




Parks and Recreation Supporting Mental Health

NRPA Congress

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Presented By

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Session Focus

Agenda

- About the National Alliance on Mental Illness (NAMI)
- Facts on mental health
- Audience discussion of efforts/partnerships agencies are doing
- Research on examples of mental health initiatives from park and recreation agencies around the country
- Discussion and Summary



NAMI

National Alliance on Mental Illness (NAMI)
introduction

Facts About Mental Health:

What you can do!

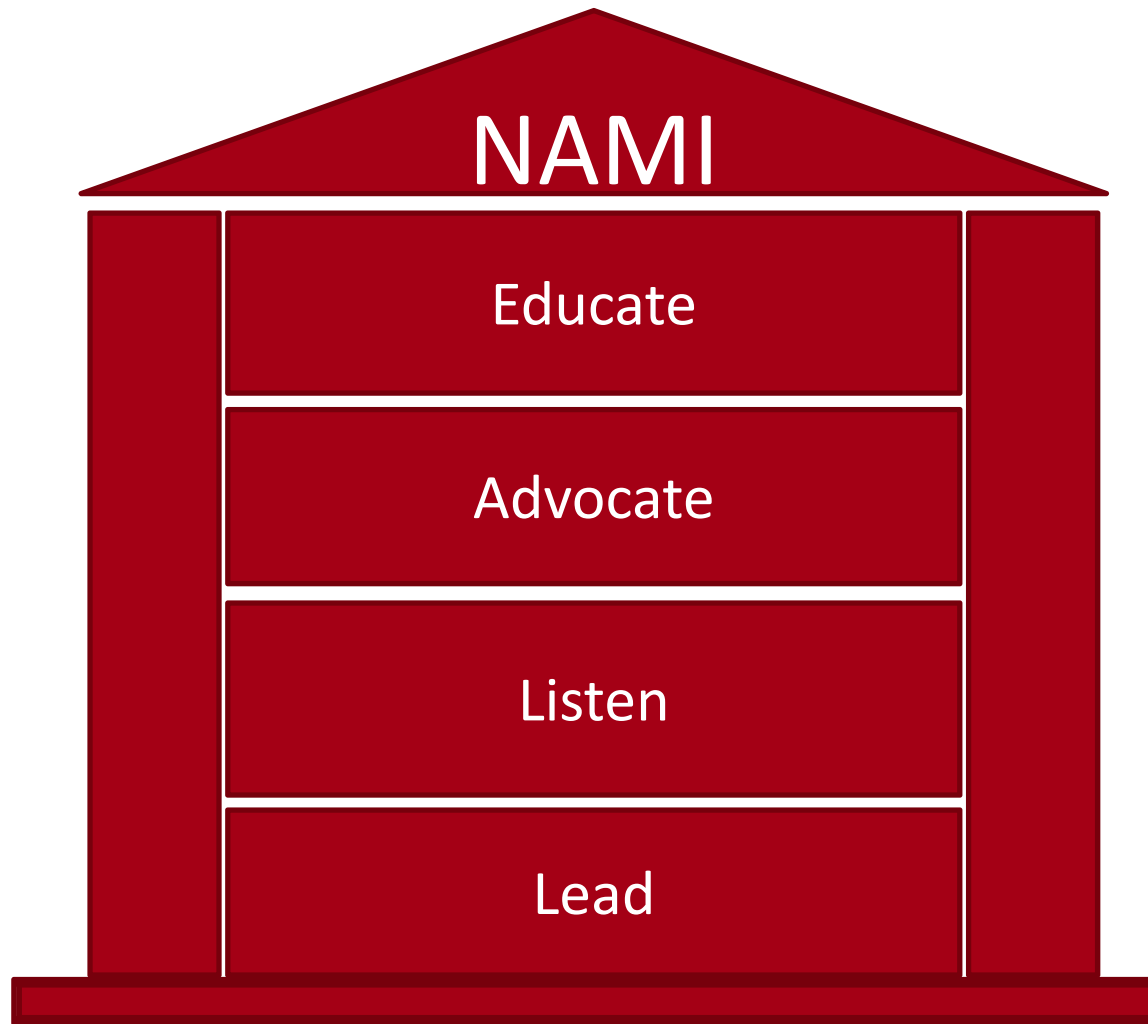
NAMI is....

The nation's largest [mental health organization dedicated to building better lives](#) for the millions of Americans affected by mental illness.

What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the [nation's leading voice on mental health](#).

There are [500+ local affiliates who work in your community](#) to raise awareness and provide support and education that has not previously available to those in need.





Education Programs

NAMI Basics is for parents, guardians and other family caregivers who provide care for youth (age 22 or younger) who are experiencing mental health symptoms. Also available in Spanish, Bases y Fundamentos de NAMI.

NAMI Family-To-Family is for families, significant others and friends designed to facilitate a better understanding of mental health conditions, increase coping skills and empower participants to become advocates for their family members. This program was designated as an evidence-based program by SAMHSA. The course is also available in Spanish, De Familia a Familia de NAMI.

NAMI Homefront is a class for families, caregivers and friends of military service members and veterans with mental health conditions. The course is designed specifically to help these families understand those challenges and improve their ability to support their service member or veteran.

NAMI Peer-to-Peer is a class for adults with mental health conditions. The course is designed to encourage growth, healing and recovery among participants. This program is also available in Spanish, De Persona a Persona de NAMI.

NAMI Provider is for mental health professionals to expand the participants' compassion for the individuals and their families and to promote a collaborative model of care.

NAMI Family & Friends is a 4-hour seminar that informs and supports people who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. Seminar leaders have personal experience with mental health conditions in their families.



Presentations

NAMI Ending The Silence is designed for middle and high school students, school staff, and parents or guardians of middle or high school aged youth. Audiences learn about the signs and symptoms of mental health conditions, how to recognize the early warning signs and the importance of acknowledging those warning signs.

NAMI In Our Own Voice is for the general public to promote awareness of mental health conditions and recovery. Also available in Spanish, En Nuestra Propia Voz de NAMI.

NAMI Compartiendo Esperanza is a bilingual presentation for Latino communities designed to promote mental health awareness, explore signs and symptoms of mental health conditions and highlight how and where to find help.

NAMI Sharing Hope is a presentation for African American communities designed to promote mental health awareness, explore signs and symptoms of mental health conditions and highlight how and where to find help.

Support Groups

NAMI Connection is a support group for people with mental health conditions. Also available in Spanish, NAMI Conexión.

NAMI Family Support Group is a support group for family members, significant others and friends of people with mental health conditions.

Groups meet weekly, every other week or monthly, depending on location.

Outreach and Advocacy

NAMI Smarts for Advocacy is a hands-on training program that helps people living with mental illness, friends and family transform their passion and lived experience into skillful grassroots advocacy.

Mental Health Facts

IN AMERICA

Mental Health Facts

Fact: 43.8 million adults experience mental illness in a given year.



1 in 5 adults in America experience a mental illness.



Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.



One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

Mental Health Facts

Prevalence of Mental Illness by Diagnosis



1 in 100 (2.4 million) American adults live with schizophrenia.¹



2.6% (6.1 million) of American adults live with bipolar disorder.¹



6.9% (16 million) of American adults live with major depression.¹



18.1% (42 million) of American adults live with anxiety disorders.¹

September
Suicide Prevention
Month

Consequences



10.2m

Approximately 10.2 million adults have **co-occurring** mental health and addiction disorders.¹



26%

Approximately 26% of **homeless** adults staying in shelters live with serious mental illness.¹



24%

Approximately 24% of **state prisoners** have "a recent history of a mental health condition".²

Impact



1st

Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.¹



-\$193b

Serious mental illness costs America \$193.2 billion in lost earning every year.³



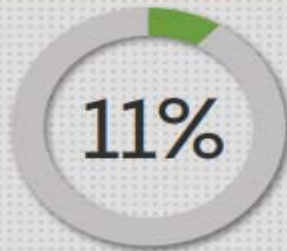
90%

90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.³

Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹



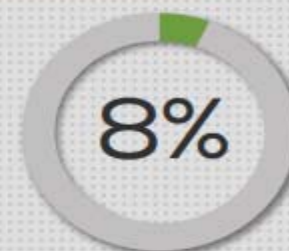
20% of youth ages 13-18 live with a mental health condition¹



11% of youth have a mood disorder¹



10% of youth have a behavior or conduct disorder¹



8% of youth have an anxiety disorder¹

Impact



50%

50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.¹



10 yrs

The average delay between onset of symptoms and intervention is 8-10 years.¹

37%



37% of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.¹

70%



70% of youth in state and local juvenile justice systems have a mental illness.¹

Suicide



3rd

Suicide is the 3rd leading cause of death in youth ages 10 - 24.¹



90%

90% of those who died by suicide had an underlying mental illness.¹

Stigma Free!

Treatment in America



Nearly 60% of **adults** with a mental illness didn't receive mental health services in the previous year.⁴



Nearly 50% of **youth** aged 8-15 didn't receive mental health services in the previous year.¹



African American & Hispanic Americans used mental health services at about 1/2 the rate of whites in the past year and Asian Americans at about 1/3 the rate.¹

Ways to Get Help



Talk with your doctor



Connect with other individuals and families



Learn more about mental illness



Visit NAMI.org

What's Important!

KNOW THE 10 COMMON WARNING SIGNS



- 1** Feeling very sad or withdrawn for more than two weeks
- 2** Seriously trying to harm or kill oneself or making plans to do so
- 3** Severe out-of-control, risk-taking behaviors
- 4** Sudden, overwhelming fear for no reason
- 5** Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
- 6** Seeing, hearing or believing things that are not real
- 7** Repeatedly using drugs or alcohol
- 8** Drastic changes in mood, behavior, personality or sleeping habits
- 9** Extreme difficulty in concentrating or staying still
- 10** Intense worries or fears that get in the way of daily activities

WORRIED? TELL SOMEONE

Living Life!

LIVE WELL

- ☀ Remember that you have control over living well
- ☀ Find a routine that works for you that includes a healthy diet, exercise and regular sleep patterns
- ☀ Stay close to your support network. Engage family, friends, teammates and your faith community. Think about joining an online community
- ☀ Be realistic and mindful of your needs and know your limits



GETTING THROUGH IT

- > Try staying away from drugs and alcohol. This is not always easy, so find strategies that work. Using drugs or alcohol to feel better is harmful to you.
- > If you use alcohol or drugs, be honest and tell your therapist or doctor because it affects your care plan.
- > Stay positive. Surround yourself with positive messages, people and activities. This will help you to feel better.

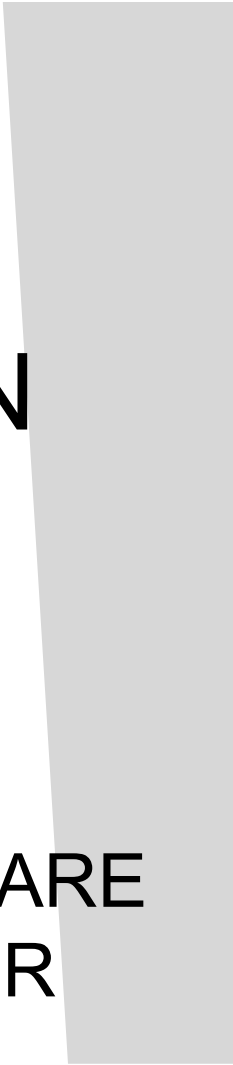
Take Action





POLLING QUESTION


DO YOU OFFER
PROGRAMS/SERVICES THAT ARE
SPECIFICALLY TARGETED FOR
MENTAL HEALTH?



Live Content Slide

When playing as a slideshow, this slide will display live content

Poll: Do you offer programs/services that are specifically targeted for mental health?



What are audience examples of initiatives to help with mental health?

“Hope is the thing with Feathers”
Emily Dickinson

Live Content Slide

When playing as a slideshow, this slide will display live content

Poll: What is an example of an initiative to help with mental health that you have conducted?

Mental Health First Aid (National Council for Behavioral Health)

- Eight hour course to identify, understand and respond to signs of mental illnesses and substance use disorders.
- Provides initial help and support to those who may be developing a mental health or substance use problem.
- Examples include MRPA, Austin TX, and NYC Urban Park Rangers.



Fit2Lead

An afterschool park-based youth mental health promotion program Miami–Dade County, Florida.

Fit2Lead mental and physical health, meditation, resilience, and life skills activities were offered in 12 high-need areas for youths ages 12-17.

American Journal of Public Health: Park-based programs may have the potential to promote mental health and resilience, and also to prevent violence among at-risk youths

Mental Health Taskforce, Lexington MA

Lexington MA is a best practice example of a town tackling mental health issues.

Jon Mattleman trains library, school, public safety and park and recreation staff.

- Wants to branch out to hair and nail salons.
- Trains not only what to look for in potential mental health issues of participants, but staff as well.

QPR trainer (question, persuade, refer)

Palm Beach County Parks

Josh's Benches for Awareness: joshsbenches.com/

Bright yellow memorial bench aimed at achieving awareness of the suicide prevention and mental health resources.

<https://www.youtube.com/watch?v=hO7s2LT47Lg&feature=youtu.be>



Other Examples

- Park Rx, Walk with a doc
- Forest bathing
- Association of Nature and Forest Therapy
- Trial of Surf and Hike Therapy for Major Depressive Disorder
- Surf therapy programs; A Walk on Water, San Diego
- London's six month subscriptions to bike rental service





Other Examples

- Mental health day for students: Oregon and Utah
- Fear Facers Summer Camp in Gainesville, FL for anxiety and obsessive compulsive disorders
- Shetland Islands “green prescriptions” social and therapeutic horticulture (community gardens)
- 10 minute walk campaign

NRPA

Interest in results of this session; what agencies around the country are doing.

Fielding mental/social health surveys to better understand the mental/social benefits of participating in park and recreation activities, particularly physical activity programs.

“ Park afterschool programs are a vital community resource for educational support, job skills and evidence-based mental health promotion for teens.” Jack Kardys Chair NRPA Board of Directors

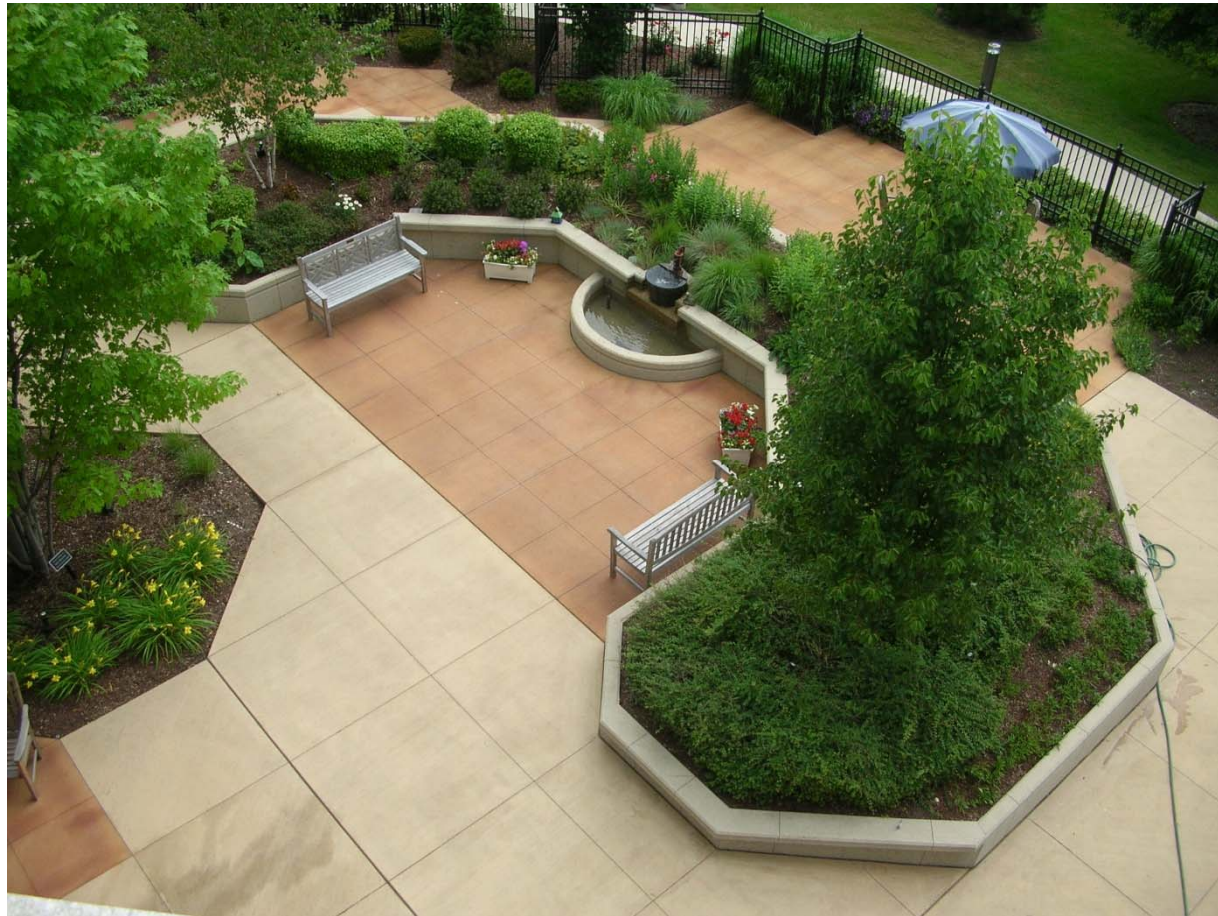


Healing Gardens

“I cannot say exactly how nature exerts its calming and organizing effects on our brains” ...Dr. Oliver Sacks.



Healing Gardens



Healing Gardens



Getting Started

- Raise community awareness
- Identify community partners
- Develop training for staff
- Identify what other agencies are doing
- Create a task force with other agencies
- Promote services that are available for those suffering from mental health issues
- National conversation and knowledge sharing as an industry

Live Content Slide

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Social Q&A

Summary, Discussion, Questions

Thank you for attending this session. For further information contact:

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