



## 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 47<sup>th</sup> 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 recover 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

[thao@namica.org](mailto:thao@namica.org) (916) 567-0163