

Staff Training, Student Education & Parental Engagement

Compliance assistance for AB2246

In 2016, California passed landmark legislation *requiring schools* serving 7-12 graders, to adopt and implement a Mental Health Policy, specific to suicide prevention. In Merced County, 27.7% of teens report needing help for emotional or mental health problems yet only 5.7% received help in the prior year. Schools are vital to assisting staff and parents to recognize the warning signs and what to do to help.

NAMI Merced County assists schools with preparing their staff as well as providing education to students and parents at little to no cost. We recognize that both staff and parents need to be prepared with information pertaining to risk factors, warning signs and steps for helping youth. Training and/or education is available to staff, students and parents with consistent messaging AND we are available to serve on your wellness committee or other designated taskforce implementing mental health awareness, support and training. We have been an instrumental role within Merced County for over one decade and have affiliates across the state and country. Let us help you improve youth mental health and parental engagement while saving a child at the same time.

"After your presentation I talked to you about my friend and my concerns about her. I really appreciated your advice and what your program does. It really inspired me to act upon this situation and be brave enough to do so. I have to admit that I didn't know what to do until your program came to our class." – Jack



"Gave me a new understanding of the importance of my role in early recognition of kids with symptoms of mental illness and the urgency of early intervention on their behalf." – Education professional

NAMI Merced County

Director, Emily Bernard

(209) 789-6264

www.namimerced.org

namimerced2@gmail.com

Components to AB2246 and CSBA Model Policy

LEGISLATIVE WORDING	NAMI SUPPORT
<p><i>The governing board or body of a local educational agency that serves pupils in grades 7 to 12, inclusive, shall, before the beginning of the 2017–18 school year, adopt, at a regularly scheduled meeting, a policy on pupil suicide prevention in grades 7 to 12, inclusive. The policy shall be developed in consultation with school and community stakeholders, school-employed mental health professionals, and suicide prevention experts and shall, at a minimum, address procedures relating to suicide prevention, intervention, and postvention.</i></p>	<ul style="list-style-type: none"> • If your school/district has not passed a policy to date we can assist, as a community stakeholder, in preparing a policy that details support and education provided to staff, students and parents. • If you have a policy in place, NAMI can assist in reviewing the policy to ensure all aspects are covered appropriate to suicide prevention and review how it is being implemented within your school/district. • All policies should include information pertaining to education for staff on prevention training, how to intervene and postvention techniques. This would include a crisis intervention component. • All policies drafted from model policy from CSBA
<p><i>The policy shall also address any training to be provided to teachers of pupils in grades 7 to 12, inclusive, on suicide awareness and prevention.</i></p> <p><i>Shall include how to identify appropriate mental health services, both at the schoolsite and within the larger community, and when and how to refer youth and their families to those services.</i></p>	<ul style="list-style-type: none"> • NAMI provides a two or three-hour training to all staff, in readiness for how to recognize warning signs and appropriate actions to support youth, in alignment with your school/district policy. This includes understanding the difference between bad behavior and symptoms of mental conditions. • A complete community referral guide, specific to your area, for youth and family referral resources as well as how to ensure services are accessed is given.
<p><i>The policy shall be written to ensure that a school employee acts only within the authorization and scope of the employee’s credential or license. Nothing in this section shall be construed as authorizing or encouraging a school employee to diagnose or treat mental illness unless the employee is specifically licensed and employed to do so.</i></p>	<ul style="list-style-type: none"> • NAMI offers training as skilled, certified facilitators, not mental health professionals. All facilitators have lived experience and/or professional experience. They have suffered from mental illness in school, been a parent of a child who suffered or an educator. Facilitators offer guidance on appropriate interventions for all levels of staff as well as parental insight. This includes information on where and how to refer for higher level of treatment available locally to your school/district when deemed necessary.
<p><i>Shall be designed to help students analyze signs of depression and self-destructive behaviors, including potential suicide, and to identify suicide prevention strategies.</i></p>	<ul style="list-style-type: none"> • Ending the Silence is a 60-minute presentation for students to learn about the signs and symptoms of mental illness, recovery and coping strategies, how to help friends, how to reduce stigma and knowledge of mental illness, warning signs for themselves and their friends and understand when it’s not okay to keep a secret
<p><i>Offer parents/guardians education or information which describes the severity of the youth suicide problem, the district’s suicide prevention curriculum, risk factors and warning signs of suicide, basic steps for helping suicidal youth, and/or school and community resources that can help youth in crisis.</i></p>	<ul style="list-style-type: none"> • Parents and Teachers as Allies is a 90-minute presentation to educate about youth mental health and illness, understand the difference between “bad behavior” and symptoms of a mental health condition, recognize early warning signs, communicate and partner with schools/families effectively, link to community services quickly and create a supportive learning environment for all students.

Cost for 3-hour staff training is \$1,500, an 8-hour staff training is \$2,500 (up to 30 participants). Some funding is available to offer student education (30 students), parental engagement (30 parents) at no cost each year. Additional costs for these are \$1,200 for parental sessions (up to 30 people). Student education varies by method of training and student numbers. Please inquire with specific needs. Any training includes a mental health liaison available to you. Districts may be eligible for discounts when working across multiple schools, classrooms or entire districts.