***Community Experience Essay Criteria***

Students are required to visit an in person or virtual National Alliance on Mental Illness (NAMI) meeting. This experience will count for 2 clinical hours. You can utilize the national website and the local chapter website to complete this assignment. You will need to type up an essay using the outline below.

National Website: <https://www.nami.org/home>

South Bay Chapter: <https://namisouthbay.com/>

1. History and Mission of NAMI
   1. History and evolution of NAMI
   2. Mission and goals of NAMI
   3. Advocacy efforts and initiatives
2. NAMI Programs and Services
   1. Overview of Educational Programs (list the educational programs available through NAMI and a short description of each).
   2. Helpline services (Include the three ways you can access the NAMI Helpline? What is the purpose of the Helpline? Who can use the Helpline? Who answers the Helpline? What hours is the Helpline available? What is the difference between a Helpline and a crisis support line? How are the ways a person can get help in a crisis?)
   3. Support Groups (list the support groups available through NAMI and a provide a short description of each).
3. Personal Experience
   1. Description of the event you attended.
   2. Overview of the topics and activities conducted.
   3. Analysis of the effectiveness of the meeting format and structure.
   4. Meeting participant description including group cultural demographics.
   5. Personal reactions and emotions during the meeting.
   6. Insights gained about mental health and related issues.
   7. Comparison of the meeting’s content to expectations or preconceived notions.