

Changing Services, Changing Outcomes: 21st-Century Responses to Mental Health Issues In Child Custody Cases

**Mental Health Education and Support
Resources**



NAMI San Diego Presenters

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About NAMI San Diego

- The National Alliance on Mental Illness in San Diego is the city's voice on mental illness.
- We are part of the grass-roots, non-profit, national NAMI organization founded in 1979 by family members of people with mental illness.
- We are an affiliate of NAMI California.

We have a threefold mission:

- *Support*
- *Educate*
- *Advocate*



Today's Topics

- **Understanding the impact on families when a loved one lives with mental illness.**
- **How we can support the entire family**
- **How NAMI can help**



What Is Mental Illness?

- A mental illness, disorder, or challenge causes mild to severe disturbances in:
 - Thinking
 - Perception
 - Behavior
- Difficulties that require treatment with a mental health professional



Who can be affected by Mental Illness?

- Mental illnesses can affect persons of any age, race, religion, or income.



Let's Talk About The Numbers

- 1 in 4 adults- approximately 57.7 million Americans- experience a mental health condition in a given year.
- 10% of children and adolescents in the United States suffer from emotional and mental health conditions.

(Source: National Institute for Mental Health, 2012)



Some Facts about Mental Health and Youth

- 20% of 13-18 year olds live with a mental health condition¹
- 17% of high school students seriously consider suicide²
- 50% of 8-15 year olds with a mental health condition don't receive treatment¹
- The average delay between onset of symptoms and treatment is 8-10 years¹

¹NAMI. (2013). *Mental Illness Facts and Numbers*. ²Center for Disease Control and Prevention. (2014). *Youth Risk Behavior Surveillance—United States, 2013*. *Morbidity and Mortality Weekly Report*, 63(4), 1-168.



Some Facts about Mental Health and Youth

- 50% of students ages 14+ with a mental illness drop out of high school
- 70% of youth in juvenile justice systems have a mental health condition
- More than 90% of youth who die by suicide had one or more mental health conditions

NAMI. (2013). *Mental Illness Facts and Numbers*.



Devastating impact on families



- Traumatic & isolating
- Predictable response pattern-Stages of Emotional Response
- Awareness of the pattern useful for providers



The good news about mental illness is that recovery is possible!

Recovery Facts

- 80% of those with bipolar disorder and 65% of those with major depression respond quickly to treatment
- 60% of those with schizophrenia can be relieved of acute symptoms with proper treatment
- Assertive community treatment reduces hospitalizations, incarceration, homelessness, and increases employment, decent housing and quality of life.

(Source: NAMI, 2015)

HOW NAMI CAN HELP RESOURCES

Adults

PEER RECOVERY AND SUPPORT PROGRAMS (Free)

- Peer to Peer Course- 10 week class series
- Connection Groups
- In Our Own voice- Structured peer presentations to any audience.

FAMILY EDUCATION AND SUPPORT (Free)

- Family to Family- 12 week class series)
- Family Support Groups



HOW NAMI CAN HELP RESOURCES

Children & Youth

Youth Education Program

- Basics – 6 week course for parents and caregivers of children and adolescents living with mental illness
- Special presentations for schools- Ending the Silence and Parents & Teachers as Allies
- Say It Out Loud-Say it Out Loud gives adults the tools they need to hold conversations about mental health with teens in faith-based or community youth groups.

FAMILY and SCHOOL EDUCATION AND SUPPORT

- NAMI BASICS-6 week course for parents and caregivers of children diagnosed with MH conditions.
- Parents and Teachers as Allies-Presentation to teachers and school staff



FIND YOUR LOCAL NAMI

- WWW.NAMICALIFORNIA.ORG (State Website)
- WWW.NAMI.ORG (National website)
- WWW.NAMISANDIEGO.ORG (San Diego)

