

**CMHP  
STATEWIDE TRAINING  
2006**

**2005 PROJECT INFORMATION SHEET**

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**Goal #1:** Our 2005 CMHP Project was "The Open Mind-Appreciating Those People who have Mental Illness". The following topics were covered: 1) Mental Illness and Students: a) What is mental illness, b) the stigma against those with mental illness and what happens to children in homes where someone is suffering with mental illness (showing of the movie Homeless to Harvard), c) statistics about the prevalence of Mental Illness among students, d) common forms of MI among students, e) what is empathy; 2) Mental Illness and substance abuse: a) Self Medication, b) statistics, c) effects of SA on behavior; 3) Mental Illness and the Media: a) How is mental illness portrayed in the media? ; 4) Untreated MI in Families: a) What are some consequences to family members where someone is mentally ill but not receiving any treatment? (fear, guilt, isolation, anger, shame, depression, prison, homelessness, suicide).

**Outcomes** The outcomes showed increases in knowledge concerning the topics covered, which ranged from 0% to 100 % (52 students) (see included charts). Students showed a high level of interest in the topics and many myths about those with mental illness were dispelled. The degree of improvement in scores was impressive to the health teacher, Mr. Rami and to the CRMS administration.

**Lessons Learned:** The middle school students are eager to know about the field of mental health. Many students have misperceptions about mental illness and some have already begun to think and act in discriminating ways toward those with mental illnesses. The media can play a large role in helping to dispel the myths of mental illness especially to middle school students.

**2006 Plans:** The grant will be used to enable the team to assess current needs among middle school students concerning stigma that students and family members show toward people who have mental illness. Team members will share ideas and resources in order to develop Part 4 of our middle school curriculum to Stop Stigma. A pre and post test will be given to assess improvement in the students' knowledge about stigma and mental illness. These programs will be presented in the Chestnut Ridge Middle School health classes in the fall of 2006. This program will be presented to three health classes. The programming will involve 4 days of presentations and will reach approximately eighty students.