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 condition
- 17% of high school students seriously consider suicide
- 50% of 8-15 year olds with a mental health condition don’t receive treatment
- The average delay between onset of symptoms and treatment is 8-10 years


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

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)
Family Role in Recovery

- Relapse rate reduced by an educated family
- More than any treatment except medication
- Family can partner with provider & client
  - Assessment
  - Treatment
  - Aftercare planning

Anita’s Story

MICHELLE’S STORY
### 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

##### 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.

##### Children & Youth

**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

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### FIND YOUR LOCAL NAMI

- [WWW.NAMICALIFORNIA.ORG](http://WWW.NAMICALIFORNIA.ORG) (State Website)
- [WWW.NAMI.ORG](http://WWW.NAMI.ORG) (National website)
- [WWW.NAMISANDIEGO.ORG](http://WWW.NAMISANDIEGO.ORG) (San Diego)