



Mental Health 101: Presenter Training



Training Details

Date: Day 1: Sat 04/28/18 (8:30 AM – 4:00 PM)

Day 2: Sun 04/29/18 (9:00 AM – 12:00 PM)

Location: Lutheran Social Services

4390 47th Ave, Sacramento, CA, 95824

Why Culture Matters in Mental Health?

NAMI CA is dedicated to reduce stigma among underserved communities. We believe engaging directly with the community will lead to a positive change in knowledge, attitude, and behavior toward individuals living with mental illness as well as insight into hope and recovery among the general population.

Mental Health 101 is a program devoted to giving individuals an opportunity to learn about mental illness through an informative presentation, short video, and personal testimonies that represent a variety of cultural, beliefs, and values. *The goal of this program is to create a multi-generation of culturally diverse individuals that can help address the stigma associated with mental illness through education, support and advocacy.*

MH101 Presenter Qualifications:

- Must be an individual with “lived experience”/mental health condition and/or a supporter/loved one of an individual with “lived experience”/mental health condition
- Previous public speaking skills or willingness to learn
- Approval from your local affiliate leader (President/ED)
- Preferred: Backgrounds from underserved and marginalized communities

* Spanish/Mandarin speakers and presenters from *In Our Own Voice* and *Ending the Silence* are encouraged to apply



Time Commitment, Expectations & Support for Presenters

- Training is FREE to all NAMI members and affiliates
- 2 days of mandatory training - food and refreshments provided
- After the training a designated MH101 Affiliate Coordinator will offer support to Presenter teams

Questions? Thao Duong
Diverse Program Coordinator
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