

TAMI

Talking About Mental Illness



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SCHIZOPHRENIA
SOCIETY OF ONTARIO
A REASON TO HOPE – THE MEANS TO COPE

Talking About Mental Illness

TAMI



TAMI

- The TAMI or Talking About Mental Illness Program was developed by 3 organizations back in 1998
 - CMHA
 - CAMH
 - Mood Disorders
- Designed to reduce the stigma associated with mental illness

TAMI



TAMI Today

- coordinated by the Schizophrenia Society of Ontario
- approved by the Hamilton Wentworth District School Board and the Hamilton Wentworth Catholic School Board
- funded for the last 2 years through donations and the SSLI group
- CMHA oversees and is the transfer agency

A TAMI Presentation



Includes:

- **Facilitator from the SSO:** provides the statistical portion of the presentation; facts, figures, answers specific questions
- **Guest speakers with lived experience:** speakers may have an illness themselves or a loved one with an illness
- **Presentations are made to Grade 9 – 12s; college and universities**

Personal Story



- Up to 3 speakers share their personal story
- Followed by a question and answer period
- Here is one personal story: Marisa

Speakers



Roster of Speakers

- Speakers talk on a number of subjects from which they have personal experience including: schizophrenia, schizoaffective disorder, bipolar disorder, anxiety, depression, panic disorder, eating disorders, drug and alcohol abuse, suicide

Stigma Reduction Activities



- Facilitator engages youth in a number of activities regarding stigma reduction
 - Look at language
 - Look at behaviour
 - Look at how to make a difference
 - Look at myths vs. facts

TAMI Resources



- TAMI resources are available on line for free

http://www.camh.ca/en/education/teachers_school_programs/resources_for_teachers_and_schools/talking_about_mental_illness/Pages/talking_about_mental_illness.aspx

Community guide, Teacher's guide

Guidelines for using TAMI



- **Do not make the classroom visit a one off**
 - We encourage teachers to utilize TAMI as part of a section on mental health/mental illness; make sure there is pre and post discussion
- **Be Prepared**
 - Ensure that the classroom instructor and the school administration ie principal, vp, student success teachers and school social workers are aware the program is occurring in the school

How to Request a TAMI Presentation



Contact Jill Dennison

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- 2 weeks notice