Crisis on Campus:
Turning Mental Illness into Wellness

Thursday, November 1
UW-Madison Diversity Forum 2018

Find Help. Find Hope.
Thank you for choosing this breakout session!
Today We’re Going to Discuss...

● NAMI and NAMI Wisconsin
  ● Jessica Gruneich, J.D., NAMI WI Executive Director
  ● Chrisanna Manders, NAMI WI Associate Director

● NAMI UW-Madison
  ● Kenia Link, Outreach Coordinator

● UW-Madison Police Department
  ● Kristen Roman, Chief of University Police

● Insight from lived experience
  ● Jessica Gruneich, J.D., NAMI WI Executive Director
  ● Chrisanna Manders, NAMI WI Associate Director
Mental Illness Overview
Mental Illness Overview

A mental illness can affect persons of any:

- Age
- Race
- Religion
- Gender
- Socioeconomic status, etc

Bottomline: Mental illness does **NOT** discriminate.
Mental Illness Overview

Just as diabetes is a disorder of the pancreas...

Mental illnesses are disorders associated with the brain.
Trivia Time!
1 in ___
Americans live with a mental illness.
1 in 5 Americans live with a mental illness.
Challenge Round!
Mental illness treatments have an average of a __% success rate.
Mental health treatment has an average of a 80% success rate.
The Take-Home Message

(1.) Living with a mental illness is common
The Take-Home Message

(2.) Mental illnesses respond VERY well to treatment!
The Take-Home Message

Therefore: we have SO much to connect on, and help one another through!

when ‘I’ is replaced by ‘WE’... even ‘ILLNESS’ — becomes ‘WELLNESS’
National Alliance on Mental Illness (NAMI)
NAMI

NAMI is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
NAMI National
NAMI Structure

**National Office (NAMI)**
- Arlington, Virginia

**State Office (NAMI Wisconsin)**
- Madison, WI

**Local Affiliates**
- Ex. NAMI Dane County +
  NAMI UW-Madison
The mission of NAMI Wisconsin is to improve the quality of life of people affected by mental illnesses and to promote recovery.

Advocacy  
Education  
Support
CIT & CIP Trainings

- **CIT = Crisis Intervention Team**
  - 40 hours (5, 8-hour days)
  - Law enforcement

- **CIP = Crisis Intervention Partner**
  - 16 hours (2, 8-hour days)
  - Partners of law enforcement
NAMI UW–Madison
UW–Madison Police
Insight from Lived Experience
by NAMI Wisconsin
Chrisanna Manders
Before I share my story...

Be patient and tough; someday this pain will be useful to you.

- Ovid
About Me

• Originally from DeSoto, Texas

• Grew up on a horse ranch
About Me
My Thoughts for You

H.O.P.E.
hold on, pain ends

WALKING WITH A FRIEND IN THE DARK IS BETTER THAN WALKING ALONE IN THE LIGHT.

Helen Keller
Crisis Resources

- Call 911 and request a CIT officer to report to a location, if available

- National Suicide Prevention Lifeline:
  - 1-800-273-8255 (TALK)
Jessica Gruneich, JD
Thank you for your presence here today!
And remember....
We can heal the world...

while we heal ourselves.
QUESTIONS?

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