

NAMI ON CAMPUS

Engaging Youth Leaders to Enhance Peer Support

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AGENDA

- Who is NAMI?
- Mental Health Early Action on Campus Act
 - Peer Support
 - Fostering Youth Leadership
- NAMI On Campus
- History of NOC
- What is NAMI On Campus?
- How clubs are implemented
- How NAMI supports clubs
- What do clubs do?
- NOC vs support groups
- Why NAMI On Campus?
- McHenry County College – NOC
 - Goals and Values
 - Recruitment
 - Challenges
 - Events
 - Helpful tips
 - Student impact
- Contact us!

WHO IS NAMI?

THE NATION'S LARGEST GRASSROOTS MENTAL HEALTH ORGANIZATION

- NAMI National – central hub
 - Defines the mission and strategic direction for mental health advocacy and support
 - Creates and maintains NAMI's signature programs
 - Sets requirements and standards
 - Leads national advocacy
 - Provides national infrastructure, such as NAMI Helpline and training systems
- NAMI Illinois
 - Ensure local affiliates meet national standards
 - Provide training, technical assistance, and oversight
 - Coordinate statewide advocacy
 - Support the development of new affiliates
 - Organize statewide events, such as our NAMI Illinois conference
 - Create new programs to meet state-specific needs
- NAMI affiliates
 - Offer free support groups, classes, and education programs
 - Engage in community-level advocacy

MENTAL HEALTH EARLY ACTION ON CAMPUS ACT – PA101-0251

Developed by NAMI

Addressing growing prevalence
of mental health symptoms on
campuses

Serving students where they are

Mental health is consistently a top
priority for campus presidents

75% of mental health conditions
present by age 24

Students and faculty often report
wanting to help those who are
struggling but do not know how or
where to find support

Between 2007 and 2017, the diagnosis
rate of college students increased
from 22% to 36%, indicating a higher
need for services. Treatment rates
over the same period increased by
15%.

MENTAL HEALTH EARLY ACTION ON CAMPUS ACT: PEER SUPPORT

- Empower students through peer-to-peer support and training on how to identify mental health needs and resources.
- Each college and university must develop and implement a program

Peer support:

IS an evidence-based practice rooted in shared lived experience of challenges like mental health conditions or substance use disorders

IS a way to build and strengthen community

IS an effective way to reach students experiencing mental health symptoms and connect them with the support they need

IS NOT a clinical intervention, nor is it a replacement for clinical support

MENTAL HEALTH EARLY ACTION ON CAMPUS ACT: PEER SUPPORT

Best Practices:

- Recovery-Oriented
- Adequately designed
- Clear policies around boundaries and confidentiality
- Systematic selection criteria for peers
- Identify benefits of the program
- Offer continuing education for peers
- Flexibility of service availability

FOSTERING YOUTH LEADERSHIP

Empowerment

Skill-building

Uplifting voices and stories

Youth-centered programs

NAMI ON CAMPUS

Student led, student run mental health clubs on high school and college campuses

Visible, stigma-free spaces to support student mental health



HISTORY OF NAMI ON CAMPUS

- Started in early 2000s
- Became a formalized program in 2010s
- Today, there are nearly 500 NAMI On Campus high school and college clubs nationwide
- Illinois' first club was UIUC, which started in 2006.
- NAMI On Campus in Illinois took off starting in 2023, now growing to 34 clubs statewide.
- Clubs are in high schools, junior colleges, and universities.

College Clubs in Illinois

Augustana College	Illinois College
Benedictine University	Quincy University
College of DuPage	University of Illinois Chicago (UIC)
College of Lake County	University of Illinois Urbana-Champaign (UIUC)
Harper College	
McHenry County College	
Heartland Community College	
Illinois Wesleyan University	
Sauk Valley Community College	

WHAT IS NAMI ON CAMPUS?

NOC Is:

- Student led organizations focused on mental health awareness
- Advocacy hubs promoting policy change and stigma reduction
- Educational groups that host events, speakers, and workshops
- Community-builders that create belonging and connection
- Part of the nation's largest grassroots mental health organization.

NOC Isn't:

- Therapy
- Clinical services
- Crisis response teams
- Clubs do not replace counseling centers

Clubs compliment services already on campuses.



HOW CLUBS ARE IMPLEMENTED



1. Identify interested students and potential leaders.
2. Connect with your local NAMI affiliate or NAMI Illinois.
3. Find a faculty advisor – any school staff member is eligible
4. Establish bylaws, leadership roles, meeting schedules
5. Register with the campus student-organization office
6. Register with NAMI National
7. Plan initial events and outreach

HOW CLUBS ARE AND SUPPORTED BY NAMI

	NAMI Illinois	NAMI National
<p data-bbox="412 565 792 615">Local Affiliate:</p> <p data-bbox="412 743 792 793">Direct support</p> <p data-bbox="450 851 754 901">Mentorship</p> <p data-bbox="287 958 917 1008">Volunteer opportunities</p> <p data-bbox="175 1065 1029 1115">Presentations and programming</p>	<p data-bbox="1108 408 1488 458">Direct support</p> <p data-bbox="1108 515 1689 565">Training opportunities</p> <p data-bbox="1108 622 1505 743">Faculty advisor networking</p> <p data-bbox="1108 793 1775 843">Club member networking</p> <p data-bbox="1108 901 1352 951">Webinars</p> <p data-bbox="1108 1008 1360 1058">Meet-ups</p>	<p data-bbox="1956 229 2346 279">NAMI National</p> <p data-bbox="1893 408 2415 458">Grant opportunities</p> <p data-bbox="2028 515 2280 565">Webinars</p> <p data-bbox="1842 622 2466 672">Nationwide networking</p> <p data-bbox="1819 722 2489 772">Free giveaways and swag</p> <p data-bbox="1819 829 2489 951">How-to guides, advocacy calendars, support</p> <p data-bbox="1903 1008 2405 1058">Branding materials</p> <p data-bbox="2048 1115 2260 1165">Toolkits</p>

- Mental health awareness campaigns
- Guest speakers and panel discussions
- Movie nights with mental health-themed conversations
- Stress-relief events during finals
- Advocacy initiatives like letter-writing or campus policy reviews
- Collaborations with other student organizations



WHAT DO CLUBS DO?

- “Stigma smash” events
- Art therapy or expressive art night
- Mental health fairs
- Suicide prevention awareness walks
- Peer-led workshops on self-care, boundaries, or resilience
- Collaborate with campus services



WHAT DO CLUBS DO?

NOC VS SUPPORT GROUPS

NAMI On Campus – NOT support groups or clinical therapy!

However, members frequently have lived experience and are great candidates for peer support roles when trained.

NAMI offers structured peer support programs, like Peer-to-Peer, In Our Own Voice, and Connections Support Groups




NAMI ON CAMPUS – MCHENRY COUNTY COLLEGE

Getting Started

- Collaboration between local NAMI affiliate, Student Wellness Coordinator, and Faculty Advisor
- SWC went into classrooms and presented to students
- First few meetings included introductions, establishing club values, and executive board elections



OUR GOALS & VALUES



Activity

- 1) USE MARKERS (WASHABLE) TO COLOR A COFFEE FILTER. MAKE SURE YOUR DESIGN, COLORS, OR PATTERNS SYMBOLIZE YOU IN SOME WAY.
- 2) FOLD YOUR COFFEE FILTER, DIP IN WATER, AND THEN UNFOLD AND LET DRY.

Purpose

- The coffee filter is us. We go through things that change us (folds, water, etc.) The colors may start to blend and look different, but they're still there.
- Change can be a beautiful thing. When we're "getting folded up and soaked with water" we may think life will never get better. But then we unfold, we dry off, and we're this brand-new beautiful version of ourselves.

- Destigmatize mental health
- Provide new / promote current mental health resources for students
- Confidentiality
- Safe space / no judgement
- Have fun!

Take the Reminder You Need



Scan for more info



McHenry
County College

 **NAMI ON CAMPUS**
National Alliance on Mental Illness

Join us every
WEDNESDAY

ROOM A247 at 1:00 PM

Questions? Contact:

Holly Puchner- hpuchner@mchenry.edu
Gerry Braasch- gbraasch@mchenry.edu
Nicole Allard- nallard@students.mchenry.edu

Take one. Or two. Or as many as you need!

YOU ARE NEVER ALONE

TAKE A DEEP BREATH.
IN & OUT

REMEMBER HOW
STRONG YOU ARE

IT'S NEVER TOO LATE
TO START

YOU DESERVE THE
BEST

DO SOMETHING THAT
MAKES YOU HAPPY

BE PROUD OF HOW FAR
YOU'VE COME

MAKE TIME TO HAVE
SOME FUN!

KEEP GOING, YOU'RE
ALMOST THERE

- Student Organization Fair
- Creative posters
- Advertising through the school paper
- Tabling events in crowded areas
- Word of mouth
- FREE stuff!



HOW DID WE FIND MEMBERS?

CHALLENGES



- Students thinking we're a support group
- Scheduling around classes and other clubs / events
- Changes in faculty advisors
- Volunteer follow-through
- Executive board involvement

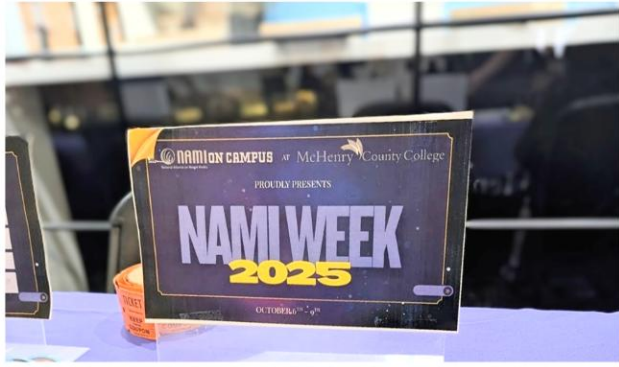
BUDGET

- Grants from the state / local NAMI affiliate
- Some funding from school
- Fundraising
- Non-monetary community donations (raffle prizes, gift cards, etc.)





"Friends" Coffee Social



NAMI week



Student Panel Collaboration



Portillo's Fundraiser



I scream for Ice Cream



Mental Health in Movies



Planetarium Meditation

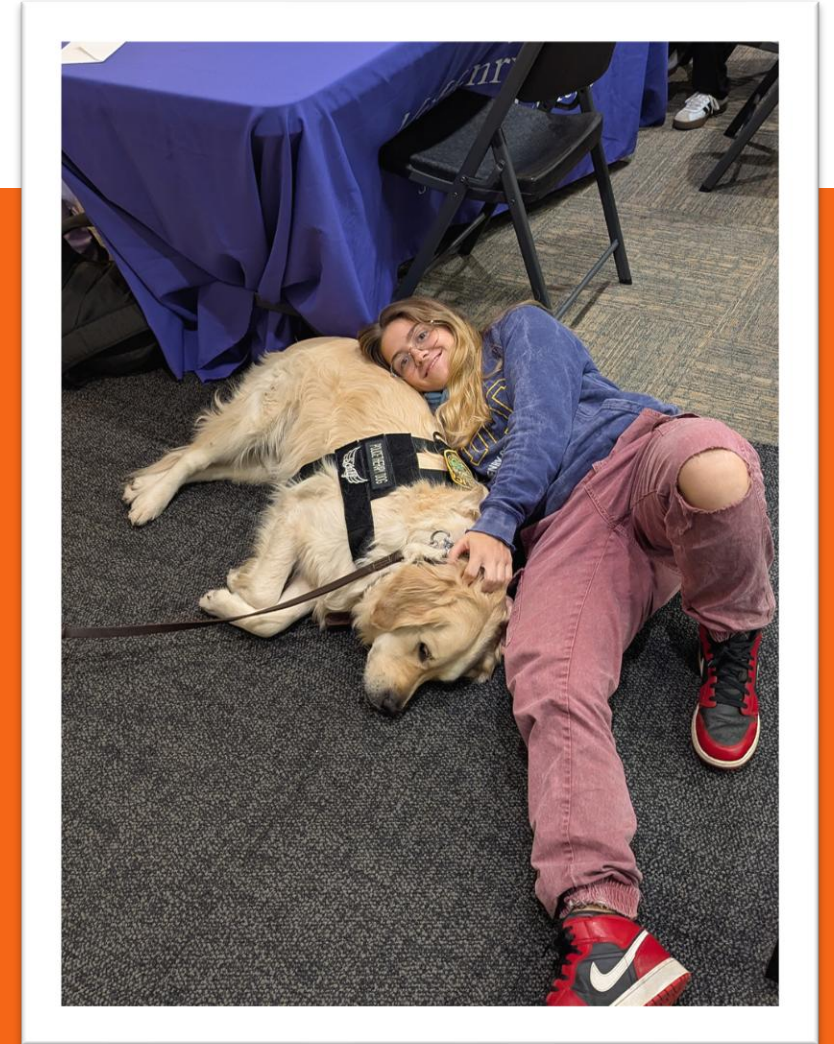


Ice Bucket Challenge

EVENTS

HELPFUL TIPS

- Volunteer sign up (signupgenius, google forms)
- Get involved with local affiliate events & training opportunities
- Collaborate with other clubs at school
- Reach out to the community
- Have meeting material & weekly topics prepared



- Over 1,000 students reached in one years' time
- Increase in use of student resources
- Awarded student organization of the year
- Positive feedback from students
- Mental health trickling into other areas (club collaboration requests)



STUDENT IMPACT

CONTACT US!

For more information, contact Emily Fagan at

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