

"Ending the Silence: for Families"

NAMI Ending the Silence for Families is a free 90 minute mental health education presentation for parents and caregivers to help them better understand the emotional and behavioral difficulties that may be early warning signs of mental health conditions in children and adolescents. This program works hand-in-hand with the presentations for students and educators to help foster conversations, improve understanding, and decrease the stigma that often surrounds mental health conditions.

The program covers issues frequently faced by parents and other family caregivers to give them a better understanding of:

- The facts about mental health and youth
- The early warning signs of a mental health condition
- How to work with schools to support their child's education
- Resources available in the community
- The perspective of a teacher with concerns about a student

<https://www.nami.org/find-support/nami-programs/nami-ending-the-silence>

Speaker Bio:

Michele Meaker is the Executive Director of NAMI Eastside since January 2018. She has also served as Legislative Assistant for two years in the Washington State Legislature. She is not only well-versed with the complexity of the mental health system in Washington State but also understands the impact mental health conditions have on families because of her direct involvement with Family Support Groups and Family Education programs at NAMI Eastside.

Prior to working in mental health, Michele has been a Substitute Teacher in the Mukilteo, Lake Stevens, and Marysville School Districts for ten years.

Michele holds an Executive Masters' degree in Public Administration from the Evan's School of Public Policy and Governance at the University of Washington.