local support for you, your peers and your family well after your college years.

It is highly recommended that you stay in touch with your NAMI State Organization and/or NAMI Affiliate after the approval process is complete to identify opportunities to work together!

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Endorsement Signatures

The Board of Directors of NAMI _____
NAMI State Organization Name

endorse this application for NAMI on Campus club status.

Name _____ Signature _____ Date _____

AND (unless no NAMI Affiliate is readily available)

The Board of Directors of NAMI _____
NAMI Affiliate Name

endorse this application for NAMI on Campus club status.

Name _____ Signature _____ Date _____

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Provide your electronic signature



Starting NAMI on Campus Clubs and The Endorsement Process

What does endorsement mean?

- Your board has reviewed and approved the packet.
- You are aware of the club.
- You support the creation of the club.
- You welcome the student leader to the NAMI family.
- You can collaborate with the club, if you want.



Supporting NAMI on Campus Clubs and Leaders

Supporting NAMI on Campus Clubs and Leaders

TIPS FOR NAMI STATE ORGANIZATIONS AND NAMI AFFILIATES

NAMI on Campus clubs provide valuable opportunities for NAMI State Organizations and NAMI Affiliates to broaden their reach and expand their efforts. There are many collaborative initiatives you can work on together that are fun, inspiring and mutually beneficial.

Additionally, supporting these emerging student leaders means supporting the future leaders of NAMI. Research shows that the causes young adults get involved in are the causes they support for the rest of their lives. It is important to engage them now with the important work you do. NAMI on Campus leaders provide great excitement, energy and talent and will undoubtedly amaze you with their dedication to the NAMI cause.

This tip sheet provides examples of how you can support existing NAMI on Campus clubs that you may wish to explore but are not required to do. Your level of support will depend on the staff and resources you have available to dedicate to this. If a student has approached you expressing interest in starting a NAMI on Campus club, please see our tip sheet on [Starting NAMI on Campus Clubs and The Endorsement Process](#).

Below are some examples on how NAMI State Organizations and NAMI Affiliates can support existing NAMI on Campus clubs. Let NAMI on Campus leaders know what support you are willing and able to offer so everyone is on the same page.

- ❑ **Engage them with what you are doing.** Add NAMI on Campus leaders to your newsletters, e-groups and other mailing lists. Invite them to your hill visits, events, parties, meetings and programs. Let them know about volunteer and internship opportunities available at your office. Make sure they feel welcomed and that you value their participation with NAMI. Stay in regular contact with them and ask them how you can help. They will undoubtedly return the favor.
- ❑ **Provide information.** NAMI on Campus leaders may not always know about all the mental health issues or have any information they can readily share with their peers. Offer to share any resources with them that you have in your office, including fact sheets, booklets and referral lists. Let them know about any resources that exist around their campus. Consider using what you have available to assemble a resource guide specifically for college students that they can use. Provide your input on where their clubs can make the biggest impact and the issues that matter most.
- ❑ **Connect them to experts.** Connect NAMI on Campus leaders with experts in the community who they may want to network with or contact to serve as guest speakers for a club meeting or campus event. Let them know who exists in the community who can support their efforts and provide valuable insights.
- ❑ **Share supplies.** If you have extra notebooks, pens, pencils, letterhead paper or any other materials, consider donating them to NAMI on Campus clubs. Often they are starting from scratch and may be in need of supplies. Consider also offering office space where students can meet or host events.

Ideas for collaboration...

- NAMI Walks on campuses.
- Offering NAMI signature programs to students.
- Providing resources and leadership opportunities.
- Engaging young adults with your efforts.



Looking Ahead

- Videos, training and more for NAMI on Campus leaders.
- Continued growth and expansion of clubs.



NAMI on Campus Next Steps

- Find out what clubs exist in your state.
- Check out the NAMI on Campus website and the leaders only section for resources.
- Always get in touch with your NAMI State Organization
- Let us know what you need!



NAMI on Campus Links

NAMI on Campus Website

www.nami.org/namioncampus/leaders

NAMI on Campus Interest Form

<https://www.surveymonkey.com/s/YC6GNPJ>

NAMI on Campus Stories

<http://blog.nami.org/2013/02/how-i-found-home-at-school.html>

<http://bit.ly/Wq6upQ>

<http://blog.nami.org/2012/11/mental-health-survey-college-students.html>



StrengthofUs.org



- New look and feel
- Promotional activities
- Think Positive campaign
- Guest bloggers
- Daily updates and content

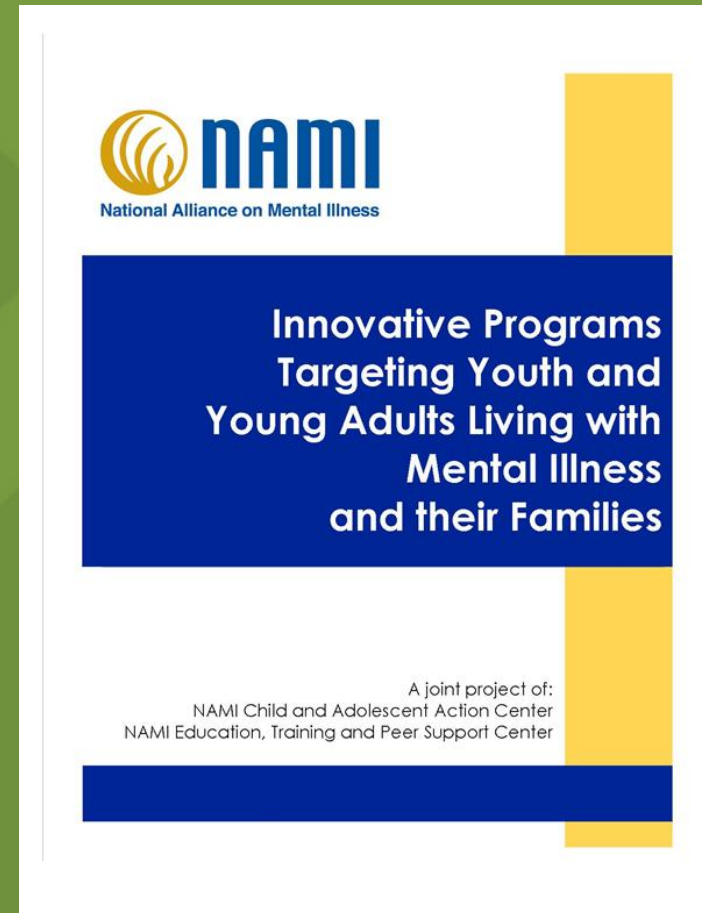
www.strengthofus.org

www.facebook.com/StrengthofUs



Program Catalog

- Lists programs developed by NAMI, NAMI State Organizations and NAMI Affiliates for children, youth and young adults living with mental health conditions and their families.



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Contact Us

namioncampus@nami.org

