

Improving Access to Care: Mental Health Course for Parents and Caregivers Available through Technology

Anita Herron,
Manager, National Education Programs
National Alliance on Mental Illness
Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services



SAMHSA
Substance Abuse and Mental Health
Services Administration

Disclaimer

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Overview



- What is NAMI?
- A short story
- Overview of NAMI Basics OnDemand
- Moving forward
- Discussion

What is NAMI?

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization.



NAMI provides:

Advocacy

Education

Support

Public Awareness

- So that all individuals and families affected by mental illness can build better lives.

My Son, Our Story



NAMI Basics

- A 6-session education program available at no cost to participants
- For parents and other caregivers of youth who are experiencing mental health symptoms
- Available in 2 formats: In-person and OnDemand
- Offers parents and caregivers the unique opportunity to realize they're not alone



INPerson



ONDemand

Program Highlights



Solving problems and communicating effectively

How to take care of yourself and handle stress

Accepting that mental health conditions are no one's fault

Developing the confidence and stamina to support children with compassion

Advocating for children's rights at school and in health care settings

Preparing for and responding to crisis

Gaining an overview of the public mental health care, school and juvenile justice systems

Understanding the challenges and impact of mental health conditions on your entire family

NAMI Basics Research

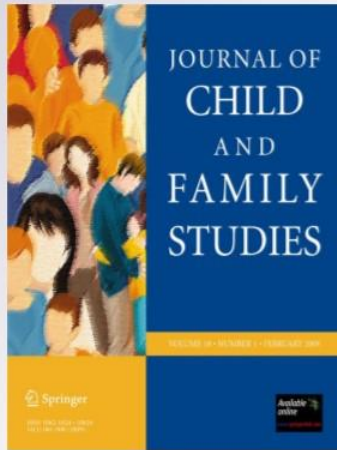
An Evaluation of the NAMI Basics Program

Teri Brister, Mary A. Cavaleri, S. Serene Olin, Sa Shen, Barbara J. Burns & Kimberly E. Hoagwood

Journal of Child and Family Studies

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 Springer



NAMI Basics OnDemand offers....



NAMI Basics OnDemand



2019-NAMI-Basics-OnDemand-Compressed



Basics OnDemand Registration

Registration form with the following fields:

- First Name
- Last Name
- Email
- Zip Code

I agree to NAMI's Terms of Use and Privacy Policy

[Register](#)

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Basics OnDemand user specific email

Welcome to the NAMI Basics Course!

Welcome to the online version of the NAMI Basics program, a course that was developed because NAMI members were looking for an informational offering that was geared toward the unique needs of parents and other family caregivers facing the challenges of mental health conditions with their children.

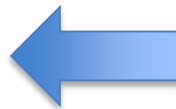
NAMI Basics explores:

- Basic elements of coping with mental health conditions
- Brain biology and getting a diagnosis
- Communication skills and crisis preparation
- Treatment and connecting with others by sharing your story
- Navigating the mental health and education systems
- Self-care and advocacy

Course Details:

NAMI Basics is available for you to access any time that you choose. You will use this email to return to the course. Click this link to return to the course and pick up where you left off.

Log In Link: [NAMI Basics](#)



The NAMI Basics Team

Welcome to NAMI Basics OnDemand

Class 1: Introduction

We'll help you understand the most basic elements of coping with mental health conditions.

Let's get started, select the Launch button below.

Launch >



Class 2: Brain Biology & Getting a Diagnosis

We'll explore human development ideas, how the brain develops, the different brain mechanisms that have been shown to be involved in mental health conditions and the diagnostic process.

Let's get started, select the Launch button below.

Launch >



Class 3: Treatment & Sharing Your Stories

We'll explore the notion that treatment is available for mental health conditions and that it works. You'll also have an opportunity to connect with others moving through similar experiences to your own.

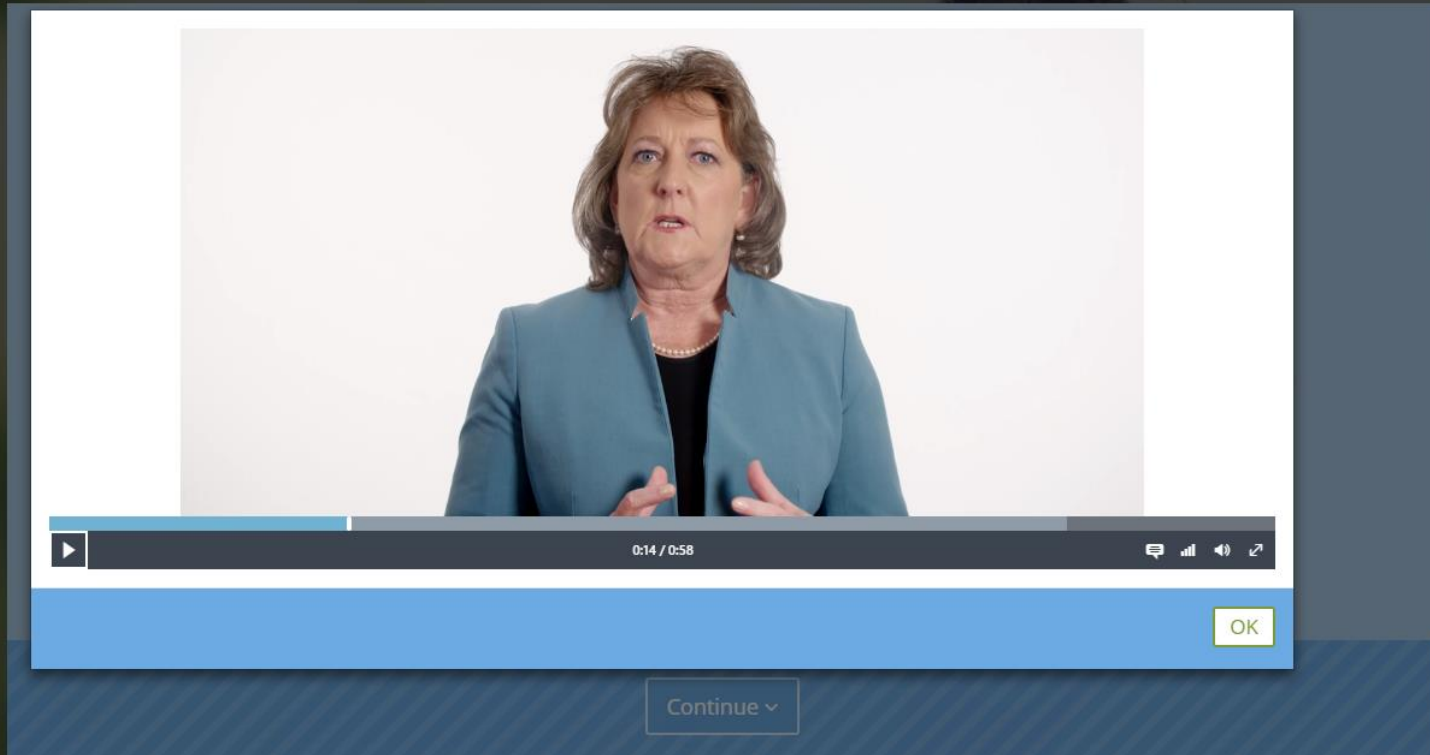
Please select a module below.

Treatment >

Telling Our Stories ✓



Dr. Teri Brister, Author of NAMI Basics



Connect & Share



Class 1:
Introduction

- Overview
- Did You Know?
- Perspective: Welcome to Holland
- You're Not Alone
- Connect & Share**
- Conclusion
- MENU

Connect & Share

Lesson Overview Exercise Conclusion

Overview

We want to help you better understand that you are not alone. Connecting and sharing with other people who have similar experience is vital to successful coping, managing and finding our path forward. In this activity, you will have an opportunity to:

- Share information about your loved one's situation and experiences.
- See how other parents/caregivers with similar experiences have responded.



1 2 NEXT >



Class 1:
Introduction

- ✓ Overview
- ✓ Did You Know?
- ✓ Perspective: Welcome to Holland
- ✓ You're Not Alone
- Connect & Share**
- 🔒 Conclusion
- ☰ MENU

✎ Post Your Own Story! ✕

NEXT >



Class 2: Brain Biology & Getting a Diagnosis

Overview

Human Development Theories

Brain Development

Brain Development Reflection

Perspective: Getting a Diagnosis

Support for Getting a Diagnosis

Conclusion

MENU

Human Development Theories

Lesson Overview

Exercise

Conclusion

From birth through the first year or so, what did you notice (select all that apply)?



The child was focused on their mouth. They got much satisfaction from putting all sorts of things in their mouth: sucking, biting, etc.

The child was uncertain about their world. They looked to primary caregiver for stability and consistency of care.

The child developed an understanding of the world through and error -- using their senses and actions (i.e., motor movements).

I did not notice any of these things or my loved one has not reached this age range.

1 2 3 4 5

SECTION COMPLETE!

...informative and printable resources



Class 3: Treatment

Overview

Treatment Approaches

Treatment Approaches Reflection

Perspective: Medications for People Younger Than 18 Years of Age

Medication as part of Treatment

Medication Reflection

Conclusion

MENU

Treatment: The Approaches

Lesson Overview Exercise Conclusion

- Early Intervention
- Types of Professionals**
 - Counselor / Clinician / Therapist
 - Clinical Social Worker**
 - Psychologist
 - Psychiatrist
 - Child Psychiatrist
 - Psychiatric Mental Health Nurse Practitioner
- Comprehensive Psychiatric Evaluation
- Bio-Psycho-Social Dimensions of Mental Illness
- Child & Adolescent Treatments
- Evidence-Based Psychosocial Interventions
- Evidence-Based Family Interventions
- Evidence-Based Home & Community Interventions

Clinical Social Worker

Description • Very similar to counselor, clinician, therapist (above).

Degree Requirements • Masters in Social Work (MSW).

Licensure • LCSW-Licensed Clinical Social Worker
• ACSW-Academy of Certified Social Workers

Add To My List +

View My List





Interactive Videos throughout course

The screenshot displays an interactive video player interface. The main video frame shows a woman with dark hair wearing a blue top, looking slightly to the left. The video player controls at the bottom of the frame indicate a play button, a progress bar at 0:19 / 0:22, and icons for chat, signal strength, volume, and share. Below the video player is a blue bar with a white 'OK' button. The background is a dark grey grid of video thumbnails. One thumbnail shows a man with a beard and the text 'possible.'. Another thumbnail shows the same woman in the blue top with the text 'loved one as "bad" and you as a "bad parent?". At the bottom of the grid, there is a navigation bar with several small icons and the numbers 7, 8, and 9.







Information and resources

Resources


Mental Health Resources

-  [Mental Health Fact Sheet](#)
-  [NAMI Basics General Resources](#)
-  [Parents and Teachers as Allies](#)
-  [College and Your Mental Health](#)

Navigating a Mental Health Crisis

-  [Navigating a Mental Health Crisis](#)
-  [Warning signs of a mental health crisis](#)
-  [What to do if you suspect someone is thinking about suicide](#)
-  [What to do in a mental health crisis](#)
-  [Preparing for a crisis](#)
-  [Creating a crisis plan](#)

Additional Resources

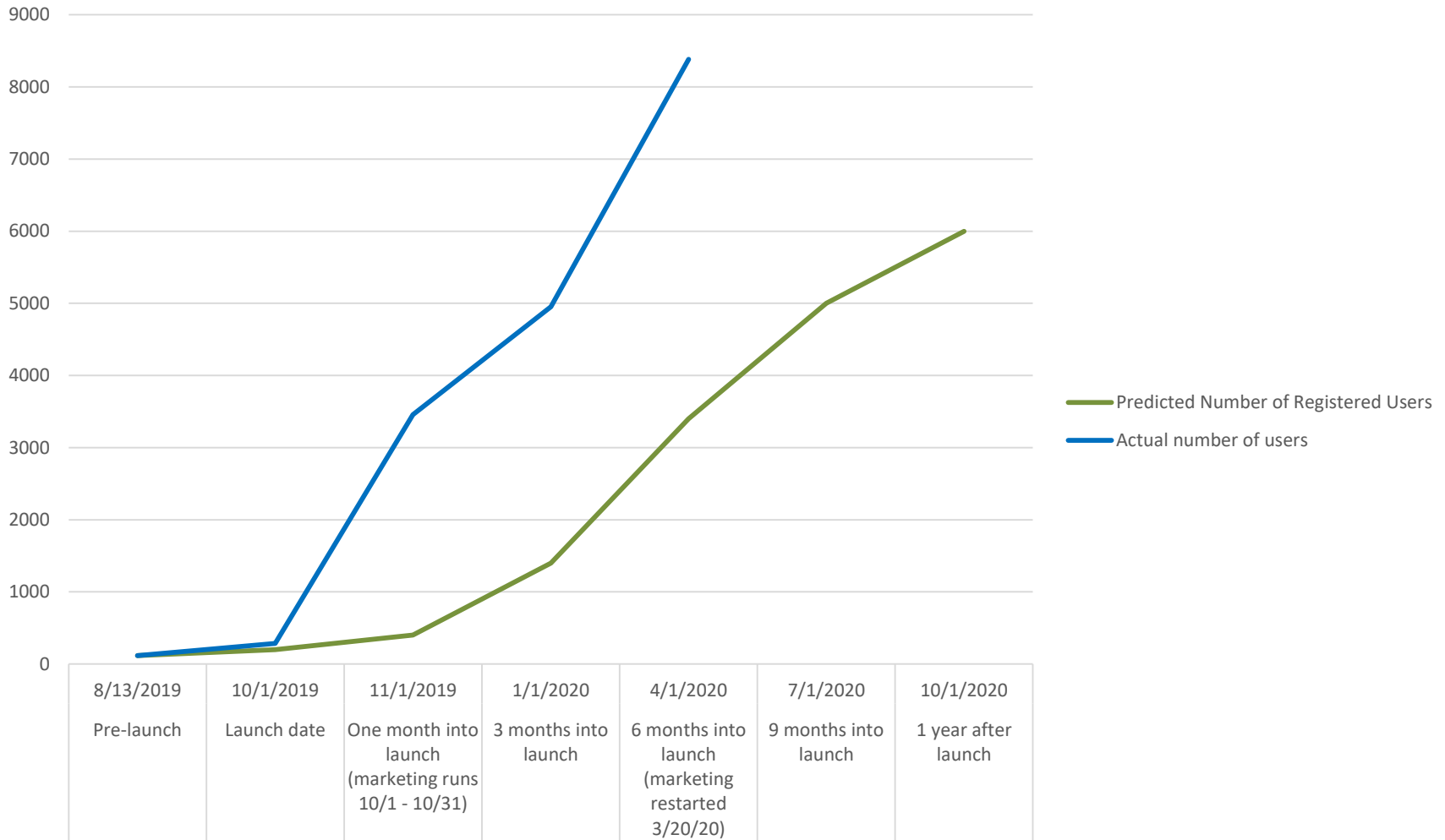
-  [Optional Certificate for NAMI Basics OnDemand](#)

Select a resource from the list.

SECTION COMPLETE!



NAMI Basics OnDemand User Growth Goals



Questions?



- basics.nami.org
- nami.org
- Anita Herron,
aherron@nami.org

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

Anita Herron, National Education Programs Manager
aherron@nami.org

www.samhsa.gov

1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD)