



National Alliance on Mental Illness

**NAMI**

Sarasota and  
Manatee Counties

# Programs for the School Community



# FOR YOUTH

## Youth Move

Youth Move Suncoast is a youth-driven Sarasota chapter dedicated to improving services and systems that support positive growth and development by uniting the voices of those who have lived experience in various systems including mental health, juvenile justice, education, and child welfare. Under youth move, we can offer ongoing support groups. Need-based programming such as (Emotional support, Healthy Relationships, Self-care, Guided meditation, and breathing techniques)

## NAMI Ending The Silence for Students Presentation

This free mental health, suicide prevention, and anti-stigma program is presented to high school students in health, science or psychology classes. Students learn about mental illnesses directly from a trained two-person team, one of whom is a young adult living in recovery with a mental illness. It emphasizes that mental illness is treatable and that recovery is possible. Includes visual presentation of signs and symptoms of various mental illnesses and Q&A session.

## Student Lunch Cafe

A group held during the school day where students get the opportunity to engage in activities that promote leadership, emotional regulation, relationship, and self-care skills via the facilitation of our Student Cafe Group Leaders.

## Peer-to-Peer Cafe

A group held during the school day for students who have been chosen as mentors learning leadership, emotional regulation, relationship, and self-care skills they can pass down to their mentee via our Peer to Peer Mentor Trainers.

## SEA Cafe

A way to provide teachers with a much-needed extra hour-long break during their school day via the SEA Cafe team coming into the classroom to work with the students on leadership, emotional regulation, relationship, and self-care skills.

# FOR Staff

## NAMI Ending The Silence for Staff

Mental health presentation tailored to teachers and staff focused on how to talk with youth about mental health issues and how to work with students and family members.

## In Our Own Voice

This presentation changes attitudes, assumptions, and stereotypes by describing the reality of living with mental illness. People with mental health conditions share their powerful personal stories in this free, flexible, 60- or 90-minute presentation.

## NAMI Smarts for Advocacy

A hands-on advocacy training program that helps people living with mental illness, friends and family transform their passion and lived experience into skillful grassroots advocacy.

# FOR FAMILIES

## Ending The Silence for Parents/Caregivers

Mental health presentation tailored to parents and caregivers focused on how to talk with youth about mental health issues and how to work with staff.

## NAMI Basics

NAMI Basics is a free, 6-week education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or who have already been diagnosed

## Family-to-Family

A free 8-session educational program for family, significant others, and friends of people living with mental illness.

## Family & Friends

a free 90-minute seminar that informs people who have loved ones with a mental health condition how to best support them. It's also an opportunity to meet other people in similar situations and gain community support.

## Loss by Suicide Support Group

Loss by Suicide Support Group provides support to those who have lost a loved one by suicide, or to support those with loved ones who have attempted suicide. It is free and confidential, and you don't need to be a NAMI member to participate. By actively sharing in the work of the group, you can gain confidence in your ability to cope.

## Family Support Group

If you have an adult family member living with mental illness, you are not alone. Join us for our peer-led Family Support Groups, held in five locations. They are free and confidential, and you don't need to be a NAMI member to participate.

## P.O.W.E.R Support Group: (Parents Offering Wisdom, Education, and Resources)

Is a free support group that models our Family Support Group and is geared towards parents with children 24 and under who are experiencing symptoms of a mental illness or who have already been diagnosed. This group meets virtually on a monthly basis.

## POWER Cafe: (Parents Offering Wisdom, Education, and Resources)

The P.O.W.E.R Cafe is a way to gain support and offer connection, for parents/caregivers of children under the age of 25 who are experiencing mental health challenges.

## Family Navigation

No cost Peer Support for families residing in Sarasota County with children under the age of 25, experiencing Mental Health Challenges.

