



Information Sheet

Talking About Mental Illness T.A.M.I. Durham

Purpose:

To bring together community agencies, schools, youth, people with mental illness and other community members to develop and deliver awareness programs for secondary school students in Durham Region. This program was originally created by the Mood Disorder Association of Ontario, the Centre for Addiction and Mental Health and the Canadian Mental Health Association.

In Durham Region a local T.A.M.I. coalition was formed and has been working on addressing the issues associated with stigma and mental illness for over five years.

Membership:

Whitby Mental Health Centre
The Youth Centre
The Canadian Mental Health Association - Durham Branch
Pinewood Centre of Lakeridge Health
Mood Disorders Association of Durham
Durham District School Board
Durham Catholic District School Board
Durham Mental Health Services
Durham Family Court Clinic
Resources for Exceptional Children and Youth - Durham Region
Centre for Addiction and Mental Health
Community Members

Goals:

To eliminate or reduce the stigma associated with mental illness.

To provide secondary school teachers with the appropriate support and materials to implement an in-class awareness program.

To provide secondary school students and teachers with the appropriate support and materials to develop school wide, student driven awareness programs.

To provide an opportunity for secondary school students to learn from people who have experienced mental-illness first hand.

To help students to understand where and how they can access help for themselves and their peers.

For more information contact:
Whitby Mental Health Centre
905-668-5881
ext. 6014

Secondary School In-class Program:

Teachers are provided with a teachers manual and student workbooks to guide them through the program.

An introductory session (one class period) is facilitated by a TAMI coalition member where a pre-test is delivered and the stage is set for the weeks work.

During the week teachers guide students through the workbook in preparation for the end of week presentation.

At the end of week presentation, a TAMI coalition member will facilitate a session (one class period) of moving presentations by people living with mental illness. There is an opportunity for students to ask questions. School Administrators, guidance counselors and school social workers should be invited to the final session. Students are given a list of resources available to them in their community.

This program can formally fit into the Ontario Secondary School Curriculum Guidelines for many subjects including: Healthy Active Living Education (Grade 11), Health for Life (Grade 11), Intro to Anthropology, Psychology and Sociology (Grade 11), Media Studies (Grade 11), Leadership and Peer Support (Grade 11), Philosophy (Grade 11), Individuals and Families in Diverse Society (Grade 12), Healthy and Active Living Education (Grade 12), Parenting and Human Development (Grade 12).

This program can also fit into the school curriculum where there are "teachable moments." Examples include: English classes studying a novel where a character may have a mental illness, Art classes where there may be a study of an artist with a mental illness etc...

T.A.M.I. Summit

Teachers and up to four students per school are invited to attend the annual T.A.M.I. Summit.

Attendees participate in activities and exercises that talk about the stigma associated with mental illness.

Attendees will have an opportunity to meet and hear the moving stories of people living with mental illness.

Each school will be given a manual and resources to assist them with planning awareness activities within their home schools that will work on reducing the stigma associated with mental illness.

Each school will be assigned a member of the T.A.M.I. coalition as their direct support person to assist with the development of their awareness plans.

T.A.M.I. Speaker Training

The T.A.M.I. coalition is privileged to have members of the community who are living with mental illness share their experiences with others.

Speaker screening, training, support and recognition is provided by the T.A.M.I. coalition to the dedicated individuals who are part of the program.

Winner
Minister's Award
for
Innovation in
Health Promotion
2007
Ministry of Health and
Long Term Care

Winner
IBM
Leading Practices Award:
Summits On Stigma -
Enhancing the Patient
Experience Through
Destigmatizing People with
Mental Illness
2007

"Be the change you want to see." - Gandhi