

RHIP MINI-GRANT PROJECT SUMMARIES

NAMI Ending the Silence - Presentations in High Schools

Organization: Nami Central Oregon

Reviewed by: Behavioral Health: Access and Coordination

Summary of Results

- **Ending the Silence (ETS) is a free, evidence-based, 50-minute mental health education session designed for middle and high school students.**
- **Students learned about mental health conditions through a brief adult presentation, short videos, and personal testimony from a young adult who describes their journey to recovery.**
- **300 high school students from 7th and 8th grade classrooms at Jefferson County Middle School learned the basics of mental health.**
- **Evaluations from 240 students indicated overwhelmingly that students saw they didn't need to feel alone and they were provided resources available in their community.**

Story

The students actively asked questions, engaged with presenters after the class and during lunch and the teachers, counselors and principle let us know they were thrilled we came and offered the program to the kids.