EXHIBIT N

NAMI Greater Cleveland
Family Panel

Overview:
The family panel provides officers a chance to learn about the experiences of family members of individuals with mental illness.

Course Goal:

- To provide an understanding of the experience of family members of the mentally ill, the emotional toll it takes on them and the isolation they face.
- Learn short and long term concerns families face, the medical, legal, financial implications they may encounter
- Roadblocks families face when the mentally ill individual is an adult
- Family encounters with police, what helped, what didn't
- Provide information on community mental health resources for family members

Course Objectives:

After viewing the Family Panel officers will have:

- Increased understanding of the limitations families may have in addressing the needs of their mentally ill family member
- Benefit of working with the family to find ways to de-escalate a situation
- Awareness of community mental health resources for families

Methodology:

Provided by trained family members. Speakers have completed the required NAMI Greater Cleveland speaker bureau training, and received certification to present.

Target Audience:

Cleveland Division of Police.

Class Size:

TBD

Training Equipment:

Evaluations

Staffing Requirements:

Instructor: NAMI Greater Cleveland Staff member and trained family members of mental health consumers.

NAMI Greater Cleveland
***In Our Own Voice* - a peer panel**

Overview:
NAMI (The National Alliance on Mental Illness) *In Our Own Voice* presentation (IOOV) is a 45 minute program providing a personal perspective of mental illness, as two trained presenters with lived experience share their compelling personal stories of living with mental health challenges and achieving recovery.

The presenters humanize the misunderstood, highly stigmatized topic of mental illness by showing that it's possible—and common—to live well with a mental health condition.

Course Goal:

- Demonstrate that recovery is possible
- Provide the officers with personal perspectives of individuals of diverse backgrounds sharing their journey of recovery with mental health challenges
- Share speakers experiences of encounters with law enforcement and/or incarceration
- The opportunity for interactive conversation with the speakers, providing officers the chance to ask presenters questions, allowing for a deeper understanding of mental health conditions and dispelling of stereotypes and misconceptions
- Provide officers opportunity to interact with individuals with mental illness who are not currently in crisis
- Provide information on community mental health resources

Course Objectives:

After viewing the IOOV presentation officers will have:

- Increased empathy for individuals living with mental illness
- Understand that recovery from mental illness is possible
- Awareness of community mental health resources

Methodology:

The IOOV presentation is provided by two trained speakers along with a DVD and is divided in to three parts.

- What Happened
- What Helped
- What's Next

Speakers have completed the required 16 hours of training, provided by NAMI National and received certification to present IOOV.

Target Audience:

Cleveland Division of Police.

Class Size:

TBD

Training Equipment:

Computer, projectors, screen and speakers

Handouts

Evaluations

Staffing Requirements:

Instructor: NAMI Greater Cleveland Staff member

Two trained mental health consumers

NAMI In Our Own Voice Audience Handout (downloadable)

National Alliance on Mental Illness

WHAT YOU NEED TO KNOW ABOUT

Mental Health

MENTAL ILLNESS CAN HAPPEN TO ANYONE

1 in 5 Adults

experience mental health conditions each year*

That equals about **43.8 Million** adults in the U.S.

Mental health conditions are **NOT** caused by personal weakness, lack of character or poor upbringing.

They **ARE** medical conditions that can impact a person's thinking, feeling or mood and may affect his or her ability to relate to others and function on a daily basis. Genetics, the structure of the brain, environment and lifestyle can all impact mental health.

*Source: http://www.nimh.nih.gov/health/statistics/prevalence/any-mental-illness-ami-among-adults.shtml

ABOUT NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so all individuals and families affected by mental illness can build better lives.

If you are seeking support or need information on how to better manage a mental health challenge in yourself or a loved one, you are not alone. NAMI is here for you.

NAMI
National Alliance on Mental Illness

HelpLine 800-950-6264
www.NAMI.org
Join the conversation on NAMI's various social media channels:
/NAMI
/NAMICommunicate
/NAMICommunicate

Know the Warning Signs

DEPRESSION Feeling sad, withdrawn or unmotivated for more than two weeks

SELF-HARM Making plans to or trying to harm or kill oneself

RISK-TAKING Out of control, risky behaviors

FEAR Sudden, overwhelming fear for no reason, sometimes with a racing heart or fast breathing

WEIGHT CHANGE Significant weight loss or gain; throwing up, using laxatives or not eating to lose weight

MOOD SWINGS Severe mood swings causing problems in relationships

SUBSTANCE USE Excessive use of drugs or alcohol

BEHAVIOR Drastic changes in behavior, personality or sleeping habits

LACK OF FOCUS Extreme difficulty concentrating or staying still

INTENSE WORRIES Intense worries or fears getting in the way of daily activities, like spending time with friends or being on time

Find Support

If you or someone you know is experiencing warning signs of a mental health condition, talk to someone.

Reach out to your **healthcare provider** for more resources. Additional options for information and support include:

- **NAMI HelpLine** – Find out what supports are available in your community. (M-F 10am-6pm ET) call 1-800-950-NAMI (6264) or email info@nami.org
- **Crisis Text Line** – Connect to a trained crisis counselor 24/7 by texting NAMI to 741-741
- **National Suicide Prevention Lifeline** – Get immediate help for you or someone you know: 1-800-273-TALK (8255)

Connect with others impacted by mental health challenges:

- **NamiLorg/Programs** – Attend a peer-led mental health education or support program in your community
- **NotAlone.NAMI.org** – Share stories, thoughts, art, videos, poems with others in the mental health community
- **Ok2Talk.org** – Share stories with other teens and young adults

Learn more about being StigmaFree at home and in the workplace at **www.NAMI.org/StigmaFree**