

Moving Minds Initiative

“Behind every face there’s a story...”



A UC Berkeley Student Collaboration
movingmindsucb@gmail.com
Leah Huang ✕ Joshua Levy ✕ Kimberly Nielsen
Billal Ahmed ✕ Julia Kulewicz ✕ Grace Yoo

Mission

Our mission is to provide existing and well-developed best-practice mental health education programs to students, faculty, staff, and families in Bay Area high schools. We aim to reduce prevalent stigmas surrounding mental health in the student population and empower students to recognize the warning signs of suicide and mental illness in themselves and their peers.

What We Offer

Members of our organization have been trained by the American Foundation of Suicide Prevention (AFSP) to present two mental health education programs — Talk Saves Lives and More Than Sad — to parents, educators, and staff. Schools can also choose another listed program to present in classrooms. Presenters will distribute resource cards with information about local mental health and crisis support agencies, and a list of warning signs about mental illness and suicide. Counselors will also talk to students, faculty and families after presentations.

Vision

We envision mental health awareness becoming a key component of K-12 education. Fostering a culture of acceptance surrounding mental health amongst our youth can help decrease rates of suicide and promote academic success.

Values

Awareness Encourage widespread public awareness about mental illnesses to change negative attitudes toward those afflicted and provide resources for at-risk students seeking help.

Public Health Teach students to recognize warning signs of mental illness and suicidal behavior early on, while emphasizing that mental health is a significant component of individual well-being.

Education & Knowledge Present clear and verifiable information that students can apply within their communities.

Participation Informs individuals of all backgrounds, ages, education levels and degrees of familiarity with mental health topics.

Programs We Offer

* On the *SPRC Best Practices Registry*

* **Not Offered by MMI at this time.** Schools can request contact information.

- ❖ **AFSP: More than Sad***— *“To teach students to recognize signs of depression in themselves and others, challenges stigma surrounding depression, and demystifies the treatment process.”*
 - Can be adapted for middle school students; also has parent and educator training modules
 - **26-minute video** to help teens recognize symptoms of depression in themselves and their friends and to encourage them to seek help, followed by Q&A
- ❖ **AFSP: Talk Saves Lives***— *“A community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide.”*
 - Presented to high school staff/parents/community members in conjunction with More Than Sad
 - **50-minute presentation** where “attendees will learn the risk and warning signs of suicide, and how together, we can help prevent it.”
- ❖ **SOS: Signs of Suicide****— *“Focuses on prevention through education by teaching students to identify symptoms of depression, suicidality, and self-injury in themselves and their peers.”*
 - Can be adapted for middle school students
 - Students are taught through **educational videos** to identify and respond to peers who demonstrate signs of depression and self-injury using the ACT® (Acknowledge, Care, Tell) technique.
 - Facilitated by teachers after training
- ❖ **NAMI: Ending the Silence***— *“Aims to educate, dispel myths about mental illness and instill a message of hope and recovery all while encouraging students to reduce the stigma associated with mental illness.”*
 - **50-minute presentation** including a slide presentation, short videos, a presenter who shares story of recovery from mental illness, and Q&A period
- ❖ **CSS: Teens for Life**** — *“Enhances a young person’s ability to identify a peer who may be in crisis and encourage them to find help for a friend”* (Only offered in Alameda).
 - Can be adapted for middle school students
 - **Hour-long workshop** that includes a group activity and presentation that teaches students about suicide, depression, stigma, help-seeking behaviors, and using the crisis and text lines.
- ❖ **Please contact us for a full listing of programs.**

Presenters - Joshua Levy, Leah Huang, Kimberly Nielsen, Grace Yoo, Julia Kulewicz, Billal Ahmed, Sarah Levy, Nir Mate-Solomon

Our *Moving Minds* presenters are members of the *You Mean More* student club at UC Berkeley and have had extensive training and immersion in topics surrounding mental health and suicide prevention. This select group of students from our club have had additional education in the following areas:

- Crisis and text line certified counselors (Crisis Support Services of Alameda County/ Crisis Text Line)
- QPR Trained
- Mental Health First Aid Trained
- “Talk Saves Lives” and “More Than Sad” presenter training and certification by AFSP

References

Ryan Ayers, *Northern California Area Director of AFSP*

Email: RAyers@afsp.org

Michelle Fortunado LCSW, *Board Member, Education Committee, Greater SF Bay Area Chapter, AFSP*

Email: mfortunado@gmail.com

Mary Ojakian RN, *Parent Advocate, Board Member, Education Committee, Greater SF Bay Area Chapter, AFSP*

Email: ojakian@comcast.net

