

New Resources

Parents and Teachers as Allies

Parents and teachers are children's closest observers.

As author Joyce Burland explains, "As guardians of their children's future, parents must take the responsibility for educating every important adult in their child's home and school life."

Teachers, as mentors of every child's potential, need to infuse every person in the child's world at school with the knowledge to ensure a child's success. Encouraging understanding of early onset mental illness can make the difference between a child who has early intervention and treatment and one that is at risk for many troubling behaviors, substance abuse, and suicide.

NAMI is proud to introduce a new resource that will be of undeniable assistance to both caregivers as well as educational professionals.

Parents and Teachers as Allies is available to purchase from NAMI for just \$1.00 a copy (shipping and handling is 10% or \$1.00, whichever is larger).

To request an order form, send an e-mail to Monique@nami.org, or visit the NAMI Web site to download and complete an order form. See <http://www.nami.org/youth/alliesform.html>.

Even the youngest can learn about stigma

Phenomenal interest in *Catch a Falling Star*, the first in a series of books for children from the Iris the Dragon Series, has encouraged creators Gayle Grass and Coral Nault to develop an additional product to use in education and anti-stigma efforts.

Iris the Dragon Inc. has developed a puppet show package to go along with

Catch a Falling Star, publicized in last quarter's issue of this newsletter.



the skit featuring Iris and all of her riverbank friends. For more information on the Iris the Dragon Inc. Puppet Show Package, please visit www.iristhedragon.com or call (613) 284-2049.

Posters for Elementary and High School Classrooms

Breaking the Silence through education

One in five of our children will be struck by a mental illness at some point in their lives. How many will have heard anything about these disorders of the brain in school?

People keep quiet about mental illnesses. They don't talk about their brother who hears voices, their mother who stays in bed because of her depression, or the counting rituals they themselves do before they can leave their house. But they should. Stigma still lurks in our communities, but we can do something to make it possible for individuals to seek help and get treatment. We can "break the silence."

For elementary students, *Brains Can Get Sick Too* provides a basic, hopeful approach in primary and secondary colors. The message is that brains can get sick, too, but with treatment, they can get better. Unfamiliar feelings and new words associated with them are introduced on the poster that could easily grace the wall of any school nurse's office or elementary classroom.

For teens, the bright purple and yellow graphics in *Learn The Warning Signs Of Mental Illness* provide the context for teaching about the mental health problems that frequently surface during high school. But how many of the students are aware enough to seek help for themselves or a friend? Be a friend! and Get help! are the messages for the adolescents who might need a reminder that not all changes in habits and moods they or a friend may be experiencing.



Both posters were designed as part of the "Breaking the Silence" curriculum enrichment packages. There are three age-appropriate lesson plan booklets with activities for students that make up the complete "Breaking the Silence" anti-stigma program. Students in elementary school (4-5 graders), middle school (6-8 graders), and high school (9-12 graders) can learn basic information about the leading cause of disability in this country.

Each poster can be purchased as a single copy for \$5.95 (includes shipping and handling).

Contact NAMI Queens/Nassau (NY) at 516-316-0797 or email BTSLessonPlans@aol.com to place an order.

The complete lesson plan packets are \$12.50 each plus \$3 shipping and handling or three sets for \$35 plus \$5 shipping and handling. Bulk requests can offer significant reductions in shipping costs.

