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
• This webinar was developed [in part] under contract number HHSS283201200021I/HHS28342003T from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.
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:

<table>
<thead>
<tr>
<th>Advocacy</th>
<th>Education</th>
<th>Support</th>
<th>Public Awareness</th>
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<td></td>
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<td>So that all individuals and families affected by mental illness can build better lives.</td>
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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
### 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
An Evaluation of the NAMI Basics Program

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

Journal of Child and Family Studies
ISSN 1062-1024
Volume 21
Number 3
DOI 10.1007/s10826-011-9495-6
NAMI Basics OnDemand offers....
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

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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.

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.

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.

Launch

SAMHSA
Substance Abuse and Mental Health Services Administration
Dr. Teri Brister, Author of NAMI Basics
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 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.
Human Development Theories

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 trial 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.
Interactive Videos throughout course
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.
NAMI Basics OnDemand User Growth Goals

- Pre-launch: 8/13/2019
- Launch date: 10/1/2019
- One month into launch (marketing runs 10/1 - 10/31): 11/1/2019
- 3 months into launch: 1/1/2020
- 6 months into launch (marketing restarted 3/20/20): 4/1/2020
- 9 months into launch: 7/1/2020
- 1 year after launch: 10/1/2020

Predicted vs. Actual Number of Registered Users

- Green line: Predicted Number of Registered Users
- Blue line: Actual number of users

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<thead>
<tr>
<th>Date</th>
<th>Description</th>
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Graphical representation showing the predicted vs. actual number of registered users over time.
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)